

SIDAS.COM







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# SIDAS WORLD

**SIDAS: A PARTNER FOR EVERYONE WHO WANTS TO GIVE THEIR FEET THE COMFORT AND PROTECTION THEY NEED FOR EACH NEW SPORT AND EACH NEW DAY.**

The success of Sidas' various projects is achieved by combining our passion for sport with the expertise of athletes, orthopaedic centres and sports experts. Sidas offers a wide range of products: insoles, foot protections, shoes, ski liners, socks, thermal socks, insoles and accessories.





Podiatech offers a full range of equipment and consumables for podiatry and foot care, in order to meet the needs of foot care professionals and their patients.



FOOT  
ORTHOTICS



FOOT  
CARE



OPCT  
FACTORY



Sidas designs 360° foot care products, including comfort solutions adapted for all types of sport and all types of wear.



SKI



OUTDOOR



RUNNING



DAILY LIFE



**THERM-IC**

Therm-ic develops thermal products to help users stay warm when participating in winter sports and activities, allowing them to get the most out of their pursuits.



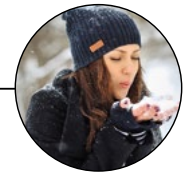
SNOWSPORT



OUTDOOR  
ACTIVITIES



RUNNING



EVERYDAY  
OUTSIDE

**corpus.e**

Corpus-e creates tools for analysis and data harvesting in order to recommend the best-suited products for each consumer through its digital expertise. Sidas and Corpus-e have combined their skills, expertise and knowledge to develop products which are high-performance and adapt to the specific requirements of stores and customers.



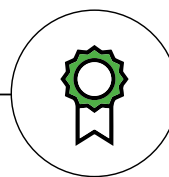
DIGITAL  
PLATFORM



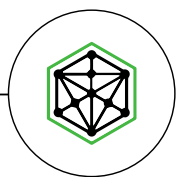
The Academy is born from the last 40 years of experience of Sidas world. Sidas and Podiatech have always trained their clients to be able to deliver the best custom products. The Academy wants to go further and share with you all our experience. Today the academy wants to be more... and share its experience, thanks to its network gathering the best world experts in their fields.



INFORM &  
EDUCATE



TRAIN &  
CERTIFY



ANIMATE &  
CONNECT



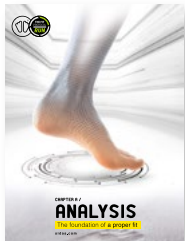


# ***RUNNING***

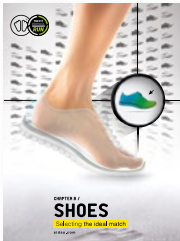
The Running range is constructed using materials that provide propulsion, shock dissipation, and excellent foot support. Ensuring they meet the challenges of the sport.







**ANALYSIS**



**SHOES**



**INSOLES**



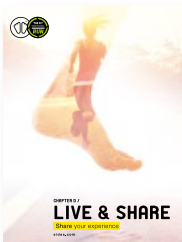
**SOCKS**



**FOOT  
PRODUCTS**



**SHOE  
ACCESSORIES**



**LIVE & SHARE**



**A new way to enjoy your sport fully**



# **THE FIT PROTOCOL IS A UNIQUE PROTOCOL MADE TO SERVE THE END-CONSUMERS; ANSWERING THE NEEDS OF RETAILERS AND INTEGRATING THE BRANDS IN THE PROCESS.**

For 40 years, our know-how, our expertise for training and our retailers follow up; help us to create a protocol that guarantees the best experience for consumers, brands and retailers.

A win win win process between consumers, retailers and brands.

- Consumers: feel good because they have great fitted shoes.
- Retailers: follow a specific proven protocol to improve thier running business through KPI (Key Performance Indicators).
- Brands: can count on the retailer to sell their products correctly, responding to consumer needs.

To be part of the Fit Protocol program:

- Mandatory products
- Mandatory specific trainings
- Special marketing & communication tools
- Special business conditions

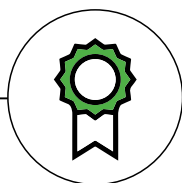


Your Sidas specialist can offer you a personalized audit of your sales area. Do not hesitate to contact him.

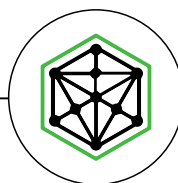
The Academy is born from the last 40 years of experience of Sidas world. Sidas and Podiatech have always trained their clients to be able to deliver the best custom products. The Academy wants to go further and share with you all our experience. Today the academy wants to be more... and share its experience, thanks to its network gathering the best world experts in their fields.



INFORM &  
EDUCATE



TRAIN &  
CERTIFY



ANIMATE &  
CONNECT

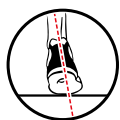
# DYNAMIC STRIKE SENSOR (DSS)

CMAFEETDSSSENSDY	318329101	X1
CMAFEETDSS-PACK5	321477101	X5

## 4D GAIT ANALYSIS: DYNAMIC AND TEMPORAL

Using gyroscopes, motion sensors, and the ability to capture over 24 hours of running, DSS sensors can record all parameters of foot movement in 3 dimensions, as well as speed and acceleration, at high regularity during a run.

The interpretation of this data is carried out based on scientific and statistical methods. This makes it possible to characterise the runner's gait throughout their run as well as the development of their gait over time; using far more than just a few seconds' worth of information.



PRONATION ANGLE  
AND TIME



STRIKE ANGLE AND  
CONTACT FORCES



GROUND CONTACT  
AND TIME/CADENCE

## DSS analysis is available on a Windows\* tablet and on Feetbox 3D.



### WINDOWS\* 10 TABLETS

\*2020 Windows tablets recommended by Sidas:  
Surface Go for Business, Surface Pro 7, Surface Pro X, not sold by Sidas.



FEETBOX 3D

**For optimal efficiency in store,  
we recommend to have 5 DSS**



**x3 > 1 for each sales person**



**X2 > for the X-perience**



## THE DSS ALLOWS 3 TYPES OF ANALYSIS



### SHOP WALK ANALYSIS

Equipped with a DSS on their shoe, the customer walks in the store.



### SHOP RUN ANALYSIS

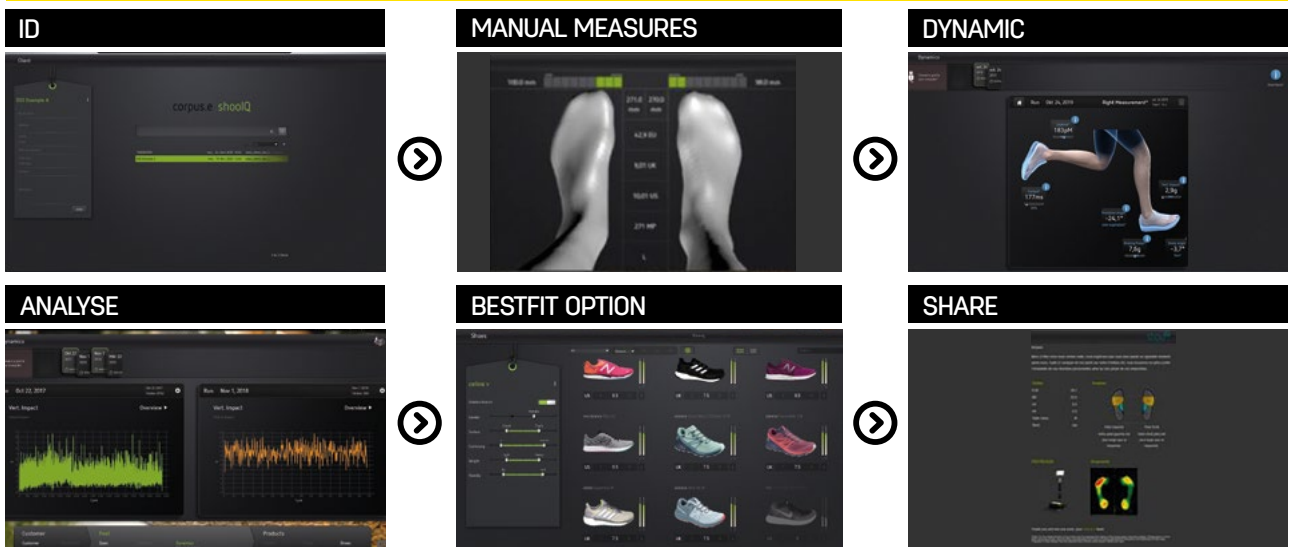
Equipped with a DSS on their shoe, the customer runs (on a treadmill or around the store).



### X-PERIENCE ANALYSIS

DSS analysis is available on a Windows\* tablet and on Feetbox 3D.

## WORK FLOW



## LICENSE OFFER

### HARDWARE



WINDOWS\* 10 TABLETS

### SOFTWARE

#### BASIC LICENCE SHOOIQ

- Customer data management
- Manual foot measurements recording
- Report to Customer
- Dashboard

+ Online support  
+ Update & maintenance

#### OPTION DSS

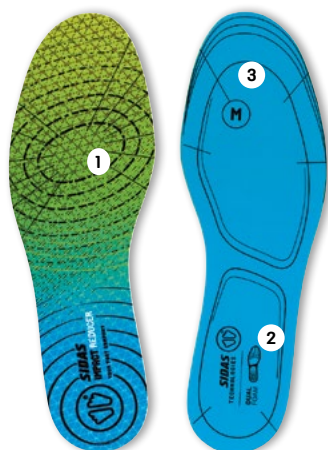
- Dynamic and temporal analysis of the strike

#### OPTION BESTFIT

- MultiBrand Running Shoe DataBase
- Shoe Selector
- Proposition of the best matching shoes
- Bases on measures and filters



## F-ESSENTIALS™



CSEESIMREDDF19

315500000

### IMPACT REDUCER DUAL FOAM

These insoles provide high levels of impact dissipation and foot propulsion. The Dual-Material construction provides cushioning at the heel and propulsion at the forefoot. The slim design (3mm) allows them to be used both underneath existing insoles, or in direct contact with the foot. They are also effective in preventing joint pain.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

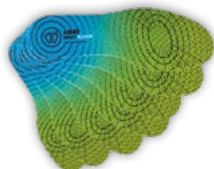
- 1/ **Merrymesh topcover:** Comfort
- 2/ **Rearfoot section (viscolatex):** Absorbs shocks
- 3/ **Forefoot section (rubber foam):** Boosts propulsion.



## MARKETING TOOLS

### DEMO KIT F-ESSENTIALS RUNNING

Impact Reducer Dual Foam  
CSEESDKIMREDDF19 / 315501101



### UNIT POP IMPACT REDUCER DUAL FOAM

Impact reducer  
CSEESMKPOPIRDF\_MU / 315641106



## ANATOMIC



CSEESRUNANAT19

315499000

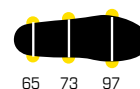
### ANATOMIC RUN

Run Anatomic insoles, designed for running, provide optimal comfort and stability. Their anatomical shape supporting the arch of the foot guarantees a dynamic stride, while the gel insert at the heel provides exceptional cushioning.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ **Merrymesh covering:** Comfort
- 2/ **Anatomical shape:** Stability and rebound effect
- 3/ **Gel heel pad:** Cushioning
- 4/ **Front foot pad (EVA):** Promotes propulsion
- 5/ **Perforations:** Breathability



## MARKETING TOOLS

### DEMO KIT

3D Sense v2  
Right. CSE3DDKRUNSENS20R / 321383101  
Left. CSE3DDKRUNSENS20L / 321382101  
3D Protect  
CSE3DDKRUNPROT19 / 315630101  
• 10 sizes (EUR : 37 - 46 / UK : 4 - 11.5)



### UNIT POP 3D RUN

3D Sense  
CSE3DMKPOPRUSE\_MU / 315642106  
3D Protect  
CSE3DMKPOPRUPR\_MU / 315643106



### DEMO BOX

CMKDEMOBOX19 / 315705101  
Dimensions: 57 x 27 x 14 mm



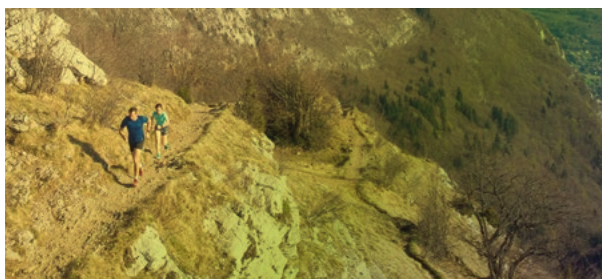
### DEMOSEAT

CMKDEMOSEATFUL19 / 317707101  
Includes 3 empty demo boxes for 3FEET demo kits in 10 sizes.  
Size: Height: 664 mm / Width: 350 mm / Length: 455 mm

### UNIVERSAL RUNNING POP

CMK3FRUNRANGEFAC19 / 315656101

## RUN SENSE



Let your body lead the way, with our Sense insoles. This range is designed for regular running, and ensures a natural stride that is as close to the ground as possible.



Discover the **Sense** video

## RUN PROTECT



Our Protect insoles offer best-in-class protection for your feet. They're ideal for runners seeking comfort and cushioning, as well as greater dynamism and maximum protection.



Discover the **Protect** video

### 3D SENSE



CSE3DRUNSENS20

320877000

#### RUN 3D SENSE V2

Take back control of your sensations with the 3D Sense insole. Designed for regular running, this insole ensures a natural stride that is as close to the ground as possible. Its anatomical shape stimulates a maximum number of touch sensors for greater reactivity. Its structure combines dynamism and lightness to support the foot's natural movement.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ **Micro-perforated mesh**: Breathability
- 2/ **TPU shell**: Promotes a natural stride
- 3/ **PU foam**: Improves propulsion
- 4/ **Heel protection pad**: Cushions and absorbs shocks.



