G8 PERFORMANCE

A new direction in orthotics

**We help your feet become stronger
and more efficient while you move!**

2620 PRO SERIES

orthotic insoles are designed to maximise direct power transfer at the point of impact, which is critical in technical shoes. It provides a solid adjustable base to suit feet of all sizes and levels of flexibility and strength plus adaptation of the foot over time. Its design maximises flex of the forefoot and blood flow in the foot.

2620 Pro Series Heel Wedges

are designed to enhance the effectiveness of the 2620 Orthotic Insoles and/or correct varus/valgus alignment issues. The wedges clip seamlessly into the heel of the 2620 orthotic insoles and help with alignment and balance of the foot in the shoe.

Metdomes ™ – Metatarsal Pads

Our Metdomes™ are designed to increase blood flow to the foot to alleviate toe/foot numbness and regulate foot temperature.

BLACK MARLIN

Size Chart

Size	S				M			L			XL		
2620 Pro Series													
EU	37	38	39	40	41	42	43	44	45	46	47	48	49
M US	4.5	5.5	6	7	7.5	8.5	9.5	10	11	12	13	14	15
W US	5.5	6.5	7	8	8.5	9.5	10.5	11	12	13	14	15	16
mm	244	250	256	262	268	274	280	286	292	298	304	310	317

Benifits

Increases:

- plantar strength and flexibility
- blood flow
- proprioception
- force expulsion through the 1st and 2 nd metatarsal heads

Reduces:

- torque on calf and Achilles
- return energy to point of origin
- occurrence and symptoms of Plantar Fasciitis
- incidence of toe and foot numbness

How G8 Insoles Can Help You Increase Your Performance

- Our Insoles provide forefoot support. They are designed to assist the forefoot flex and disperse the maximum amount of energy at impact. They are not designed as a quick fix solution, they have been designed to increase your foot health over the long term. By assisting the foot to strengthen and stretch, the foot becomes stronger which maintains foot bone structure and allows the foot to expel energy more effectively.

- They also provide all over foot support. They do this by supporting the foot throughout the entire movement of the gait cycle. Even when there is no weight being placed on the foot the most important part of the foot (that being the front third of the foot as it contains most of the nerve endings and blood supply) is in contact with the flexible arch piece. This contact increases the brains proprioceptive adaptation which encourages your foot to push more energy out and results in you experiencing more forward momentum or power to your pedal stroke.

- Our Insoles are fully customisable. Feet come in all shapes and sizes and vary in their levels of flexibility and strength. The G8 Performance orthotic insoles come with an adjustable arch piece that be moved around to suit an individual foot. The Ignite insole is heat mouldable and can be shaped precisely to feet to provide comfort and support.

- They come with a flexible arch piece. The flexible arch piece included in the range of orthotic insoles is what allows the foot to be supported throughout the entire range of motion of the gait cycle. The arch piece flexes to the appropriate amount under load and springs back to its original shape. It is this function that that assists to strengthen and loosen the forefoot and associated muscles and tendons which increases blood flow and reduces numbness. The functionality of the arch also strengthens to the plantar (underside) of the foot which will in time help to hold the bone structure in place. Collapsed metatarsal bones are the most common source of burning or numbness as well as reduced balance.

- A metatarsal pad is inbuilt within the orthotic insoles. Through our own internal testing we have found that the combination of a small metatarsal pad which gently spreads the metatarsal heads combined with the flexible arch piece which gently lifts the metatarsal heads, is far more effective than using a met pad on its own. This combination promotes blood flow which reduces numbness and the potential for injuries such as Moreton's Neuroma.