



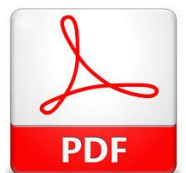
---

# Comfort Insoles

## Trimming Instruction Guide



Page 11!



# **FREE** <sup>VIP</sup> **Club**

Would you like to be a Tuff Togs VIP and get access to free product samples, win free stuff, grab super exclusive discounts ... and get inside access to the hottest new releases in our sports gear?

**Then click this button and  
sign up for FREE:**

<https://tufftogs.com/vip>



# A Letter From the Owner ...

## And Thank You!

**Thank you so much for your purchase!** Please read this entire PDF because it will help you get incredible results and find the best way to trim and use your comfort insoles!

*You might wonder...* **Why Tuff Togs?**

We are a pretty active bunch here at Tuff Togs and began manufacturing sports compression gear after noticing a big gap between fair pricing and high-quality gear. So we decided to bring premium quality products to the market for a reasonable price AND provide superior customer service for our customers. These are the 3-pillars Tuff Togs is built on and today we are bringing you the hot, new products that you have been asking us for.

With so many brands to choose from, it can sometimes be hard to know who to trust, and if you are going to get what you are paying for.

**With Tuff Togs you can be assured of 3-things:**

- 1) Products you buy from us are high quality; we simply do not sell crap.
- 2) The price you pay will be fair!
- 3) Your satisfaction is 100% guaranteed. If you have a problem, we'll fix it. We are fiercely proud of the superior customer service we offer because your satisfaction really is our #1 priority!



**Connect With Us** Click here: <https://tufftogs.com/vip>

We love to connect with Tuff Togs fans and would truly welcome adding you to our special VIP Club to stay connected and get our exclusive offers.

If I can be of service, please contact me directly. I personally reply to all emails and would be thrilled to hear from you.

Regards,

**H.E. Farrell**

Founder: Tuff Togs LLC

[operations@tufftogs.com](mailto:operations@tufftogs.com)

# *Our Story...*

We have built this company around a fundamental core desire; improvement & progress! We believe our desire to improve is the reason we no longer live in caves and why we tend to move from one pursuit to the next throughout our lives.... constantly striving, improving and progressing!



This guy is affectionately known as Tuffy and he is not only our mascot and logo but is also an Inuksuk which is a strong stone statue assembled and used by hunters and fishermen out on the tundra in the great white north. In a barren landscape where there are no natural landmarks, their purpose is to stand true and let you know that you're on the right path, like a beacon pointing you in the right direction! We knew there simply couldn't be a better symbol for our company and the values we stand for.



# **Tuff Togs Comfort Insoles You're Going to Love Them!**

**You've made a really smart choice, and here's why.**

Maybe you ordered these replacement insoles because your favorite shoes are not as comfortable as they once were. Or maybe you just want a little extra support and cushioning. Either way, we have you covered with our durable, breathable, lightweight memory foam insoles. Your feet are going to thank you and we think you're going to LOVE the results. In fact, why don't I explain...



# Here Are 4 Great Things That Your Tuff Togs Comfort Insoles Will Do For You!

*"I love these insoles, they were so easy to work with. The sizing instructions were easy to follow and really helpful actually. My feet feel great and they fit perfectly in my runners. I will order up a few more pairs for other shoes because the price is just right." Tim December 21, 2016*