### 3D PROTECT



CSE3DRUNPROT19

315495000

#### RUN 3D PROTECT

An anatomical 3D insole designed for runners seeking maximum comfort and protection with each stride! The gel at the heel provides exceptional cushioning and the front pad boosts forefoot propulsion. Its anatomical reinforcement guarantees stability and stride control for safe running.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ **Merrymesh topcover**: Non-slip
- 2/ **EVA structure**: Vertical comfort
- 3/ **Midfoot reinforcement (TPU)**: Stabilises and controls the stride
- 4/ **Forefoot structure (EVA rubber)**: Boosts propulsion
- 5/ **Wide gel pad**: Dissipates impact
- 6/ **Perforation**: Breathability





# 3Feet® SENSE



CSE3FRUNSENS19\_HI 31549610

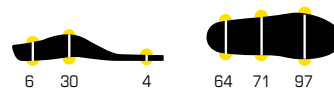
## RUN 3FEET® SENSE HIGH

Take back control of your sensations with the 3Feet® Sense insole. Designed for regular running, this insole ensures a natural stride that is as close to the ground as possible. Its shape is adapted to your foot type and stimulates a maximum number of touch sensors for greater reactivity. Its structure combines dynamism and lightness to support the foot's natural movement.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Support adapted to foot type, supporting the foot's natural movement
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Pad (EVA): Absorbs shocks.
- 6/ Perforation: Breathability



CSE3FRUNSENS19\_MI 31549620

## RUN 3FEET® SENSE MID

Take back control of your sensations with the 3Feet® Sense insole. Designed for regular running, this insole ensures a natural stride that is as close to the ground as possible. Its shape is adapted to your foot type and stimulates a maximum number of touch sensors for greater reactivity. Its structure combines dynamism and lightness to support the foot's natural movement.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Support adapted to foot type, supporting the foot's natural movement
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Pad (EVA): Absorbs shocks.
- 6/ Perforation: Breathability



CSE3FRUNSENS19\_LO 31549630

## RUN 3FEET® SENSE LOW

Take back control of your sensations with the 3Feet® Sense insole. Designed for regular running, this insole ensures a natural stride that is as close to the ground as possible. Its shape is adapted to your foot type and stimulates a maximum number of touch sensors for greater reactivity. Its structure combines dynamism and lightness to support the foot's natural movement.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Support adapted to foot type, supporting the foot's natural movement
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Pad (EVA): Absorbs shocks.
- 6/ Perforation: Breathability



## MARKETING TOOLS



### POP 3FEET® RUN SENSE

CMK3FRUNSENSPOP19 / 315574101

### FACING 3FEET® RUN SENSE

CMK3FRUNSENSFAC19 / 315573101



### DEMO KIT 3FEET® RUN SENSE

3Feet® Sense High CSE3FDKRUSENH19 / 315626101

3Feet® Sense Mid CSE3FDKRUSENMI19 / 315628101

3Feet® Sense Low CSE3FDKRUSENLO19 / 315627101

• 10 sizes (EUR : 37 - 46 / UK : 4 - 11.5)



### VISUALS RUN SENSE

Available on the extranet





## 3Feet® PROTECT



CSE3FRUNPROT19\_HI

31549510

### RUN 3FEET® PROTECT HIGH

A 3Feet® insole adapted to your foot type, designed for runners seeking maximum comfort and protection with each stride! The gel at the heel provides exceptional cushioning and the front pad boosts forefoot propulsion. Its anatomical reinforcement guarantees stability and stride control for safe running.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Stabilises and controls the stride
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Gel Pad: Dissipates impact
- 6/ Perforation: Breathability



CSE3FRUNPROT19\_MI

31549520

### RUN 3FEET® PROTECT MID

A 3Feet® insole adapted to your foot type, designed for runners seeking maximum comfort and protection with each stride! The gel at the heel provides exceptional cushioning and the front pad boosts forefoot propulsion. Its anatomical reinforcement guarantees stability and stride control for safe running.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Stabilises and controls the stride
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Gel Pad: Dissipates impact
- 6/ Perforation: Breathability



CSE3FRUNPROT19\_LO

31549520

### RUN 3FEET® PROTECT LOW

A 3Feet® insole adapted to your foot type, designed for runners seeking maximum comfort and protection with each stride! The gel at the heel provides exceptional cushioning and the front pad boosts forefoot propulsion. Its anatomical reinforcement guarantees stability and stride control for safe running.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1/ Midfoot reinforcement (EVA): Stabilises and controls the stride
- 2/ Merrymesh topcover: Non-slip
- 3/ Dual-density structure: Vertical comfort
- 4/ Forefoot structure (EVA rubber): Boosts propulsion
- 5/ Heel Gel Pad: Dissipates impact
- 6/ Perforation: Breathability



## MARKETING TOOLS



### POP 3FEET® RUN PROTECT

CMK3FRUNPROTPOP19 / 315572101

### FACING 3FEET® RUN PROTECT

CMK3FRUNPROTFAC19 / 315572101



### DEMO KIT 3FEET® RUN PROTECT

3Feet® Protect High CSE3FDKRUPROHI19 / 315623101  
 3Feet® Protect Mid CSE3FDKRUPROMI19 / 315625101  
 3Feet® Protect Low CSE3FDKRUPROLO19 / 315624101  
 • 10 sizes (EUR : 37 - 46 / UK : 4 - 11.5)



### VISUALS RUN PROTECT

Available on the extranet



## FLASHFIT™



CSESPRUN12

326904

MADE IN  
**FRANCE**

### RUN +

3D insole designed for running.  
Can also be customised to your feet in 10 minutes,  
providing lasting comfort, with Flashfit™ technology.

**SIZES:** XS-S-M-L-XL-XXL

**DIMENSIONS (mm)**

1. IonFoam™ topcover 2.5mm: Cushioning & antibacterial
2. TXC heel reinforcement 1.5mm: Support & stability
3. Jogtene® pad 3mm: Comfort & propulsion
4. Primtech / Confortene pad: Cushioning & optimal shock absorption
5. Podiaflex® N\* base 1.3mm: Stability



CSESPRUNSL12

326905

MADE IN  
**FRANCE**

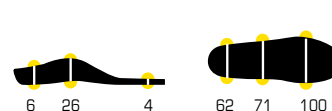
### RUN + SLIM

3D insole designed for the ultimate in comfort, whilst running.  
Specially adapted to running shoes with a low internal volume.  
Can also be customised to your feet in 10 minutes for lasting comfort,  
using Flashfit™ technology.

**SIZES:** XS-S-M-L-XL-XXL

**DIMENSIONS (mm)**

1. PE topcover 2 mm: Cushioning
2. TXC heel reinforcement 1.5mm: Support & stability
3. Jogtene® pad 2.2mm: Comfort & propulsion
4. Confortene pad: Optimal shock absorption
5. Podiaflex® N\* base 1.3mm: Stability



## C Custom



CSECURUN12

326906

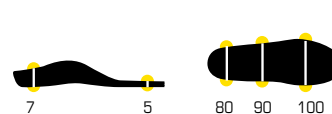
### RUN CUSTOM

Custom insole for optimal comfort whilst running.  
Custom technology allows 100% customisation of your insoles.

**SIZES:** XS-S-M-L-XL-XXL

**DIMENSIONS (mm)**

1. IonFoam™ topcover 2.5mm: Cushioning & antibacterial
2. TXC heel reinforcement 1.1mm: Stability
3. Primtech / Confortene pad: Cushioning & shock absorption
4. TX mid reinforcement 1.1mm: Support
5. Jogtene® pad 2.2mm: Comfort & propulsion











# RUNNING RANGE

















## INSOLES

F-ESSENTIALS™	3D	3Feet®		FLASHFIT™	C   Custom
 IMPACT REDUCER DUAL FOAM	 ANATOMIC RUN	 RUN 3FEET® SENSE HIGH	 RUN 3FEET® PROTECT HIGH	 RUN +	 CUSTOM RUN
	 RUN 3D SENSE V2	 RUN 3FEET® SENSE MID	 RUN 3FEET® PROTECT MID	 RUN + SLIM	
	 RUN 3D PROTECT	 RUN 3FEET® SENSE LOW	 RUN 3FEET® PROTECT LOW		

## SHOE ACCESSORIES

DRYERS			BAGS	
 DRYFLOW UV	 DRYFLOW MINI	 DRYWARMER PRO USB	 NYLON SHOE BAG	 POCKET SHOE BAG
 DRYWARMER NEO USB	 DRYER BAG CEDAR WOOD		 LIGHT SHOE BAG Blue	 LIGHT SHOE BAG Yellow

## FOOT PRODUCTS

FOOT PROTECTIONS		CREAMS	FOOT ORTHOSES	
				
GEL TOE CAPS	TOE PROTECTOR V2	ANTI FRICTION CREAM 75 ML	HEEL HUG STRONG	
				
GEL TOE WRAPS	FOOT PROTECTOR V2	ANTI FRICTION CREAM 15 ML	HEEL HUG MID	
				
				
GEL PLANTAR PROTECTORS	FOOT PROTECTORS SHEET 1 mm	RECOVERY CRYO GEL 75 ML	HEEL HUG LOW	
				
	FOOT PROTECTORS SHEET 2 mm	FOOTCARE KIT V2		





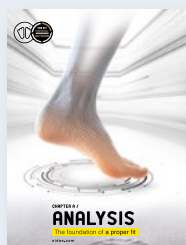
# ***OUTDOOR***

The Outdoor range is designed for outdoor activities across any terrain. Providing shock absorption, breathability and maximum comfort, whilst preventing blisters, inflammation and fatigue.

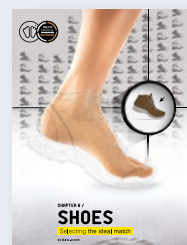








ANALYSIS



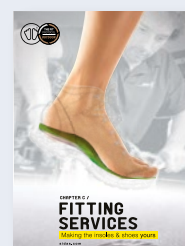
SHOES



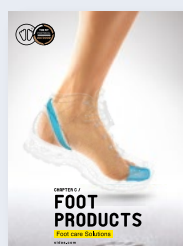
INSOLES



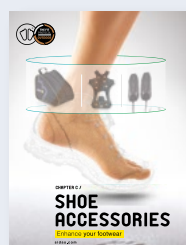
SOCKS



FITTING SERVICES



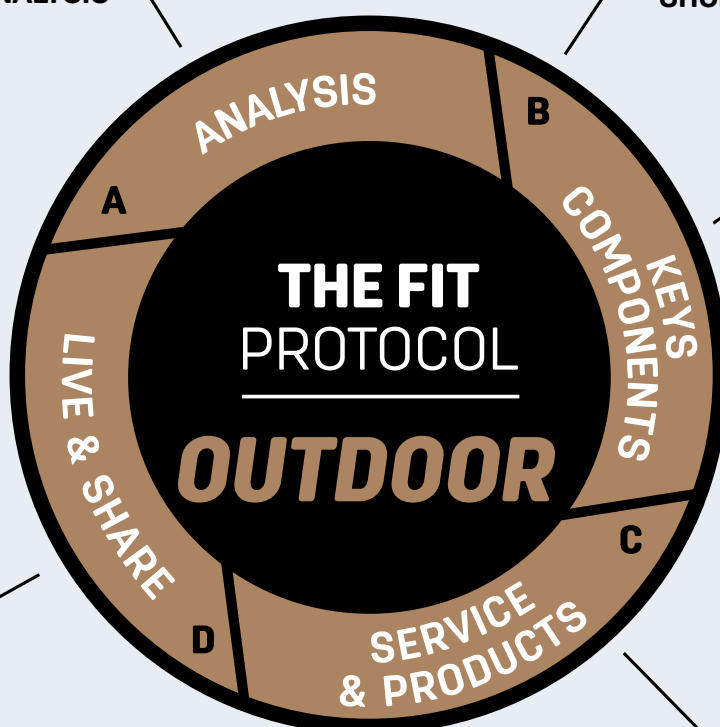
FOOT PRODUCTS



SHOE ACCESSORIES



LIVE & SHARE



A new way to enjoy your sport fully

# **THE FIT PROTOCOL IS A UNIQUE PROTOCOL MADE TO SERVE THE END-CONSUMERS; ANSWERING THE NEEDS OF RETAILERS AND INTEGRATING THE BRANDS IN THE PROCESS.**

For 40 years, our know-how, our expertise for training and our retailers follow up; help us to create a protocol that guarantees the best experience for consumers, brands and retailers.

A win win win process between consumers, retailers and brands.

- Consumers; feel good because they have great fitted shoes.
- Retailers: follow a specific proven protocol to improve thier running business through KPI (Key Performance Indicators).
- Brands: can count on the retailer to sell their products correctly, responding to consumer needs.

To be part of the Fit Protocol program:

- Mandatory products
- Mandatory specific trainings
- Special marketing & communication tools
- Special business conditions

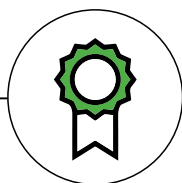


Your Sidas specialist can offer you a personalized audit of your sales area. Do not hesitate to contact him.

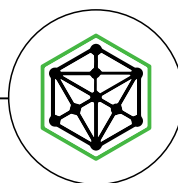
The Academy is born from the last 40 years of experience of Sidas world. Sidas and Podiatech have always trained their clients to be able to deliver the best custom products. The Academy wants to go further and share with you all our experience. Today the academy wants to be more... and share its experience, thanks to its network gathering the best world experts in their fields.



INFORM &  
EDUCATE



TRAIN &  
CERTIFY



ANIMATE &  
CONNECT



## F-ESSENTIALS™



CSEESOUTDMEM17

310893000

### OUTDOOR MEMORY

Insoles that provide instant comfort in all outdoor shoes. The dual-material structure of the insole distributes pressure points for long-lasting, comfortable use.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Perforations:** Breathability
2. **Micro-fibre top layer:** Soft-touch effect
3. **Shape-memory foam:** Distribution of pressure points for long lasting comfort
4. **Rubber base:** Fits easily into the shoe



## 3D



CSE3DOUTDOOR17

310891000

### OUTDOOR 3D

Anatomical insoles designed for activities requiring optimum foot support, with breathability and maximum comfort.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

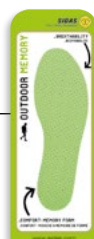
1. **Perforations:** Breathability
2. **Leatherette top layer:** Soft-touch effect
3. **Comfort foam:** Comfort
4. **3D EVA shell:** Holds the foot in position
5. **Heel pad:** Cushioning



## MARKETING TOOLS

### UNIT POP OUTDOOR MEMORY

CSEESMKPOPOUME\_MU / 310919106



Discover the  
Outdoor video

### VISUALS OUTDOOR

AVAILABLE ON THE EXTRANET



### VISUALS OUTDOOR

AVAILABLE ON THE EXTRANET



CSE3F0UTD00R17\_HI

310892100

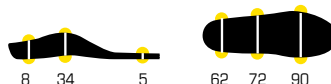
## 3FEET® OUTDOOR HIGH

Anatomical insoles adapted to your foot type, designed for outdoor activities requiring vertical comfort and maximum breathability. Design for high-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. Perforations:** Maximum breathability
- 2. Comfort foam:** Comfort
- 3. Shell suitable for high arches (3.4 cm)** promoting body alignment
- 4. Heel pad:** Cushioning



CSE3F0UTD00R17\_MI

310892200

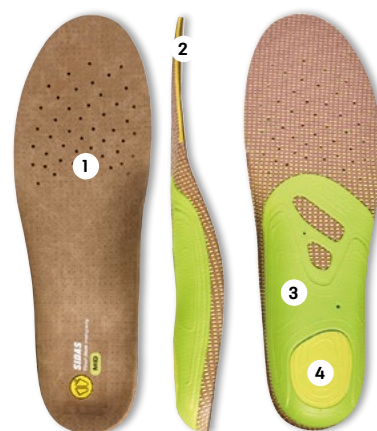
## 3FEET® OUTDOOR MID

Anatomical insoles adapted to your foot type, designed for outdoor activities requiring vertical comfort and maximum breathability. Design for mid-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. Perforations:** Maximum breathability
- 2. Comfort foam:** Comfort
- 3. Shell suitable for medium arches (3.1 cm)** promoting body alignment
- 4. Heel pad:** Cushioning



CSE3F0UTD00R17\_LO

310892300

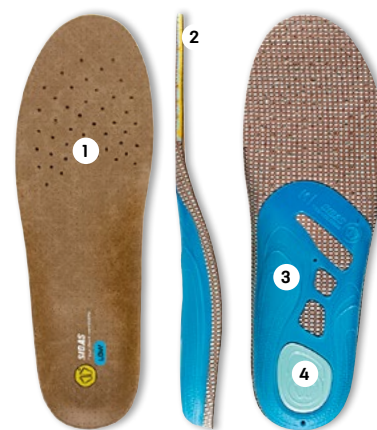
## 3FEET® OUTDOOR LOW

Anatomical insoles adapted to your foot type, designed for outdoor activities requiring vertical comfort and maximum breathability. Design for low-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. Perforations:** Maximum breathability
- 2. Comfort foam:** Comfort
- 3. Shell suitable for low arches (2.8 cm)** promoting body alignment
- 4. Heel pad:** Cushioning



### MARKETING TOOLS



#### POP 3FEET® OUTDOOR

CMK3F0UTDPOP17 / 311042101

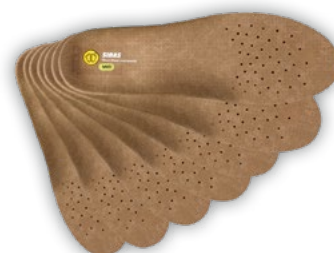
#### FACING 3FEET® OUTDOOR

CMK3F0UTDFAC17 / 311040101



#### DEMO KIT 3FEET® OUTDOOR

3Feet® Outdoor High CSE3FDKOUTDH17 / 310921101  
3Feet® Outdoor Mid CSE3FDKOUTDM17 / 310923101  
3Feet® Outdoor Low CSE3FDKOUTDL017 / 310922101



## C Custom



CSECUOUTD00R17

310931000

### CUSTOM OUTDOOR

100% thermoformable insoles designed for outdoor activities. Provides the ultimate in day long comfort [during your sporting activities], preventing blisters, inflammation and fatigue.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF top layer:** Maximum moisture control and soft-touch feel
2. **Expertene foam:** Immediate and infinite comfort
3. **High density PE base:** Maximum bending resistance
4. **Podiaflex® N and Transflux®:** Efficient support suitable for the movement of the foot
5. **Heel pad:** Cushioning km after km



## SHOE FITTING



CSEACVROUTD17\_02

310924100

### OUTDOOR VOLUME REDUCER 2 MM

This volume-reducer can be placed under a Sidas insole to reduce the fitting room and provide better foot support inside the boot, for superior precision and comfort.

