

## **Manual: Thermoforming of PUSH insoles**

3 different options depending on the aim of customization

### **1. Hot air gun for spot customization**

Temperature: 250° Celsius

Procedure: rotatory movements for 1 minute in distance of 10cm above the area to customize. Pushing into the spot with hand or fingers afterwards. Ideal for punctual adjustments.

### **2. Oven for customizing the insole overall**

Temperature: 80° Celsius

Procedure: Preheating the oven up to 80° Celsius. Important to avoid higher temperatures! Put the insoles in the oven for 60 – 90 seconds (depending of size). If the sole is not warm and flexible enough, take another 30 seconds. Put the warm insoles in the cycling shoe and load for 1-2 minutes. Best to load while cycling on the bike.

### **3. Oven for customizing longitudinal arch layout**

Temperature: 80° Celsius

Procedure: Preheating the oven up to 80° Celsius. Important to avoid higher temperatures! Put the insoles in the oven for 60 – 90 seconds (depending of size). ). If the sole is not warm and flexible enough, take another 30 seconds. Afterwards put the warm insole on the floor, place the riders foot on top of it and start modelling to the longitudinal arch.