



# ITS-H Wedge

In-The-Shoe Heel Wedge

Up to 4° tilt per wedge unit

ITS Wedges provide cyclists better alignment, improved comfort & efficiency



Kit includes:  
2 x (up to 4°) wedge units  
for custom alignment



Part# 2030600  
Form# 0010154



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Made in USA

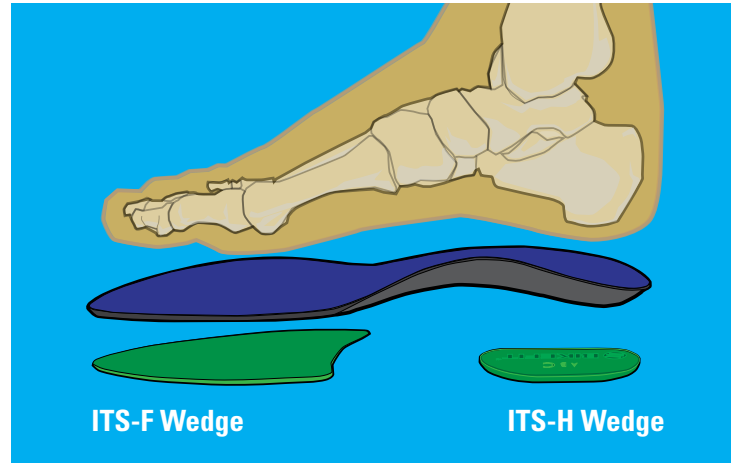
www.BikeFit.com

## For better alignment, improved comfort and efficiency use the ITS-Heel Wedge.

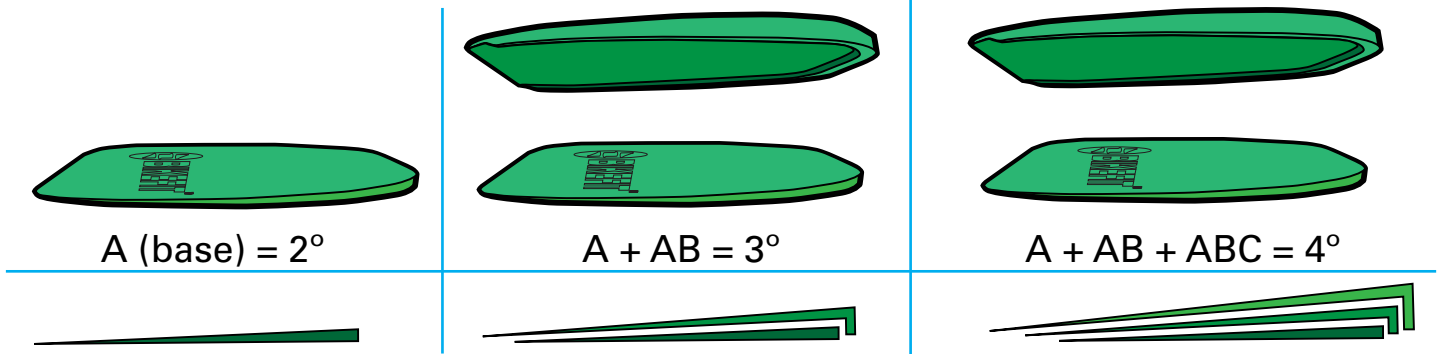
The vast majority of cyclists need some degree of wedging when connecting to the pedals to allow natural alignment during pedaling of feet, ankles, knees and hips.

ITS-H Wedges offer improved performance for many riders and help ITS-F Wedges (sold separately) work even better in many cases.

Easy to use with multiple pairs of shoes - just transfer with insoles.



ITS-H Wedges stack into 2, 3 and 4 (A, AB and ABC Wedges) degrees of tilt depending upon how many of the parts are nested together.



### How many Heel Wedges to use:

Over 90% of the population may benefit from 2 to 4 degrees of heel tilt. **ITS-H Wedges** may be combined with **ITS-F Wedges** (forefoot) and/or **Cleat Wedges** (between the cycling cleat & shoe). More than 99% will need their Heel Wedges placed so that the thickest edge faces the inside (closest to the bike) of the shoe. Other than spending time with a BikeFit Pro to determine optimal placement, trial and error is the next best way to determine how many Heel Wedges may be needed for your feet.

Remember to treat each foot independently and always let comfort be your guide.

# ITS-H Wedge

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

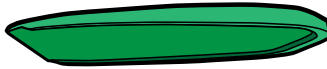
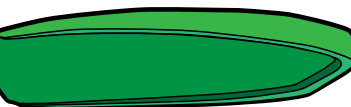
Nesting parts together changes the degree of tilt.



A = 2°



A(2°) + AB(1°) = 3°



A(2°) + AB(1°) + ABC(1°) = 4°



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

## Tools Required:



**STEP 1.** Remove shoe insole.

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

**STEP 3.** Replace shoe insole.

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

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

**Scenario a.**

**LEFT FOOT back view.**

Showing NO heel tilt

**LEFT FOOT back view**

Showing a tilted heel

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

**Scenario b.**

For the bow legged cyclist (V-Twin).

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

Always let comfort be your guide.

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