CSEACVROUTD17\_04

310924200

### OUTDOOR VOLUME REDUCER 4 MM

SIZES: XS-S-M-L-XL-XXL



CSEACHELLFT16\_HD\_04

309545201

### HEEL LIFT HARD 4 mm

PACK PER PAIR / BOX OF 20P / ONE SIZE

CSEACHELLFT16\_SF\_06

309545102

### HEEL LIFT SOFT 6 mm

PACK PER PAIR / BOX OF 20P / ONE SIZE

CSEACHELLFT16\_HD\_06

309545202









### HEEL LIFT HARD 6 mm

PACK PER PAIR / BOX OF 20P / ONE SIZE












# OUTDOOR RANGE

















## INSOLES

F-ESSENTIALS™	3D	3Feet	Custom
 OUTDOOR MEMORY	 OUTDOOR 3D	 3FEET® OUTDOOR HIGH	 CUSTOM OUTDOOR
 OUTDOOR VOLUME REDUCER		 3FEET® OUTDOOR MID	
 HEEL LIFT HARD & SOFT		 3FEET® OUTDOOR LOW	

## SHOE ACCESSORIES

DRYERS			BAGS	
 DRYFLOW UV	 DRYFLOW MINI	 DRYWARMER PRO USB	 NYLON SHOE BAG	 POCKET SHOE BAG
 DRYWARMER NEO USB	 DRYER BAG CEDAR WOOD		 LIGHT SHOE BAG Blue	 LIGHT SHOE BAG Yellow

## FOOT PRODUCTS

FOOT PROTECTIONS				CREAMS		FOOT ORTHOSES	
							
GEL TOE CAPS		TOE PROTECTOR V2		ANTI FRICTION CREAM 75 ML		HEEL HUG STRONG	
							
GEL TOE WRAPS		FOOT PROTECTOR V2		ANTI FRICTION CREAM 15 ML		HEEL HUG MID	
							
GEL PLANTAR PROTECTORS		ESSENTIAL PROTECTOR KIT V2		RECOVERY CRYO GEL 75 ML		HEEL HUG LOW	
							
		FOOT PROTECTORS SHEET 1 mm		RECOVERY CRYO GEL 15 ML			
							
		FOOT PROTECTORS SHEET 2 mm		FOOTCARE KIT V2			



**ASTANA PRO TEAM**  
Alexey Lutsenko



CSESPBIKE15

377607

## BIKE +

Pre-shaped insoles designed for cycling that provide optimum foot support, absorb vibrations, transfer energy and are breathable. Can also be personalised to your feet in less than 10 minutes for optimum comfort.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF and foam top layer:** Comfort & breathability
2. **Podiaflex® C:** Support & stability
3. **Confortene® pad:** Vibration absorption & precision
4. **Transflux®:** Flexibility and support



## Custom

CSECUBIKEPRO19

317793000

## CUSTOM BIKE PRO

Fully customisable insoles developed in partnership with the ASTANA cycling team. These insoles have been designed to offer cyclists a unique experience by improving performance through reduced susceptibility to fatigue, and increased comfort and precision. Their construction helps to stabilise the heel, keep the midfoot in place and distribute load, optimising the power transfer from foot to pedal. The forefoot technology significantly reduces vibration and protects joints from microtrauma. Antibacterial, resistant insoles suitable for narrow shoes.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF topcover:** Good moisture management, antibacterial & durable
2. **Expertene foam:** Optimum comfort, reduced vibration & extremely resistant
3. **Podiaflex:** Foot support & control
4. **Transflux reinforcements:** Support & stability for the rearfoot, encouraging correct body alignment



## MARKETING TOOLS



Discover the  
ASTANA video

# BIKE



VISUALS CUSTOM BIKE PRO

AVAILABLE ON THE EXTRANET

The Bike range is specifically designed for cycling. It guarantees optimal foot support, especially at the front of the foot where pressure is the greatest.



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Multi-sport insoles provide great shock absorption for team sports. They guarantee comfort and cushioning across all footwear volumes, and are designed with innovative materials that improve performance and help to prevent injury.

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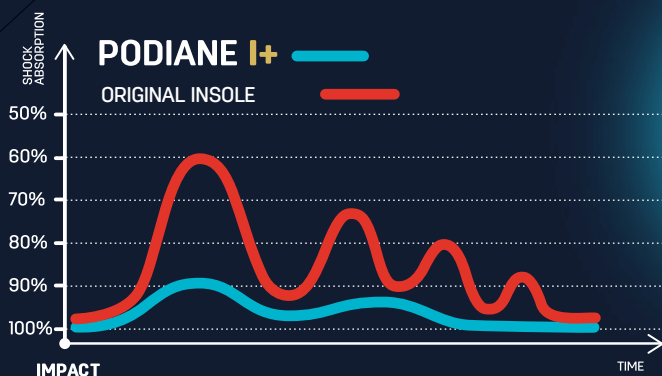


# MAX PROTECT





During physical activity, your feet are constantly stressed and suffer shocks equivalent to 3.5 times the weight of your body, or even up to 8 times in the case of a jump. Thanks to Podiane I+ developed by SIDAS, **MAX PROTECT** insoles absorb 90% of the impact. They protect your joints from repeated shocks and improve long-term comfort.



Podiane I+ is a cushioning material developed by SIDAS, capable of absorbing shocks of any intensity. During impact the Podiane I+ compresses and dissipates 90% of the shockwave, to protect your joints.

## F-ESSENTIALS™



CSEESMPRMOVE20

321217000

NEW

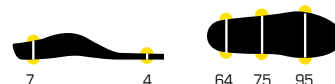
### MAX PROTECT MOVE

Improve your comfort in all activities thanks to the MAX PROTECT MOVE multi-sport insoles. Designed to protect your joints from repeated shocks, these cushioning insoles use Podiane I+ technology that absorbs 90% of an impact's energy. The mesh covering provides perfect moisture management, while the gel insert at the heel ensures immediate comfort.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Podiane I+:** High shock absorption
2. **Mesh covering:** Breathability and comfort
3. **Gel pad:** Cushioning and heel comfort



CSEESMPRMOSP20

321218000

NEW

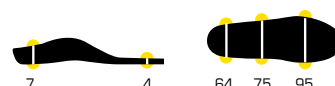
### MAX PROTECT MOVE SUPPORT

Improve comfort and stability during your physical activities with MAX PROTECT MOVE SUPPORT multi-sport insoles. Designed to absorb 90% of the energy from an impact thanks to Podiane I+ technology, they protect your joints from repeated shocks and give you dynamic support thanks to their TPU FLEX arch supports.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Podiane I+:** High shock absorption
2. **TPU FLEX shell:** Supports and stabilises the foot
3. **Mesh covering:** Breathability and comfort
4. **Gel pad:** Cushioning and heel comfort



## MARKETING TOOLS



### DEMO KIT

Demokit Max Protect Move  
CSEESDKMPMOVE20 / 321389101

Demokit Max Protect Move Support  
CSEESDKMPMOSP20 / 321390101

Demokit Max Protect Activ' Slim  
CSEESDKMPACSL20 / 321391101

Demokit Max Protect Activ'  
CSEESDKMPACTI20 / 321392101



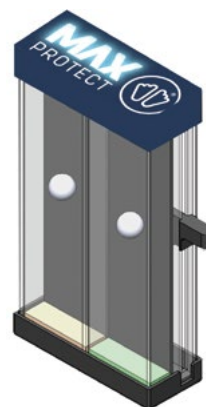
### UNIT POP

Pop Max Protect Move  
CSEESMKMPMOVE / 321399106

Pop Max Protect Move Support  
CSEESMKMPMOSP / 321400106

Pop Max Protect Activ' Slim  
CSEESMKMPACSL / 321401106

Pop Max Protect Activ'  
CSEESMKMPACTI / 321403106



### DEMO TOOL

Demotool Podiane I+  
CSEESMKMPDEMOPOD  
321396101



## F-ESSENTIALS™

CSEESMPRACSL20

321221000

NEW

### MAX PROTECT ACTIV' SLIM

Increased comfort and performance for high-intensity sports thanks to MAX PROTECT ACTIV' SLIM insoles. Designed to cushion shocks, these insoles use Podiane I+ technology which absorbs 90% of the energy from an impact and protects your joints. Their propulsive insert at the front ensures energetic launching whilst their TPU Flex arch support improves your stability and reduces the risk of twisting. The mesh covering and the gel insert at the heel ensure perfect moisture management and immediate comfort. In the slim version, these MAX PROTECT insoles are ideal for low-volume footwear.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Podiane I+:** High shock absorption
2. **Dynamic insert:** Improves propulsion
3. **TPU FLEX shell:** Supports and stabilises the foot
4. **Mesh covering:** Breathability and comfort
5. **Gel pad:** Cushioning and heel comfort



CSEESMPRACTI20

321220000

NEW

### MAX PROTECT ACTIV'

Comfort and maximum cushioning for high-intensity sports thanks to MAX PROTECT ACTIV' insoles. Designed to offer cushioning from the most extreme shocks, these insoles use Podiane I+ technology which absorbs 90% of an impact's energy and actively protects your joints. Their propulsive insert at the front ensures energetic launching while their TPU Flex arch support holds the foot and reduces the risk of twisting. The mesh covering and the gel insert at the heel ensure perfect moisture management and immediate comfort.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Podiane I+:** High shock absorption
2. **Dynamic insert:** Improves propulsion
3. **TPU FLEX shell:** Supports and stabilises the foot
4. **Mesh covering:** Breathability and comfort
5. **Gel pad:** Cushioning and heel comfort



### DISPLAY

Cardboard display  
Max Protect Activ' Slim  
CSEESMKMPDISCARACSL  
321435101

Available for the 4 models under conditions of quantities.

Single product cardboard display with shelf.

- Holds up to 60 units.
- Supplied assembled.
- Dimensions: 60 x 40 x 120 cm



### WALL KIT

Wall kit (facing + 2 side flag)  
Max Protect  
CSEESMKMPWALLKIPROT /  
321398101



## 3D

NEW

CSE3DFOOT19

315518000

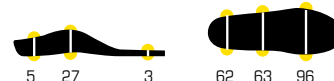
### 3D FOOTBALL

Anatomical insoles specifically designed for football. In addition to cushioning shocks, they provide maximum control thanks to localised grips under the foot. Comfort and performance guaranteed during the whole match!

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. **Perforations** : Breathability
- 2. **Non-slip covering**: Comfort and stability
- 3. **TPU shell**: Foot support and power
- 4. **Gel pad**: Cushioned and long-lasting

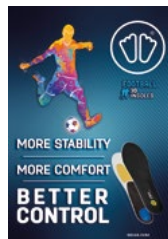


### MARKETING TOOLS



#### DEMO KIT & UNIT POP

DEMO KIT 3D Football  
CSE3DDKFOOT19 / 321405101  
POP 3D Football: FR/EN  
CSE3DMKPOPFOOT / 321402106



#### POSTER, DISPLAY & WALL KIT

Poster 3D football  
CSE3DMKPOSTFOOT / 321468101

CARDBOARD DISPLAY Football 3D  
CSE3DMKDISCARFOOT / 321404101



Wall kit football 3D (facing + 2 side flags)  
CSE3DMKMPWALLKIFOOT / 321476101

CSE3DCOMDYNA17

310898000

### 3D PLAY

Anatomical insoles designed for optimum comfort and propulsion. Provides a stable, dynamic contact surface which supports the natural movement of the foot.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. **Toplayer**: Cushioning & antibacterial
- 2. **Micro-perforations**: Breathable
- 3. **Forefoot pad**: Enhanced propulsion
- 4. **Heel pad**: Cushioning
- 5. **Integral anatomical shell**: Dynamic propulsion



### MARKETING TOOLS



#### DEMO KIT

3D Play CSE3DDKCOMDYN17 / 310903101

#### UNIT POP 3D PLAY

3D Play CSE3DDKCOMDYN17 / 310903101





CSE3FACTIV15\_HI

377655

## 3FEET® ACTIV' HIGH

3Feet® Activ' High insoles meet the pressure distribution and support requirements specific to high-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. Light, breathable materials
2. Pad to boost forefoot propulsion
3. Shell adapted to high arches (3,4 cm) For dynamic forefoot flex
4. Gel pad for enhanced heel cushioning



CSE3FACTIV15\_MI

377656

## 3FEET® ACTIV' MID

3Feet® Activ' Mid insoles meet the support and comfort requirements specific to mid-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. Light, breathable materials
2. Pad to boost forefoot propulsion
3. Shell adapted to medium arches (3,1 cm) For dynamic forefoot flex
4. Gel pad for enhanced heel cushioning



CSE3FACTIV15\_LO

377657

## 3FEET® ACTIV' LOW

3Feet® Activ' Low insoles meet the stability and comfort requirements specific to low-arched feet.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. Light, breathable materials
2. Pad to boost forefoot propulsion
3. Shell adapted to low arches (2,8 cm) For dynamic forefoot flex
4. Gel pad for enhanced heel cushioning



## MARKETING TOOLS



### POP 3FEET® ACTIV'

CMK3FACTIVPOP15 / 377663

The 3Feet® Activ' POP display contains the 3 insoles in the range. It can be incorporated into a display unit (large of medium) and can also be placed against a wall as a stand-alone display.

### FACING 3FEET® ACTIV'

CMK3FACTIVFAC15 / 377664

3Feet® Activ' facing that can be added to the large display unit or placed against a wall in store.



### DEMO KIT 3FEET® ACTIV'

3Feet® Activ' High CSE3FDKACTHI15 / 377658  
3Feet® Activ' Mid CSE3FDKACTMI15 / 377659  
3Feet® Activ' Low CSE3FDKACTLO15 / 377660







## 3D

CSE3DGOLF12

326914

### GOLF 3D

3D insole designed for golf.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. MerryMesh topcover: Comfort & antibacterial
2. Nylon Heelcup: Support & flexibility
3. EVA 1st metpad: Proprioception during swing
4. EVA heelpad: Shock absorption
5. EVA ShoreA 35: Comfort & durability



## FLASHFIT™

CSESPGOLF12

326915

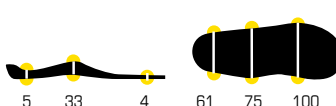
### GOLF +

3D insole designed for the ultimate comfort, whilst golfing. Can also be customised to your feet in 10 minutes for lasting comfort, using Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. PEVA topcover 2.5mm: Comfort
2. TXC heel reinforcement 1.5mm: Support & stability
3. Podiaflex® N\* base 1.3mm: Flexibility & Energy transfer
4. Poron ECO 2mm 1st metpad: Proprioception during swing
5. Podiaflex® N\* Midfoot reinforcement 0.9mm: Support
6. Confortene 2mm pad: Shock absorption



## C Custom

CSECUGOLF12

326916

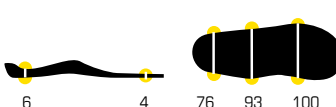
### GOLF CUSTOM

Custom insole designed for golf. Custom technology allows 100% customisation of your insoles.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. PEVA topcover 2.5mm: Comfort
2. Podiaflex® N\* base 1.3mm: Flexibility & Energy transfer
3. Poron ECO 2mm 1st metpad: Proprioception during swing
4. TX heel reinforcement 1.1mm: Support & stability
5. Confortene 2mm pad: Shock absorption
6. TX Midfoot reinforcement 1.1mm: Support



# GOLF

The GOLF range is designed to offer flexibility and stability for enhanced energy transfer when making your swing.





