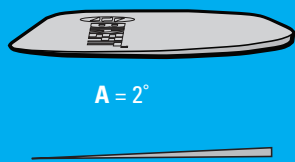


# ITS-H Wedge

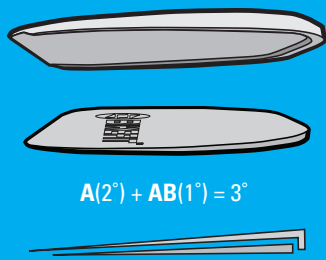
# Installation Instructions

An ITS-H Wedge Pair = 2 x (2°, 1°, 1°)  
 This means 6 wedges in total a 2° wedge (A), a 1° wedge (AB) and another 1° wedge (ABC) = a single set  
 A Pair is a two sets.

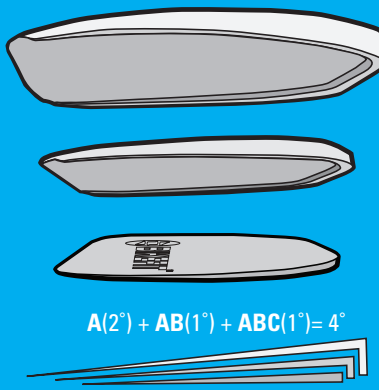
Nesting parts together changes the degree of tilt.



A = 2°



A(2°) + AB(1°) = 3°



A(2°) + AB(1°) + ABC(1°) = 4°

## Tools Required:



**STEP 1.** Remove shoe insole.

**STEP 2.** Tape ITS-H Wedge to shoe or insole to keep them in place.

ITS-H Wedges generally are used towards the inside of the shoe.

**STEP 3.** Replace shoe insole.

**STEP 4.** Go for an easy test ride.

**STEP 5.** It is easy to see if one more wedge added to the set will maximize the comfort.

**Scenario a.**

**LEFT FOOT back view.**

Showing NO heel tilt

**LEFT FOOT back view**

Showing a tilted heel

**& the need for an ITS-H Wedge!**

**Scenario b.**

For the bow legged cyclist (V-Twin).

If Stance Width has not been met (and ITS-F Wedges and or Cleat Wedges have already been added) you may find benefits from adding ITS-H Wedges

Always let comfort be your guide.

**WARNING:** Bicycling can be hazardous and you should always wear a helmet. Always inspect your bike prior to use. Always follow the rules of the road. If you have questions about ITS-H Wedges please contact your BikeFit professional.