# DAILY LIFE

## MULTI ACTIVITIES

The Daily Life range brings together different insole models and technologies (from ready-to-wear to custom-fit) designed for everyday use. It guarantees maximum comfort and cushioning for different shoe size volumes (small to large).







## F-ESSENTIALS™



CSEESCUSHSLI15

378626

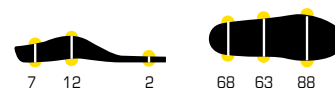
## CUSHIONING GEL SLIM

Dynamic gel construction for maximum cushioning of the heel. Cushioning Gel Slim insoles absorb shocks thanks to the dynamic cushioning gel concept developed by Sidas: a network of gel microbubbles placed in the impact zone is gradually deformed upon impact, thus providing an exceptional dynamic cushion. Anti-bacterial and washable insoles. Insoles designed for slim-fitting footwear (thickness 2 mm).

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Gel:** Cushioning & comfort
4. **Dynamic Gel:** Active cushioning



CSEESCUSHION

368302

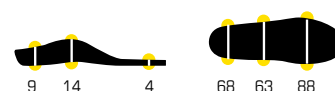
## CUSHIONING GEL

Dynamic gel cushioning for maximum cushioning of the heel. Cushioning Gel insoles absorb shocks thanks to the dynamic cushioning gel concept developed by Sidas: a network of gel microbubbles placed in the impact zone is gradually deformed upon impact, thus providing an exceptional dynamic cushion. Anti-bacterial and washable insoles.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Gel:** Cushioning & comfort
4. **Dynamic Gel:** Active cushioning



CSEESCUSHMEMO

301525000

## CUSHIONING GEL MEMORY

Cushioning Gel Memory insoles absorb shocks effectively because they feature the dynamic cushioning gel concept developed by Sidas. A network of gel microbubbles situated in the shock zone progressively deforms upon impact to create an unrivalled dynamic cushioning effect. The memory foam top layer moulds around the foot shape, distributing pressure evenly to ensure maximum comfort throughout the day. Washable antibacterial insoles.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Gel:** Cushioning
4. **Memory foam:** Pressure point Distribution & long-lasting comfort
5. **Dynamic gel:** Active cushioning



## MARKETING TOOLS

## UNIT POP F-ESSENTIALS

Cushioning Gel CSEESMKPOPCUSH / 377613  
 Cushioning Gel Slim CSEESMKPOPCUSL / 378031  
 Cushioning Gel Memory CSEESMKPOPCUME\_MU / 301533106  
 Cushioning Gel Support V2 CSEESMKPOPCUS2\_MU / 318272106  
 Cushioning Gel 3D CSEESMKPOPCU3D\_MU / 301532106





## F-ESSENTIALS™

CSEESCUSHUP20

318251000

### CUSHIONING GEL SUPPORT V2

Perfect insoles for everyday activities. The anatomical shell provides optimum foot support and the gel construction absorbs shock and offers exceptional cushioning all day long.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Microperforations:** Breathability
2. **Microfibre topcover:** Comfort & antibacterial action
3. **Dynamic cushioning gel:** Active cushioning
4. **TPU shell:** Foot support



## 3D

CSEESCUSH3D

301523000

### CUSHIONING GEL 3D

The 3D cushioning gel insoles are pre-contoured insoles composed of a stabilising shell that guarantees protection and, as well as two gel pads. The liquid gel pad at the front end of the insole protects the fore-foot, while the gel pad at the rear end provides cushioning.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Gel:** Cushioning
4. **3D Shell:** Foot support
5. **Dynamic Gel:** Active cushioning



## MARKETING TOOLS

### FACING F-Essentials

CSEESMKFACF-ES / 377616



### DEMO KIT F-ESSENTIALS

Cushioning Gel Slim CSEESDKCUSHGELSL15 / 377610  
 Cushioning Gel CSEESDKCUSHGEL / 36830801  
 Cushioning Gel Memory CSEESDKCUSHGELPLU / 301528101  
 Cushioning Gel Support V2 CSEESDKCUSHGELS20 / 318257101  
 Cushioning Gel 3D CSEESDKCUSHGEL3D / 301527101



## ANATOMIC



CSEESANALEAT20

320364000

## ANATOMIC LEATHER

Leather Anatomic insoles improve comfort in your daily movements. Their anatomical design provides support and stability, while their cowhide leather covering ensures quality and durability.

NEW

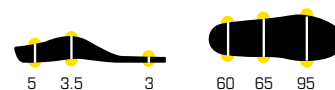


LEATHER

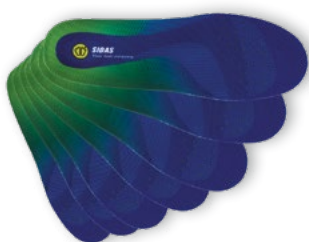
SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

- 1. **Anatomical support:** Enhances stability
- 2. **Cowhide leather covering:** Comfort and breathability
- 3. **EVA insert:** Comfort and cushioning



## MARKETING TOOLS



## DEMO KIT

Anatomic Comfort  
CSEESKANATCOMF / 36830701

Comfort 3D  
CSE3DDKCOM17 / 310902101

Comfort 3D Junior  
CSE3DDKCOMJUN17 / 310905101

Anatomic Leather  
CSEESKANATLEAT / 321381101

## UNIT POP

Anatomic Comfort FR/EN  
CSEESMKPOPANAT / 377612



# 3D

CSEESANTCOM

368300

## COMFORT ANATOMIC

Anatomic Comfort insoles are replacement insoles for maximum comfort.

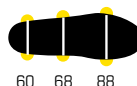
Made from EVA foam, they are light and thin and are suited to all types of shoes and sports.

Anti-bacterial and washable.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Anatomic shape:** Comfort & stability
3. **Micro-perforations:** Breathable
4. **Pad:** Comfort



CSE3DCOMJUNI17

310896000

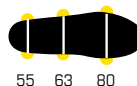
## COMFORT 3D JUNIOR

Anatomical insoles designed for your children, providing comfort and protection

SIZES: JS-JM-JL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Comfort foam:** Comfort
4. **3D shell:** Holds the foot in position



CSE3DCOMHALF17

310895000

## COMFORT 3D DEMI

Anatomical half-insoles designed for optimum foot support in low-volume shoes.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Comfort foam:** Comfort
3. **3D shell:** Holds the foot in position



CSE3DCOMFORT17

310894000

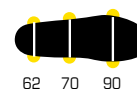
## COMFORT 3D

Anatomical insoles designed for optimum comfort and active support for the foot.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Toplayer:** Cushioning & antibacterial
2. **Micro-perforations:** Breathable
3. **Comfort foam:** Comfort
4. **3D shell:** Holds the foot in position



# 3Feet®



CSE3FSLIM13\_HI

360086

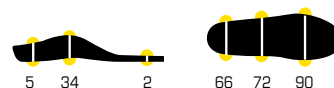
## 3FEET® SLIM HIGH

Insoles specially designed for high arch foot.  
3Feet® Slim insoles are adapted to low volume footwear.  
They can also be cut to be used as half insoles.

SIZES: XS-S-M-L-XL-XXL

1. **Microfibre covering:** Comfortable & antibacterial
2. **High-arch EVA shell:** Holds the foot  
And distributes the pressure
3. **Perforations:** Provide breathability
4. **EVA 2 mm:** Thin and cushioned
5. **Cutting line for making half-insoles**

DIMENSIONS (mm)



CSE3FSLIM13\_MI

360085

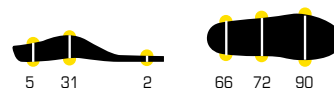
## 3FEET® SLIM MID

Insoles specially designed for mid arch foot.  
3Feet® Slim insoles are adapted to low volume footwear.  
They can also be cut to be used as half insoles.

SIZES: XS-S-M-L-XL-XXL

1. **Microfibre covering:** Comfortable & antibacterial
2. **Mid-arch EVA shell:** Holds the foot  
And distributes the pressure
3. **Perforations:** Provide breathability
4. **EVA 2 mm:** Thin and cushioned
5. **Cutting line for making half-insoles**

DIMENSIONS (mm)



CSE3FSLIM13\_LO

360084

## 3FEET® SLIM LOW

Insoles specially designed for low-arched feet.  
3Feet® Slim insoles are adapted to low volume footwear.  
They can also be cut to be used as half insoles.

SIZES: XS-S-M-L-XL-XXL

1. **Microfibre covering:** Comfortable & antibacterial
2. **Low-arch EVA shell:** Holds the foot  
and distributes the pressure
3. **Perforations:** Provide breathability
4. **EVA 2 mm:** Thin and cushioned
5. **Cutting line for making half-insoles**

DIMENSIONS (mm)



They can also be cut to be used as half insoles.

### DEMO KIT 3FEET® SLIM

3FEET® Slim High CSE3FDKSLIH13 / 36008801  
3FEET® Slim Mid CSE3FDKSLIMI13 / 36008901  
3Feet® Slim Low CSE3FDKSLILO13 / 36008701







**FLASHFIT™**

CSESPCIT12-CLA

327004

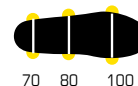
**CITY+ CLASSIC**

Preshaped insoles designed for all types of city shoes to provide optimum foot support and comfort, as well as preventing blisters and fatigue. These insoles can also be personalised to your feet in less than 10 minutes thanks to Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **Ionfoam® topcover:** Cushioning & antibacterial
2. **Podiaflex® reinforcement:** Foot support & Stability
3. **Heel pad:** Shock absorption
4. **Podiaflex®:** Stability & resistance



CSESPCIT12-SLI

327009

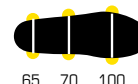
**CITY+ SLIM**

Preshaped insoles designed for low volume city shoes to provide optimum foot support as well as preventing blisters and fatigue. These insoles can also be personalised to your feet in less than 10 minutes thanks to Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF topcover:** Comfort & breathability
2. **Podiaflex® reinforcement:** Foot Support
3. **Podiaflex®:** Stability & resistance



CSESPCIT12-1/2

327008

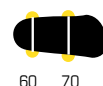
**CITY+ DEMI**

Preshaped half insoles designed for low volume city shoes to provide optimal foot support. These insoles can also be personalised to your feet in less than 10 minutes thanks to Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF topcover:** Comfort & breathability
2. **Podiaflex®:** Foot Support
3. **Heel pad:** Shock absorption
4. **Podiaflex®:** Stability



CSESPCIT12-LAD

327010

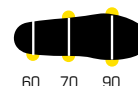
**CITY+ LADY**

Preshaped insoles specially designed for fashion shoes to provide optimal foot support and comfort, as well as preventing blisters and fatigue. These insoles can also be personalised to your feet in less than 10 minutes thanks to Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. **AMF topcover:** Comfort & breathability
2. **Podiaflex® reinforcement:** Foot Support
3. **Podiaflex®:** Stability & resistance





CSESPMULTI12

326900

MADE IN  
**FRANCE**

## MULTI +

3D insole suitable for universal use across all sporting disciplines. Can also be customised to your feet in 10 minutes, providing lasting comfort, with Flashfit™ technology.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. IonFoam® topcover 2.5mm: Cushioning & antibacterial
2. TXC heel reinforcement 1.5mm: Stability
3. Podiaflex® N base 0.9 / 1.3mm: Flexibility
4. Podiaflex® N Reinforcement 1.3mm: Support
5. Confortene pad: Shock absorption



## C Custom

CSECUMULTI12

326901

## CUSTOM MULTI

Custom insole suitable for universal use.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. IonFoam® topcover 2.5mm: Cushioning & antibacterial
2. TX heel reinforcement 1.1mm: Stability
3. Confortene pad: Shock absorption
4. TX mid reinforcement 1.1mm: Support
5. Podiaflex® N base 1.3mm: Flexibility



CSECUMULSL12

326902

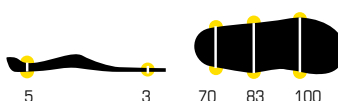
## CUSTOM MULTI SLIM

Custom insole suitable for universal use, in low volume footwear.

SIZES: XS-S-M-L-XL-XXL

DIMENSIONS (mm)

1. PE topcover 2mm: Cushioning
2. TX heel reinforcement 1.1mm: Stability
3. Confortene pad: Shock absorption
4. TX mid reinforcement 1.1mm: Support
5. Podiaflex® N base 0.9mm: Flexibility



## MARKETING TOOLS



### MINI DISPLAY

CMKPMINDI15 / 329027101  
Max. capacity: 30 packs.

### DEMO KIT CITY

City + Classic CSESPDKCIT12-CLA / 35473601  
City + Slim CSESPDKCIT12-SLI / 35473701  
City + 1/2 CSESPDKCIT12-1/2 / 35473801  
City + Lady CSESPDKCIT12-LAD / 35473901

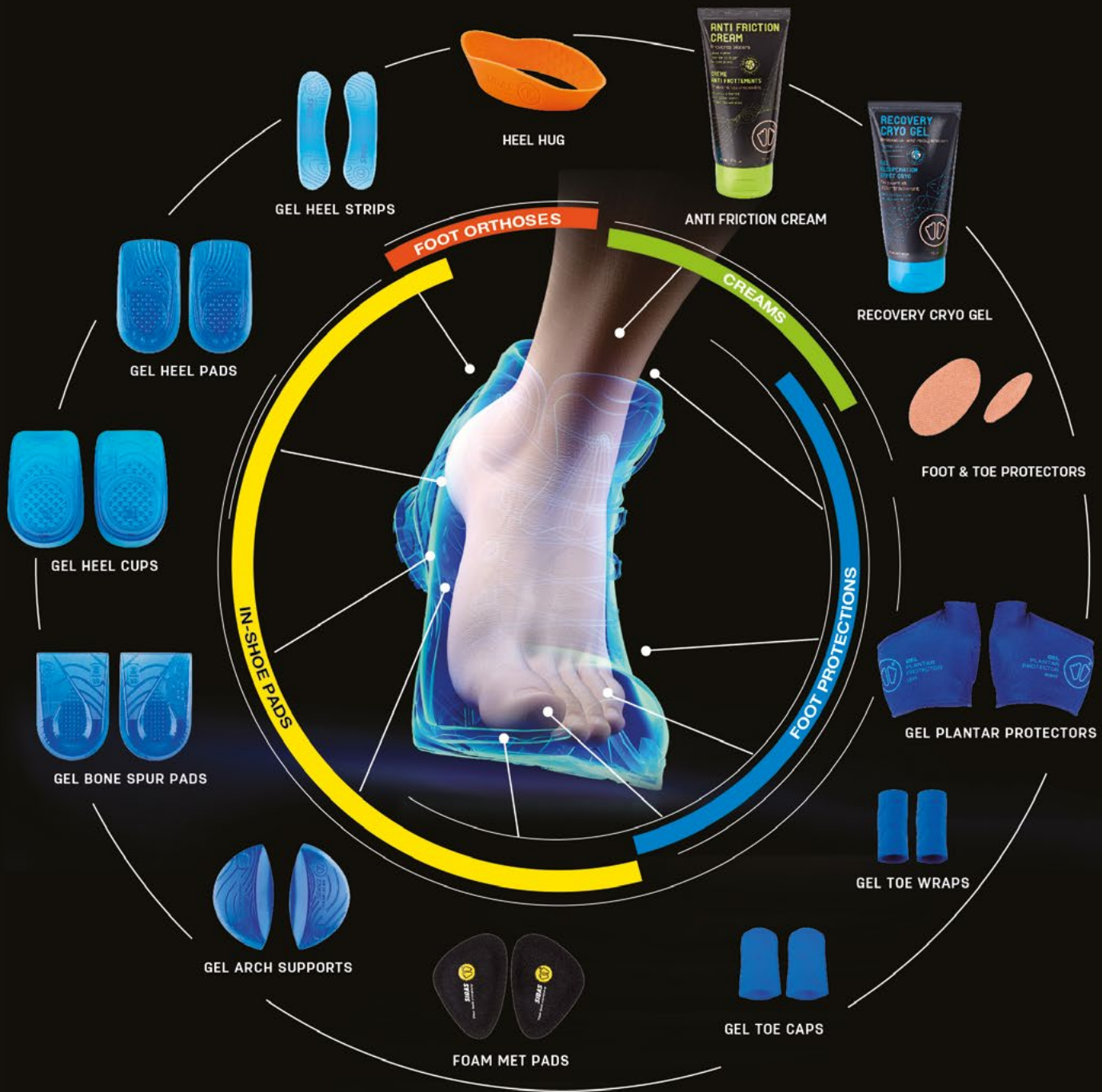


# FOOT PRODUCTS

Discover the Sidas Foot Products range, with a wide array of products for use before, during, and after sport. Comprising In-Shoe Pads, Foot Protection, Creams, and Foot Orthoses, all of your needs are met, and all activities are catered for.









# IN-SHOE PADS



Sidas is launching In-Shoe Pads, a new range of gel products that provide a solution to everyday foot pain. These products can be slipped into your shoe to relieve the most frequent types of pain, such as heel pain, blisters, flat feet, etc.

CFCFPHEELSTR18

313346101

## GEL HEEL STRIPS

These anti-slip heel strips prevent your feet from moving around inside your footwear. Used preventively, they will stop swelling, chafing and blisters.

**ONE SIZE**

**Fitting:** Position the gel anti-slip heel strips inside your footwear where the heel is located.

Pack par per  
Supplied in box of 10



CFCFPMETPAD18

313332000

## FOAM MET PADS

These foam met pads relieve tension in the forefoot, ensuring optimum comfort.

**SIZES:** S (36-39) ; M (40-43) ; L (44-47)

**Fitting:** Remove the insole from your footwear and place the met pad in the centre of the insole towards the front

Pack par per  
Supplied in box of 10



CFCFPARCHSUP18

313331000

## GEL ARCH SUPPORTS

These gel arch supports support your feet all day long. Specially shaped to fit the arch of the foot, they remain stable and invisible in your footwear, whatever activity you are doing.

**SIZES:** S (36-39) ; M (40-43) ; L (44-47)

**Fitting:** Insert the arch supports into your footwear where the arch of your foot is positioned. Clean your arch supports regularly with soap and water to ensure they remain in place.

Pack par per  
Supplied in box of 10





CFCFPHEELPAD18

313333000

## GEL HEEL PADS

These gel heel pads absorb shocks all day long for optimum comfort. They are easy to fit and will quickly become an essential part of your daily life.

**SIZES:** S/M (36-41) ; L/XL (42-46)

**Fitting:** Insert the heel cups into the back of your footwear. Clean your heel cups regularly with soap and water to ensure they remain in place.

Pack par per  
Supplied in box of 10



CFCFPBONESPU18

313334000

## GEL BONE SPUR PADS

These gel bone spur pads relieve heel pain. They also absorb shocks all day long for optimum comfort. They are easy to fit and will quickly become an essential part of your daily life.

**SIZES:** S/M (36-41) ; L/XL (42-46)

**Fitting:** Insert the heel cups into the back of your footwear. Clean your heel cups regularly with soap and water to ensure they remain in place.

Pack par per  
Supplied in box of 10



CFCFPHEELCUP18

313335000

## GEL HEEL CUPS

These close-fitting gel heel cups absorb shocks all day long for optimum comfort. Specially shaped to fit round the heel, they prevent blisters and stabilise your feet, enabling you to enjoy your day or sporting activity to the full.

**SIZES:** S/M (36-41) ; L/XL (42-46)

**Fitting:** Insert the heel cups into the back of your footwear. Clean your heel cups regularly with soap and water to ensure they remain in place.

Pack par per  
Supplied in box of 10



## MARKETING TOOLS

### IN-SHOE PADS DISPLAY

CFCFPDISPLAY18 / 313360101

Double-sided display unit specifically designed for the In-Shoe Pads range.

- French and English.
- Dimensions: 38 cm wide x 125 high
- 12 prongs on each side (36 in all)
- Each prong can hold 5 products, i.e. a total of 120 products
- 1 document holder and 1 peg for attaching a product sample
- Supplied without products or the In-Shoe Pads leaflet



### IN-SHOE PADS PLEXI POS

FR / EN - CFCFPPOSPLXI12\_01 / 313361101

EN / DE - CFCFPPOSPLXI18\_02 / 313361102

Consumer leaflet designed to explain the benefits of In-Shoe Pads. Leaflet can be provided with the "In-Shoe Pads" display.

- Dimensions: 14.8 cm wide x 21 high
- Packaging: pack of 25



### IN-SHOE PADS WALL POS

EN/ FR - CFCFPWALLPOS18 / 313362101

Display strip specifically designed for the In-Shoe Pads range. Supplied alone or in addition to the In-Shoe Pads Display.

- French and English
- Dimensions: 20 cm wide x 87 high
- 5 prongs per column: can hold a total of 10 products





## MARKETING TOOLS

### FOOTCARE DISPLAY

CFCMKCOUNTDISPLAY / 311061101  
Dimensions: 160x50cm



### FOOTCARE LEAFLET

AVAILABLE ON THE EXTRANET



### FOOT PROTECTION WALL POS

EN-FR: CFCMKFPWALLPOS\_01 / 311062101  
DE-EN: CFCMKFPWALLPOS\_02 / 311062102  
Dimensions: 100x12cm



### DEMO FOOT

CFCFPDEMOFOOT18 / 313363101





# FOOT PROTECTIONS



Sidas Foot Protection offers targeted pain relief for sports people. These products are applied directly to the skin, preventing blisters, black toenails and overheating.

ASKINGLTOECA17 111050000

## GEL TOE CAPS

Gel toe caps allow you to enjoy your sport to the full. Used preventively, they avoid nails turning black due to impacts in the shoe. In case of existing pain, they absorb impacts for instant relief. Washable, reusable silicone protectors.

SIZES: S/M (36-40) / L/XL (41-47)

Pack par per

Ajustable Length

Delivered in box of 20 or per unit



x 2



Sizes Tailles	Big Toe Gros orteil	Middle Toes Orteils moyens	Small Toes Petits orteils
36 - 39 (EU) 4 - 6 (US) 3 - 6 (UK)	S / M	XS	XS
40 - 46 (EU) 7.5 - 13 (US) 6.5 - 12 (UK)	L / XL	S / M	XS

ASKINGLTOEWR17 111051000

## GEL TOE WRAPS

Gel toe sleeves allow you to enjoy your sport to the full. They ease pain caused by friction between toes and prevent corns and calluses.

SIZES: S/M (36-40) / L/XL (41-47)

Pack of 2 per

Ajustable Length

Delivered in box of 20 or per unit



x 4



x 2

ASKINGLPLAPR17 111049000

## GEL PLANTAR PROTECTORS

Gel plantar protectors allow you to enjoy your sport to the full. Used preventively, they avoid inflammation, burns and blisters. In case of existing pain, they absorb impacts for instant relief.

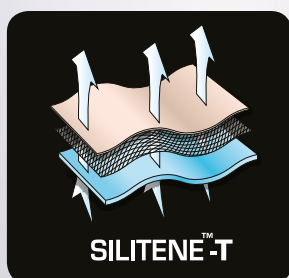
SIZES: S/M (36-40) / L/XL (41-47)

Pack par per

Anatomical Construction (right foot / left foot).

Delivered in box of 20 or per unit







CFCOSTOEPROT20

318292101

## TOE PROTECTORS V2

Apply the Silite™-T protection for toes as soon as the first signs of friction appear in order to prevent the development of blisters.

Thin and imperceptible thanks to their biomechanical construction, the protection is very long lasting so you can fully enjoy your activity.

**Thickness:** 1 mm.

**Contents of pack:** 5 Toe Protector.



x 5

CFCOSFOOTPROT20

318291101

## FOOT PROTECTOR V2

Apply the Silite™-T protection to the friction area as soon as you feel overheating sensations, to prevent the development of blisters.

Its biomechanical construction allows for long-lasting wear. Thin and imperceptible, it allows you to fully enjoy your sporting activity.

**Thickness:** 1 mm.

**Contents of pack:** 5 Foot Protector.



x 5

CFCOESSPROT20

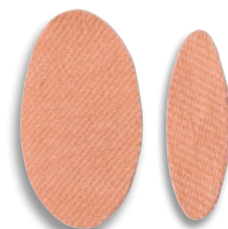
318290101

## ESSENTIAL PROTECTOR KIT V2

The Silite™-T protection kit is your best ally when practicing a sporting activity.

Apply the protection to the friction areas to ease the pain for instant comfort.

Their biomechanical construction allows for long-lasting protection.



x 5

x 5

**Thickness:** 1 mm.

**Contents of pack:** 5 x Toe Protector / 5 x Foot Protector.

ASKINFOOTPROT14\_01SH

36829601

## FOOT PROTECTOR SHEET 1 MM

ASKINFOOTPROT14\_02SH

36829701

## FOOT PROTECTOR SHEET 2 MM

The Silite™ protection kit is your best ally when practicing a sporting activity.

Apply the protection to on the friction areas to ease the pain for instant comfort.

Their biomechanical construction allows for long-lasting protection.

**Dimensions:** 90x100mm (1mm) / 100x115 mm (2mm)



x 1



x 1

MADE IN  
FRANCE

## MARKETING TOOLS

### ON SKIN BOX

On Skin range box that can also be used as a display.

All On Skin products are supplied in 20s in this box.





## MARKETING TOOLS

**CREAM VISUALS**

Available on the extranet



**CREAM LEAFLET**

Available on the extranet



**CREAM BOX**

On Skin range box that can also be used as a display. All On Skin products are supplied in 15s in this box.





# CREAMS



Sidas is embarking on a new adventure by marketing a range of sports creams. This range is intended for Outdoor sports such as running, hiking or trail running and uses top-of-the-range natural ingredients. It consists of two products, an anti-chafing cream and a recovery gel with a cooling effect.

CFCREANTIF17\_75ML

311063101

## ANTI FRICTION CREAM 75 ML

ANTIFRICTION CREAM 15 ML CFCREANTIF17\_15ML / 311064101

Anti-friction cream that prevents blisters. Protects, moisturises and revitalises. This cream has a protecting action, forming a film that boosts the skin's elasticity and defensive ability. Apply before sport by rubbing it in at length to areas prone to friction: feet, thighs, arm pits, nipples, etc.

75 ML : pack of 15 or individually

15 ML : pack of 25

### COMPOSITION

Shea butter, marine collagen, vitamin E, witch hazel extracts.  
Does not contain parabens or PEG. Contains natural preservatives.  
Not tested on animals.

99% natural ingredients



75 ml



15 ml

MADE IN FRANCE



CFCRERECOV17\_75ML

311066101

## RECOVERY CRYO GEL 75 ML

RECOVERY CRYO GEL 15 ML CFCRERECOV17\_15ML / 311065101

Provides rapid relief from injury: strained muscles, impact injuries, cramp, dislocations and bruising. The silicon and targeted essential oils act in synergy to produce a three-fold effect: relaxing, stress-relieving and repairing.

Apply locally as soon as possible after injury. Repeat application if necessary.

75 ML : pack of 15 or individually

15 ML : pack of 25

### COMPOSITION

Organic silicon and essential oils (mint, peppermint, eucalyptus, rosemary, tea tree)

77% natural ingredients



75 ml



15 ml

MADE IN FRANCE



CFCFOCAREKIT20

318293000

## FOOTCARE KIT V2

This foot-care kit protects and soothes your feet during sport from start to finish. It prevents blisters and friction, soothes impact in your shoes, avoids black nails and friction between the toes.

SIZES: S/M (36-40) / L/XL (41-47)

1 Anti Friction cream 15 ml / 1 Recovery gel 15 ml  
2 Gel toe caps / 4 Gel toe wraps / 5 foot protectors v2





## MARKETING TOOLS

Range box that can also be used as a display. Supplied in box of 10.





# FOOT ORTHOSES



The Foot Orthoses range is designed to provide comfort and support for your feet, ankles, and joints. These products are great for prevention and recovery, limiting the risk of injury while practising sports.

CFCFPHEELHUG18

315271101

## HEEL HUG

Offer your heel more cushioning and comfort! The Heel Hug exerts lateral compression on the heel, renewing its natural cushioning properties. Choose your preferred level of compression from the three options.

You can use it as you see fit: before, during or after exercise, for a minimum of one hour. This product offers improved comfort; it is not a medical orthosis.



STRONG COMPRESSION



MID COMPRESSION

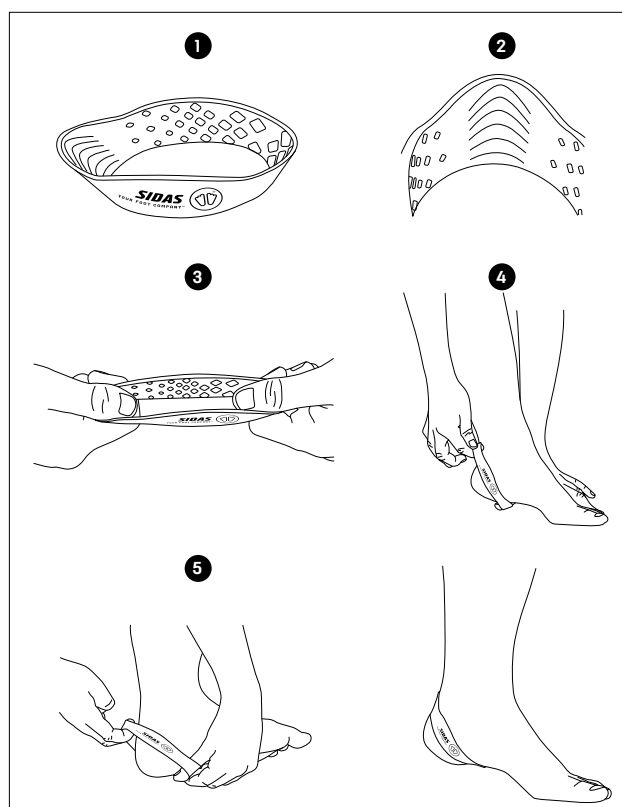


LOW COMPRESSION

### PLACEMENT

Choose your preferred compression from Heel Hug's three options

- 1 The drawings of the small diamonds must be on the inside of the Heel Hug; this is the part that will be in contact with skin.
- 2 Identify the end where you can see the small lines. This end will be placed at the ankle and therefore indicates the direction in which to slip on the product.
- 3 Place two fingers at each end and stretch the Heel Hug
- 4 You can now slip the Heel Hug around your ankle. To benefit from its compression effects without feeling too restricted, it is important to carefully adjust the Heel Hug's position; it should not be too high.
- 5 Once you have slipped on the first Heel Hug, take a few steps and you can immediately feel its effect.



# SHOE ACCESSORIES

## SHOE BAGS

ASACOUTDSHOE17

110900101

### NYLON SHOE BAG BLACK

The Sidas Outdoor Shoe Bag is a small ultra-light bag for one pair of hiking shoes. It is made of a water-resistant and dirt-resistant fabric to protect the bag's contents perfectly.

#### PRODUCT CHARACTERISTICS

Soft bag, 1 front pocket with zipper,  
4 plastic stays under the bag  
Dimensions: 33 x 25 x 22 cm  
Composition: Nylon



Ref. Blue

ASACLGTSHOEBL17

111048101

Ref. Yellow

ASACLGTSHOEYE17

11651101

### LIGHT SHOE BAG

The Sidas Small Sport Shoe Bag is lightweight, easy to carry and can hold a pair of shoes. This small promotional bag can make a lovely gift for your customers (sold in packs of 10).

#### PRODUCT CHARACTERISTICS

Dimensions: 40x38cm (blue) / 50x42cm (yellow)  
Composition: Nylon  
Pack of 10



ASACBLKPOCKBAG16

109565101

### POCKET BAG

The Sidas Pocket Bag is a small, ultra lightweight bag. It is made from water- and dirt-resistant fabric.

#### PRODUCT CHARACTERISTICS

Pack of 10



CSHACDRYBAWOOD19

315502101

### DRYER BAG CEDAR WOOD

The Dryer Bag Cedar Wood naturally dries all types of damp shoes.

- Absorbs moisture from your shoes 4 times faster than air-drying
- Eliminates odours thanks to its anti-fungal process.
- Made using 100% natural cedar wood and a polyester fabric.
- Reusable and durable product.

Supplied in box of 10, the box can be used as a display





## DRYERS

HEDRFLOUVEU19	516579101	Ref. DRYFLOW UV EUR
HEDRFLOUVUK19	516581101	Ref. DRYFLOW UV UK
HEDRFLOUVUS19	516582101	Ref. DRYFLOW UV US

### DRYFLOW UV

The DRYFLOW UV dries and purifies wet boots.

Quick and effective for all types of boots.

Equipped with an ultraviolet bulb for antibacterial sanitising: prevents the development of germs and bacteria, and absorbs unpleasant odours.

Easy & compact storage : Adjustable length



AIR FLOWING & DRYING SYSTEM



ANTIBACTERIAL



EASY STORAGE



HEDRFLOMINUSB20	519782101
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### DRYFLOW MINI

The Dryflow Mini thoroughly dries out boots in just a few hours. Its ventilation system and UV lamps allow for fast, effective drying for all types of boots. The included timer automatically controls drying time. Compact and lightweight, it is easy to both transport and store. The USB power supply is compatible with all chargers with a USB port (not supplied).



AIR FLOWING



UV LIGHT



TIMER



EASY STORAGE



HEDRWPROUSB18	514334101
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### DRYWARMER PRO USB

Dry your shoes quickly and effectively with Drywarmer NEO USB. The Vortex effect optimises the circulation of warm air in your boots and reduces the drying time. The ergonomic shape makes it possible to heat and dry all types of shoes and gloves.

The USB socket allows for charging via power adapters equipped with a USB socket (not provided), via wall sockets equipped with USB ports, and via your car.



VORTEX



EASY STORAGE



USB



TIMER



UV LIGHT



HEDRWNEOUSB18	514333101
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### DRYWARMER NEO USB

Shoe Drying System

With the Drywarmer NEO USB, your shoes dry faster. The Vortex effect optimises the circulation of warm air in your boots and reduces the drying time. The ergonomic shape makes it possible to heat and dry all types of shoes and gloves.

The USB socket allows for charging via power adapters equipped with a USB socket (not provided), via wall sockets equipped with USB ports, and via your car.



VORTEX



EASY STORAGE



USB



## MARKETING TOOLS

### DRYER DISPLAY

REF FULL. CSHPACKDRYDISFUL20 - 319846101  
REF EMPTY. CSHMKDRYDISP20 - 319845101





## 3D

A range of modern, colourful sandals for use before or after sport to aid full recovery. Made of waterproof materials and designed to hug the foot, they are suitable for a wide range of uses.

### 3D LOUNGE TAUPE

FWSA3DMLOUNGE\_TA

411069600

## 3D LOUNGE

Les sandales Lounge sont le parfait compromis entre design et confort. La semelle 3D soutient et stabilise le pied en garantissant un confort optimal. Sandales à porter au quotidien ou après le sport en récupération.

SIZES TAUPE: 40 to 46

MEN'S MODEL

**Shock-absorbing EVA insole** for comfort  
**MerryMesh strap** for breathability  
**EVA outsole** for lightness and cushioning



### 3D COOLDAY DUNE

FWSA3DCOOLDAY\_DU

377627

## 3D COOLDAY

Coolday sandals are the perfect combination of style and comfort. The 3D insole supports and stabilises the foot, guaranteeing optimum comfort. Sandals for daily use or to wear after sport to aid recovery.

SIZES DUNE: 36 to 46

MEN'S MODEL

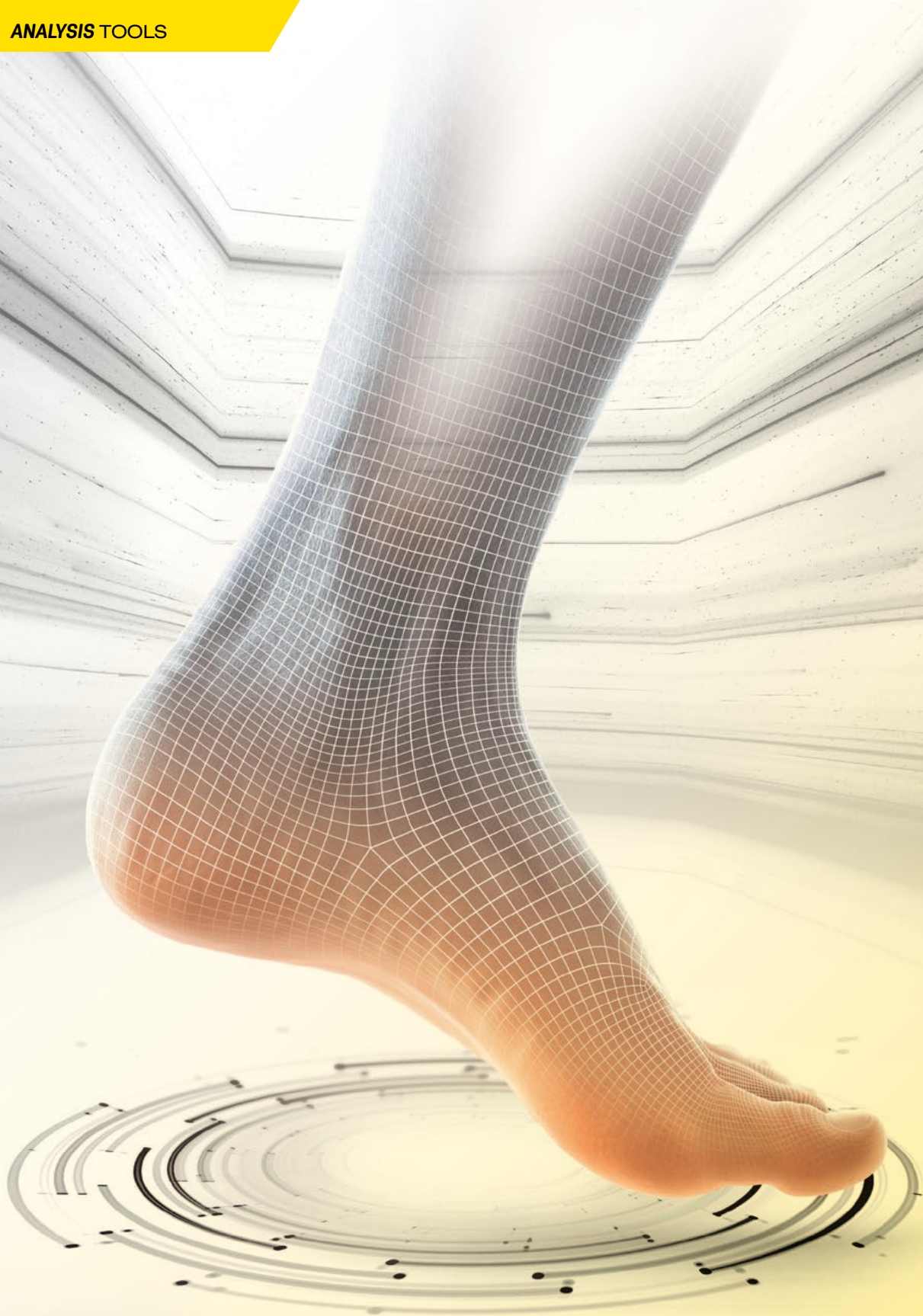
**Leather insole and strap** for quality and comfort  
**Shock-absorbing pad** under the heel  
**EVA outsole** for lightness and cushioning



# 3D

## The most comfortable sandals!

### 3D SANDALS



# ANALYSIS

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The fondation of a proper fit

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## MEASURING AND ANALYSIS TOOLS

### FEETBOX 3D®

#### The Sidas & Corpus-e solution, a revolutionary new system: FEETBOX® 3D

Our **AIM**: to give your clients a new in-store experience, in order to enhance your business and services. The plate is equipped with a 360° camera that scans your feet and legs up to the knees, in order to obtain a 3D model of them.

You can see all the measurements of your feet (length, width, thickness), ankles and calves on the screen. The system makes it possible to simulate the fitting of a customised insole and shoe whilst taking into account the thickness of the sock.

After connecting to the database of footwear sold in your shop and a chat with your customer; Feetbox® 3D makes it possible to simulate fitting shoes that are suitable for your customer's feet, in accordance with their constraints, needs and budget.

By virtually fitting the shoe on the feet, it also makes it possible to see the different areas where the feet are deformed that need to be considered. An unrivalled experience for the client and it saves you time.

Using Feetbox® 3D gives the consumer a unique experience.



CMAFEETBOX3DPR

313081101

3D Scanner Feetbox 3D, computer, kiosk, 25 pairs of socks

CMAFEETBOX3D

312658101

3D Scanner Feetbox 3D, 25 pairs of socks

CMAFEETBOX3DCOMP

313082101

All in one computer/touch screen

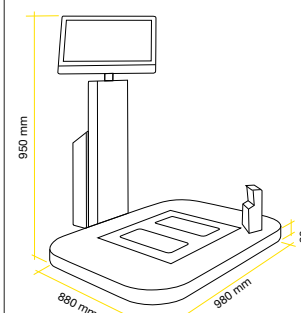


FEETBOX®  
3D MOVIE

### UNIQUE PROCESS

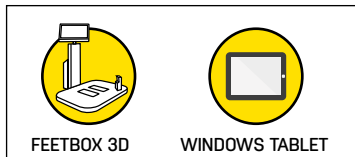
- Put on a pair of special socks.
- Scans both feet simultaneously up to the knee, in only 20 seconds.
- Analysis and calculation of anatomic data regarding
  - FEET VOLUME
  - FEET PRESSURE
  - LEG ALIGNMENT
  - FUNCTION COMPARED TO THE AVERAGE
- Fitting Tab: visualisation of feet with insoles, socks and shoes.
- Access to a database of the shoes available in shops.
- Virtually try on the shoes recommended by the shop's expert, which are suitable for your feet, your needs and your constraints. See the adjustment as it's made.
- Actually try on the complete solutions proposed by the shop expert to check that the footwear chosen is suitable.

1. 3D Scanner
2. Pressure platform
3. Mover
4. Sock storage
5. Screen
6. Magical socks





## UNIQUE SOFTWARE SHOO IQ



1



**REAL DATA BASE  
CENTRALIZATION**  
in a specific file  
for each consumer.

2



**ANALYSE: GIVES ANATOMICAL FOOT  
DATA COVERING**

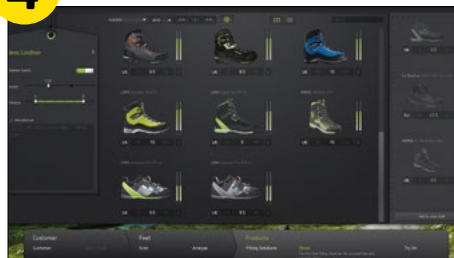
- foot volumetry;
- foot pressure;
- leg alignment;
- compare to average function.

3



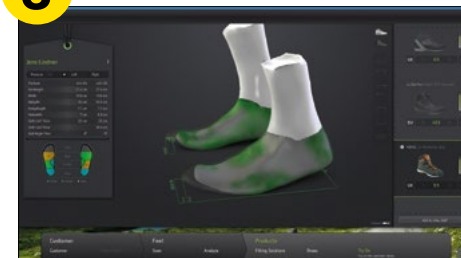
**FITTING TAB**  
Visualisation of the foot with insoles,  
socks and shoes

4



**SHOE DATAS BASE**  
Access to Corpus-e shoes data base.

5



**TRY ON**  
Possibility to try on shoe and  
visualization of the fitting.

6

**STOCK**  
Possibility to synchronise  
the stock of the shop  
with the software.

## MEASURING AND ANALYSIS TOOLS

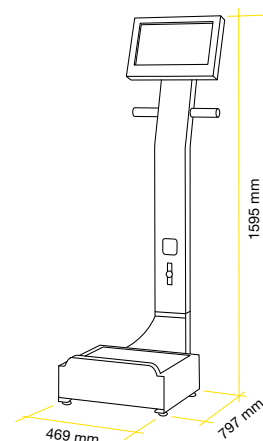
### FEETBOX®

CMAFEETBOX3F-V1

310965101

With this tool, your advice will be faster and clearer, and time spent using the Feetbox® creates an excellent opportunity to discuss individual foot problems and expectations with the customer. With just a single analysis, it will allow you to suggest a shoe and justify the suggestion of a suitable 3Feet® insole. Thanks to this exclusive Sidas technology, this analysis can be performed whilst the customer is wearing their socks!

- A sleek design suitable for any shop environment.
- Multi-scale sizes.
- Efficient indication of foot volume: narrow / standard / wide.
- 18 languages available and configurable, including 3 in live access.
- Quick and easy installation.
- No moving parts: system reliability.
- WiFi connection allowing for online technical support.
- Software updates – the kiosk is upgradeable and connected for updates.
- HDMI connection for an external display.



### CONNECT®

Mandatory

The Connect® option is the solution which will enable you to collect your customers' data (measurements, footprints, types of feet) and enrich your contact database (access to all e-mail addresses and statistics on ShoolQbox's website).

- Screen with contact form at the end of the analysis
- Easy-to-use
- Enhanced, personalised experience for the client



#### 15" TOUCH SCREEN



#### SPOTLIGHT FOR IMAGE CAPTURE



#### 3 HD WEBCAMS



#### SENSITIVE FOOTPRINT PAD

#### SMALL CARPET (INCLUDED)

Dimensions: 120 x 80 cm





## MARKETING TOOLS



### FEETBOX® MAXI CARPET

REF. CMKFEETBMXCAR  
REF. 311012101

Dimensions : 135 x 160 cm

### TRANSPORTATION CASE

REF. CMAFEETBOXSID\_CAIS  
REF. 315563101



### PROTECTION FRAME

REF. CZFBPLEXIPROTECTION  
REF. 314578101



### FEETBOX® CUBE

REF. CMKFEETBCUBE  
REF. 311013101

Dimensions : 48 x 48 x 48 cm



## OPTION AVAILABLE ON



FEETBOX 3D



WINDOWS  
TABLET



## FEETBOX® PROCESS

1



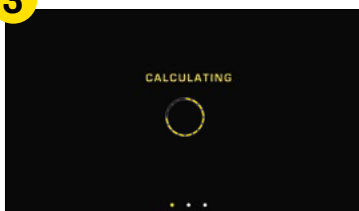
Step onto the feet box.  
Touch the screen to begin.

2



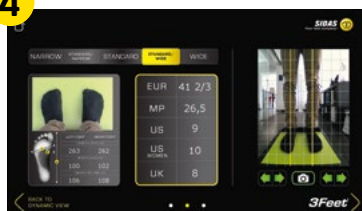
Position feet on the marks.  
Touch the screen to begin the analysis.

3



Wait 8 to 12 seconds for calculation.

4



Foot measurement: Length, width, type  
of foot and shin alignment.

5



Optimal and dynamic analysis of  
the footprint. See the foot print on  
screen.

## DYNAMIC STRIKE SENSOR (DSS)

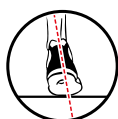
CMAFEETDSSSENSDY 318329101

### 4D GAIT ANALYSIS: DYNAMIC AND TEMPORAL

Using gyroscopes, motion sensors, and the ability to capture over 24 hours of running, DSS sensors can record all parameters of foot movement in 3 dimensions, as well as speed and acceleration, at high regularity during a run.

The interpretation of this data is carried out based on scientific and statistical methods. This makes it possible to characterise the runner's gait throughout their run as well as the development of their gait over time; using far more than just a few seconds' worth of information.

### DISPLAYED ON FEETBOX 3D:



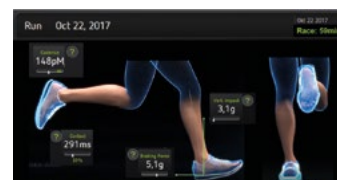
PRONATION ANGLE  
AND TIME



STRIKE ANGLE AND  
CONTACT FORCES



GROUND CONTACT  
AND TIMECADENCE



## MEASURING AND ANALYSIS TOOLS

### PODOSCOPE V2

APODOSIDAS

109305101

A podoscope that has a mirror system for viewing the foot print.

Sold with a remote control to facilitate use.



### FEET REVELATOR™

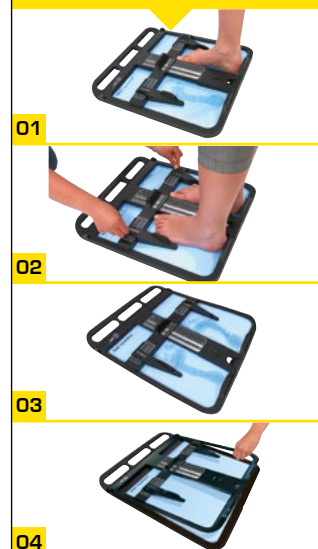
ABFEETREVE12

32953601

With the Feet Revelator™ you can determine your customer's foot type and characteristics in an instant. It not only measures the length and width of any foot but also reveals the footprints. Simple to use: just open and close to erase your customer's footprints.



### FEET REVELATOR™ PROCESS





## FEET MEASURER PROCESS



01



02

## FEET MEASURER

ABMES-SPORT-DBLE12

36010101

Instrument that measures the length and width of both feet. 4 sizing systems (EUR/US/UK/MP). Simple to use and robust (plastic). Includes a handle for easy carrying.



## FOOT SIZER PROCESS



01



02

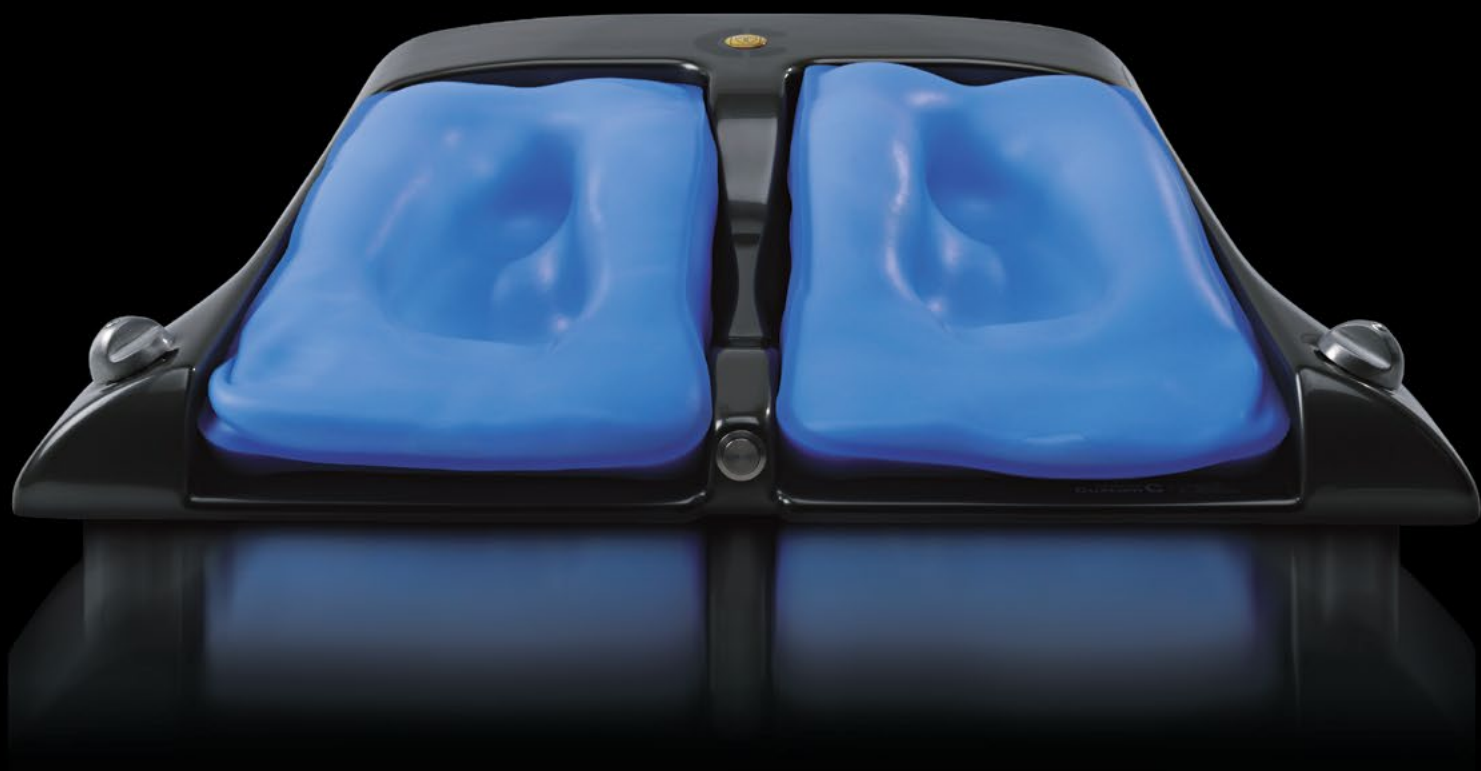
## FOOT SIZER

ABMESPORT12-1FOOT

36010001

Instrument that measures the length and width of the right foot. 4 sizing systems (EUR/US/UK/MP). Simple to use and robust (metal).



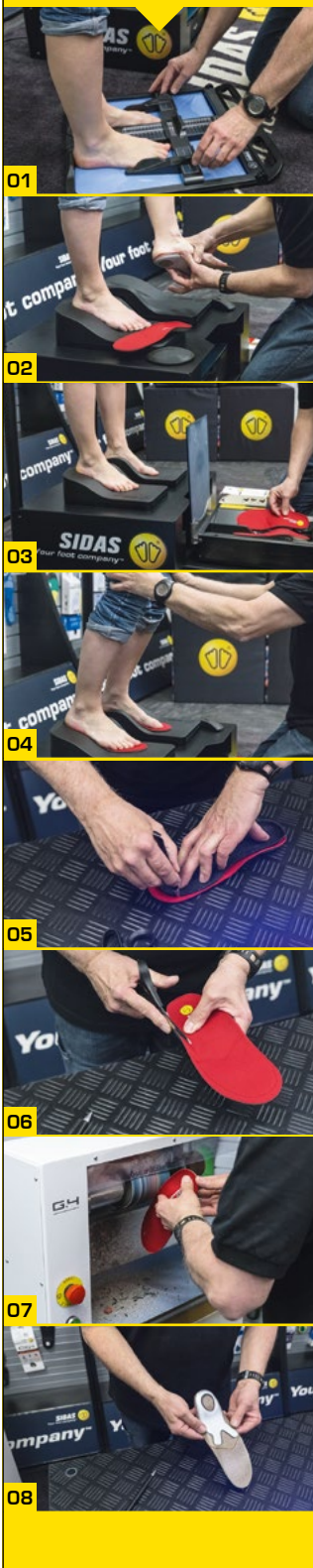


# ***EQUIPMENT***

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## FLASHFIT™ PROCESS



## FLASHFIT™



### FLASHFIT™ PADS

CMAVAPAD-FF12	35476201
CMAVAPAD-FF-NU	PADS ALONE = 35476301
CMAVAPAD-FF-CI	BOTTOM WEDGE = 35476401
CMAVAPAD-FF-CL	SIDE WEDGE = 35476501

The foam pads have two removable reinforcements, are softer and have a new anatomical shape, all of which make moulding easier.  
Available in one size.



### FLASHFIT™ BOX

110V: CMAFLASHFIT1	99659301
220V: CMAFLASHFIT2	99659201

The concept that heats Flashfit™ insoles in less than 10 seconds.  
Easy, fast, compact, unique design.

Dimensions : 12 x 30 x 38 cm - 7 kg





# C | Custom

## CUSTOM STATION

CMACUSTAPREMPK15	38045201	CUSTOM STATION PREMIUM PACK (FULL EQUIPPED)
CMAFITSTAPREM15	38045501	FIT STATION PREMIUM (WITHOUT EQUIPMENT)

The premium fit station is the must-have Custom moulding station! Its ergonomic, elegant and simple design lets you promote your boot-fitting activity in-store, particularly the Custom technology.

The design ensures both comfort for the boot-fitter and simple moulding. The station is easy to access for both the customer and the technician. It consists of a comfortable adjustable seat and support bars to ensure stability for the customer during the moulding process. A luminous band emphasises the outline of the station and promotes your boot-fitting space.

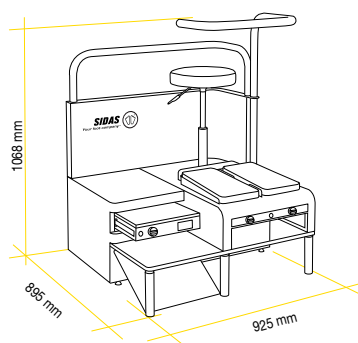
In technical terms, the sophisticated station allows you to analyse feet using the fully-integrated podoscope, to heat using the Moduvac and to make imprints using the directly integrated silicone bags.

5-year guarantee on the equipment.  
Lifetime guarantee on metal structure.

Dimensions : 1068 x 925 x 895 mm

1. Fit Station Premium
2. Integrated **PODOSCOPE**
3. Adjustable seat
4. **MODUVAC**

110V: CMAMODU09-1	10757601
220V: CMAMODU09-2	10757501
5. <b>HDVAC bags</b>	
CMAPAD09	10757701



MADE IN  
**FRANCE**

Developed and made in France



## CUSTOM PROCESS





## CUSTOM PROCESS



01



02



03



04



05



06

## CUSTOM STATION COMPACT

CMACUSTACMPK15	38045301
CMAFITSTACOMPAN15	38045601

This fit station is a highly compact unit that combines all the essential elements for customising the design of insoles. It offers the very best function / size / quality ratio.

Its ergonomic metal structure is highly resistant, allowing optimum use of your boot-fitting space. It consists of a seat, an analysis section and a moulding section, all in ideal dimensions for your point of sale or sales visits.

Dimensions : 106 x 710 x 639 mm.

### 1. Fit Station Compact

### 2. MODUVAC

110V: CMAMODU09-1	10757601
220V: CMAMODU09-2	10757501

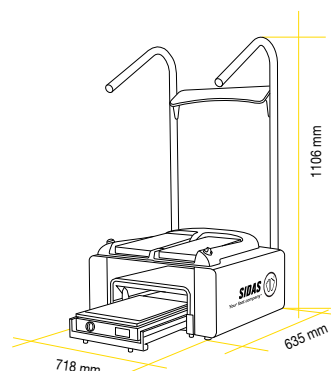
### 3. HDVAC

110V: CMAVAHDBLK-1	309537101
220V: CMAVAHDBLK-2	309536101

### 4. Podoscope

APODOSIDAS	109305101
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### 5. Integration of Feet Measurer possible



MADE IN  
**FRANCE**

Developed and made in France

# C | Custom

## CUSTOM STATION 2.1

CMACUSTA21PK15

38045401

(FULL EQUIPPED)

For retailers who want to offer a totally professional service and the best customer experience. The Fit Station is a unit especially designed for boot-fitters. (The HD Vac 2 and the Moduvac are not included and should be bought separately).

Dimensions : 90 x 80 x 89 cm

### 1. FIT STATION

MBFTSTAT2

10825701

### 2. HD VAC 2

110V: CMAVAHDBLK-1

309537101

220V: CMAVAHDBLK-2

309536101

### 3. MODUVAC

110V: CMAMODU09-1

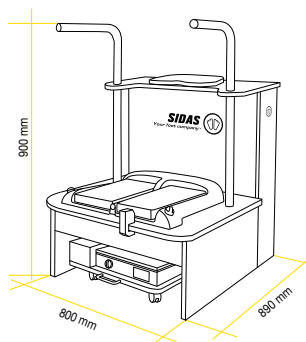
10757601

220V: CMAMODU09-2

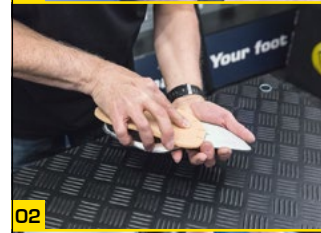
10757501

### OPTIONAL:

### 4. LASER ALIGNMENT SYSTEM



## CUSTOM PROCESS







## HD VAC 2

110V: CMAVAHDBLK-1 309537101

220V: CMAVAHDBLK-2 309536101

The best just got better. The HDVAC was already the best Custom system on the market, but the HDVAC2 is the most precise system ever made.

The silicon bags can be stretched up to 800% to adapt to any foot shape, the bags are separated for better hip adaptation, and all the controls are on the front making it easier for the boot-fitter to operate.

For retailers who want to offer a complete professional service, this tailor-made product will enhance your custom business line. If you want to bring the best service to your customer, the HDVAC2 is for you.

*The HDVAC 2 is a system for moulding comfort insoles, but cannot replace plantar orthoses fitted by professional foot specialists.*



## MODUVAC

110V: CMAMODU09-1 10757601

220V: CMAMODU09-2 107 57501

The new Sidas system to accompany the HDVAC2 system for moulding Custom footbeds. Compact, fast and simple, the Moduvac heats and presses the footbeds using a vacuum system in order to fuse the materials together, and prepare the insoles for moulding.

The Moduvac is compatible with all HDVAC systems.



## LASER ALIGNMENT SYSTEM

CMAVALASER12 36010201

Top-quality laser used to check leg alignment. Attaches easily to the Fit Station.



## DUAL LASER ALIGNEMENT SYSTEM FOR STATION PREMIUM

CMAVALSPREMIUM 312039101

The dual laser is designed to fit ergonomically on the Premium Fitstation. It enables the technician to check the shin alignment of the customers and speak to them effectively about the benefits of an insole.

The dual laser can be adjusted horizontally.

It consists of two independent lasers.

Works with 2 batteries (supplied).

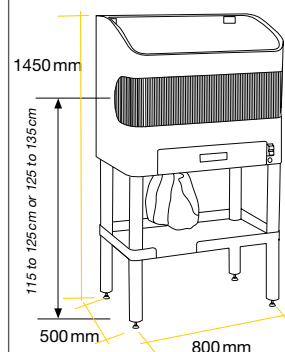


## GRINDERS: BEST SELLERS

### GRAVITY 600

CMATRGRAV600TOT	309568101	= GRAVITY 600 TOTEM (without equipment)
CMATRGRAV600	309569101	= GRAVITY 600 (without equipment)

- 1 grinding station and 1 finishing station.
- Expanding wheel.
- Self-locking mandrel.
- Very quiet (< 65 dB).
- Torque: 1.8 Nm.
- Power consumption: 600 W.
- Rotation speed: 2850 rpm.
- LED light.
- Storage shelves.
- The grinding area is completely enclosed, preventing mess and pollution of the working environment.
- Easy to clean.



### G1 EVO GRINDER

PPGTOURG1EVO	617862101	G1 EVO-220V WITHOUT ACCESSORIES
PPGTOURG1EVO_110	617967101	G1 EVO-110V WITHOUT ACCESSORIES

Ultra compact drum that fits all workspaces.

- Dual head
- Compact
- Expanding wheel

- Self-locking mandrel
- Torque: 3 Nm
- Motor power: 675 W
- Rotation speed: 2,800 rpm



#### CARTER OPTION

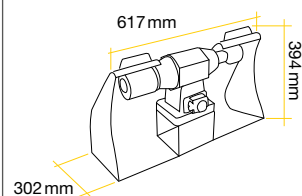
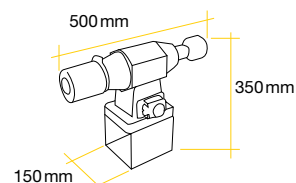
Dust collection tray (does not require aspiration).  
2 housings available: right and left.

RIGHT SIDE : PPGTOURG1EVO_AD	RIGHT SIDE : 619067101
LEFT SIDE : PPGTOURG1EVO_AG	RIGHT SIDE : 619282101

#### RAISER OPTION

Raiser allowing the grinder to be raised to improve the working ergonomics.

PPGTOURG1EVO_REHAUS	617968101
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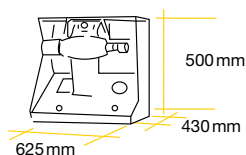
### G2 GRINDER

PPGPONCECAR	995 94701
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- Double head.
- Expanding wheel.
- Shielding.
- Torque 1.8 Nm.
- Motor power: 600 W.
- Power consumption: 600 W.
- Speed of rotation: 2850 r.p.m.



Vacuum cleaner attachment point on back of grinder

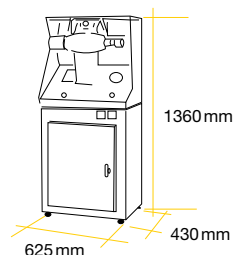


35 kg  
230 V - 50 Hz

### G3 GRINDER

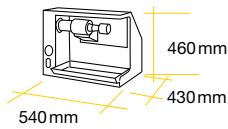
PPGUNIPON	995 94901
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- Double head.
- Expanding wheel.
- Shielding.
- Turbine suction.
- Torque 1.9 Nm.
- Motor power: 600 W.
- Power consumption: 1000 W.
- Speed of rotation: 2850 r.p.m.



75 kg  
230 V - 50 Hz

## ACCESSORIES



40 kg  
230 V - 50 Hz

## G4 GRINDER

PPGTOURG4EVOLUTION

37257501

- Expanding wheel.
- Shielding.
- Silent.
- Torque 2 Nm.
- Motor power: 550 W.
- Power consumption: 550 W.
- Speed of rotation: 3000 r.p.m.



	Grinding power (Nm)	Ergonomics		Maintenance	Insole finishing	Padding adjustment	Heel Stab adjustment	Liner /boot grinding	Comments
		Space	Dust management						
<b>G1 evo grinder</b>	3	Ultra-compact	Small deflector	Regular cleaning					The ideal tool for introducing boot fitting to your business when you have minimal space available in the workshop
<b>G2 grinder</b>	1.8	Compact	Open-case frame	Localized cleaning					This grinder deals effectively with dust, allowing you to work efficiently on insoles. Can be combined with an industrial vacuum cleaner
<b>G3 grinder</b>	1.8	Totem pole structure	Vacuum system	Localized cleaning					G2 vacuum system upgrade reduces cleaning times for increased efficiency
<b>Gravity 600</b>	1.8	Compact	Closed-case frame	Easy by design					A brand new Sidas product - a perfect combination of performance, appearance and dust management. Can be fitted with a structure to adjust grinder height
<b>G4 grinder</b>	2	Compact	Open-case frame	Localized cleaning					The grinder for you if your bootfitting creativity has no limits. Can be combined with an industrial vacuum cleaner

### Accessories kit Grinder G1

PXACC\_PONSEU

606419101

- A pair of safety goggles.
- A block to clean the grinding belts.
- 1 grinding belt.
- 2 polishing belts

### Accessories kit: Grinder G2, G3, G4, Gravity 600

PXACC\_TOURET

606422101

- A pair of safety goggles.
- 2 blocks to clean the grinding belts.
- 2 grinding belts.
- 2 polishing wheels.
- 1 sanding wheel.



## SIDAS TOOLS



### SMALL STICKERS - PACK OF 10

CMKSTISMAL12 32953701

Dimensions : 7 cm x 2.5 cm

### BIG STICKERS - PACK OF 10

CMKSTISBIG12 329538



### SHOP WINDOW STICKER

CMKSTIWIND12 32697601

Sticker specially designed for shop windows.

Dimensions : 20 cm x 11 cm



### CARPET

CMKPVTA12 32698301

Dimensions : 80 cm x 60 cm



### CARPET CORNER

CMKPVTA12 11141101

Dimensions : 200 cm x 200 cm



### SIDAS CUBE

CMKSIDASCUBE12 35476601

Dimensions : 47 cm x 47 cm



### SIDAS CUBE

CMKSIDASBFCUBE16 35476601

Dimensions : 47 cm x 47 cm



### SIDAS BOOTFITTING CUBE

CMKSIDASBFCUBE15 380 48401

Dimensions : 40 cm x 40 cm



### SHOE STICKERS - PACK OF 20

CMKSTISHOE14 36833501

Dimensions : 1.5 cm x 1.5 cm



### STICKER VITRINE "CERTIFIED BOOTFITTEUR"

CMKSTIWINDBF 32834201

«Certified Bootfitter» window sticker  
Dimensions : 21 cm x 12 cm



### FLAME

Foot CMKPVFLAMSID\_PIED 315168101

Flag CMKPVFLAMSID\_VOILE 315167101

Dimensions : 230 cm x 60 cm



### NEOPRENE GLUE 1

P99COLLE1 352 51201

Cleaning spray for analysis and measurement tools, machine pads, scan...



### OK NET

SIACOKNET19 818625101

Cleaning spray for analysis and measurement tools, machine pads, scan...



### FOOTBED TEMPLATES

39072011 866 096

Templates for checking shoe or liner size.



### SCISSORS

P99CISTITANIUM 605586101

Strong scissors for cutting footbeds.

## CLOTHES



### SIDAS SWEAT SHIRT

SIMKSWEATZIP14 808723000



### SIDAS THIN SWEATER

SIMKSWEAT17 812448000

## DISPLAYS



### FRAME ILLUMINATED DISPLAY

CMKPVILLDISPFRAM20

318361101

### SHELVE ILLUMINATED DISPLAY

CMKPVILLDISPSHEL20

318363101

### HOLDER ILLUMINATED DISPLAY

CMKPVILLDISPHOLD20

318364101

### HOOK ILLUMINATED DISPLAY

CMKPVILLDISPHOOK20

318362101



### LIGHTBOX RUN SENSE

EN CMKRUNSENLIGHTBOXEN  
318359101

FR CMKRUNSENLIGHTBOXFR  
318360101



### LIGHTBOX RUN PROTECT

EN CMKRUNPROLIGHTBOXEN  
318357101

FR CMKRUNPROLIGHTBOXFR  
318358101



### LIGHTBOX ANALYSIS FIT PROTOCOL

EN SIMKFITPROANALYSEN  
817985101

FR SIMKFITPROANALYSFR  
817984101

DE SIMKFITPROANALYDE  
817986101



### LIGHTBOX FIT PROTOCOL OUTDOOR SUM UP

EN SIMKFITPROOOSUMUPEN  
818341101

FR SIMKFITPROOOSUMUPFR  
818342101

DE SIMKFITPROOOSUMUPDE  
818343101



### LIGHTBOX FIT PROTOCOL RUN SUM UP

EN SIMKFITPRORUSUMUPEN  
818332101

FR SIMKFITPRORUSUMUPFR  
818334101

DE SIMKFITPRORUSUMUPDE  
818333101



### COLUMN DISPLAY

CMKPVTOURDIS15 301216101

- Max. capacity: 120 packs.
- The column display is a rotating display stand featuring:
  - 8 perforated sides
  - 5 castors, 2 of which have brakes
  - 1 platform for attaching a demonstration foot.
- Dimensions: 180 x 55 cm



### MAXI DISPLAY

CMK3DDISPL12 32695201

- Max. capacity: 120 packs,
- 60 on each side.
- Order separately : 2 facing / 2 POP
- Can include a Feet Revelator™.
- Can also be used on one side only.
- Dimensions: 75 x 160 x 60 cm



### MID DISPLAY V2

CMKPMIDDI12 32955801

- Max. capacity: 120 packs,
- 60 on each side.
- Order separately : 2 facing / 2 POP
- Can include a Feet Revelator™.
- Can also be used on one side only.
- Dimensions: 75 x 160 x 60 cm



### MINI DISPLAY

CMKPMINDI15 309027101

- Max. capacity: 45 packs,
- 30 packs on the front and 15 on the back.
- Can also be used on one side only.
- Dimensions: 36 x 128 x 36 cm

## INSOLES

	F-ESSENTIALS™	ANATOMIC	3D	3Feet®	FLASHFIT™	C Custom
DAILY LIFE	 CUSHIONING GEL SLIM	 ANATOMIC LEATHER	 COMFORT ANATOMIC	 3FEET® SLIM HIGH	 CITY + CLASSIC	 CUSTOM MULTI
	 CUSHIONING GEL		 COMFORT 3D JUNIOR	 3FEET® SLIM MID	 CITY + SLIM	 CUSTOM MULTI SLIM
	 CUSHIONING GEL MEMORY		 COMFORT 3D DEMI	 3FEET® SLIM LOW	 CITY + DEMI	
	 CUSHIONING GEL SUPPORT V2		 COMFORT 3D		 CITY + LADY	
			 CUSHIONING GEL 3D		 MULTI +	
MULTI SPORT	 MAX PROTECT MOVE	 3D PLAY		 3FEET® ACTIV' HIGH		
	 MAX PROTECT MOVE SUPPORT	 3D FOOTBALL		 3FEET® ACTIV' MID		
	 MAX PROTECT ACTIV' SLIM			 3FEET® ACTIV' MID		
	 MAX PROTECT ACTIV'					

## SANDALS

### 3D



3D LOUNGE DARK BROWN



3D COOLDAY DUNE

## SHOE ACCESSORIES

### DRYERS



DRYFLOW UV



DRYFLOW MINI



DRYWARMER PRO USB



DRYWARMER NEO USB



DRYER BAG CEDAR WOOD

### BAGS



NYLON SHOE BAG



POCKET SHOE BAG
















LIGHT SHOE BAG Blue
















LIGHT SHOE BAG Yellow



## INSOLES

	F-ESSENTIALS™	ANATOMIC	3D	3Feet		FLASHFIT™	C   Custom
RUNNING	 IMPACT REDUCER DUAL FOAM	 ANATOMIC RUN	 RUN 3D SENSE V2	 RUN 3FEET® SENSE HIGH	 RUN 3FEET® PROTECT HIGH	 RUN +	 CUSTOM RUN
			 RUN 3D PROTECT	 RUN 3FEET® SENSE MID	 RUN 3FEET® PROTECT MID	 RUN + SLIM	
				 RUN 3FEET® SENSE LOW	 RUN 3FEET® PROTECT LOW		

	F-ESSENTIALS™	3D	3Feet	FLASHFIT™	C   Custom
OUTDOOR	 OUTDOOR MEMORY	 OUTDOOR 3D	 3FEET® OUTDOOR HIGH		 CUSTOM OUTDOOR
	 OUTDOOR VOLUME REDUCER		 3FEET® OUTDOOR MID		
	 HEEL LIFT HARD & SOFT		 3FEET® OUTDOOR LOW		
BIKE				 BIKE +	 CUSTOM BIKE PRO
GOLF		 GOLF 3D		 GOLF +	 GOLF CUSTOM

## FOOT PRODUCTS

 IN-SHOE PADS	 GEL HEEL STRIPS	 FOAM MET PADS	 GEL ARCH SUPPORTS	 GEL HEEL PADS	 GEL BONE SPUR PADS	 GEL HEEL CUPS
 FOOT PROTECTIONS	 GEL TOE CAPS		 GEL TOE WRAPS		 GEL PLANTAR PROTECTORS	
	 TOE PROTECTOR V2	 FOOT PROTECTOR V2	 ESSENTIAL PROTECTOR KIT V2	 FOOT PROTECTORS SHEET 1 mm	 FOOT PROTECTORS SHEET 2 mm	
 CREAMS	 ANTI FRICTION CREAM 75 ML	 ANTI FRICTION CREAM 15 ML	 RECOVERY CRYO GEL 75 ML	 RECOVERY CRYO GEL 15 ML	 FOOTCARE KIT v2	
	 HEEL HUG					
 FOOT ORTHOSES						

# MEASURING THE FOOT

## SIZES

A size is a series of measurements, expressed in points, that characterise a foot, last or shoe.

There are different size systems, each with its own history and logic: The Paris Point (EUR), the American Point (US) and the English Point (UK).

The Mondopoint (MP) system, resulting from work carried out by more than 18 countries and governed by international standard ISO 9407, has been created to harmonise the scales.

## STEP 1

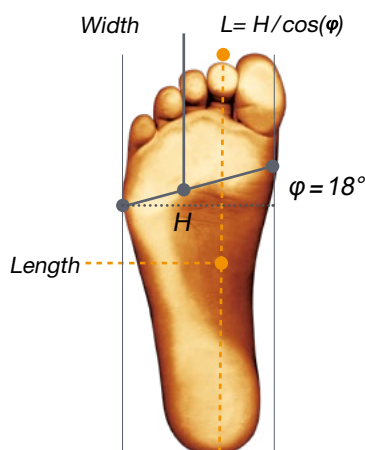
### Measurement of the length and width of the foot



**1**  
Analysis of the foot length



**2**  
Analysis of the foot width



## STEP 2

### Pressure analysis

Analysis of the foot pressure



**1**



**2**



**3**



1. Two pressure points
2. Anatomical pressure
3. Uniform pressure

## ETAPE 3

### Step 3: analysis of volume and shape

Analysis of the volume and shape of the foot



1. High-arched foot
2. Medium-arched foot
3. Low-arched foot



## SIZE CHART

SIZES	INSOLES	SANDALS
MP		
16	<b>JS</b> MP 16½-18 EUR 28-30 UK 10-11½ US 11-12½	
16 1/2		
17		
17 1/2		
18		
18 1/2	<b>JM</b> MP 18½-20 EUR 31-33 UK 12-1 US 13-2	
19		
19 1/2		
20		
20 1/2	<b>JL</b> MP 20½-22 EUR 34-35 UK 1½-2½ US 2½-3½	
21		
21 1/2		
22	<b>XS</b> MP 22-23 EUR 35-36 UK 2-3 US 3-4	
22 1/2		
23		
23 1/2	<b>S</b> MP 23 ½-24 ½ EUR 37-38 UK 4-5 US 5-6	
24		
24 1/2		
25	<b>M</b> MP 25-26½ EUR 39-41 UK 6-7 US 7-8	
25 1/2		
26		
26 1/2		
27	<b>L</b> MP 27-28 EUR 42-43 UK 8-9 US 9-10	
27 1/2		
28		
28 1/2	<b>XL</b> MP 28½-29½ EUR 44-45 UK 10-11 US 11-12	
29		
29 1/2	<b>XXL</b> MP 29½-31 EUR 46-48 UK 12-13 US 13-14	
30		
30 1/2		
31		





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