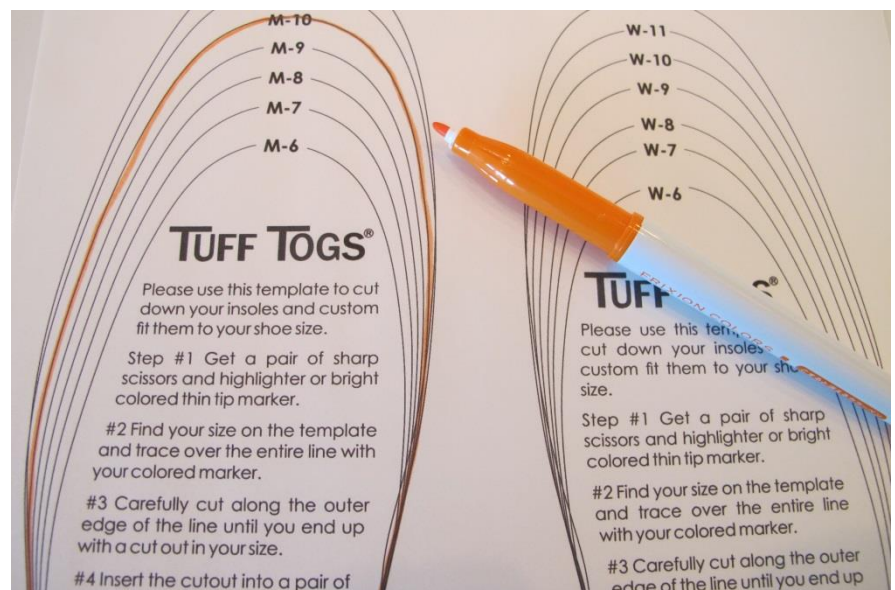
**1. The moment you use your comfort insoles** you will notice the extra cushioning for your heel and the ball of your foot. They will help your feet feel lighter and even assist with less strain on the calves and knees.

**2. Imagine how good it will feel to** stand and walk with less pain and swelling. These insoles will cradle your feet and help absorb the impact from the constant striking of the foot on the ground.

**3. You will love how easy it is** to customize them to your feet & shoes with the super easy trimming instructions to follow.

**4. The light-weight, breathable fabric** will help control foot odor and keep your feet drier & healthier.

Now that you understand the results you'll experience and the facts behind the memory foam technology that we're using... it's time to explain how best to go about trimming them down.



# 3-Step Trimming Instructions

**Tip #1:** Measure twice, cut once!

**Tip #2:** Do not cut the insole at the heel. Line up the actual insole and the template at the heel end of both and begin cutting as needed up the sides and off the top of the toe area.

**Tip #3:** Watch our YouTube video: Tuff Togs How to Trim Your Insoles



## Step #1 – Make Your Template - 3 Easy Ways

**\*Check Your Shoe First\*** Take the insole out of the package and try putting it inside your shoe. Depending on your shoe size you may not need to trim anything! The largest size for the men's insoles is size 12, however, the women's insole will fit men's size 10.5 – 11 so we recommend checking before cutting!

**1. THE BEST way is to use your existing insole.** It is easy to forget that almost all shoes come with insoles in place and they can be removed and replaced. Line up the bottom of both insoles and place your original one on top, then trace a line around it onto the new insole. If you use this method we recommend you cut along the outside of your colored line so you have some 'fudge room, just in case!'

**2. Trace your socked foot** on the paper template included with the insoles and trace a colorful line around your actual foot. If you use this method we recommend you cut well outside of your colored line so the insole is actually a bit bigger and wider than your foot. Remember your shoe circumference is bigger than your foot is.

**3. Trace your actual shoe onto the insoles** (least accurate way) and cut inside the colored line this time because the inside of the shoe is smaller than the outside circumference.

## Step #2 – Get out the Scissors!

Now you either have a line already traced onto your new insole, or you have the paper template cut to size.

You can trace around the paper template, or tape it to the insole and cut around it.



See the last page for our printable trimming template.

As you begin to cut, it's a good idea to start a bit further back from where you want to actually cut in so you can ease into it and cut evenly. You will maintain more control for proper shaping with shortcuts of ½" to 1" at a time and re-positioning the scissors as you go.

Remember you can always trim them down a second or third time if they are too big, but once you make the cut you can't re-attach it!



## Step #3 – Put Them in Your Shoes & Try Them Out

After fully trimming away the excess, go ahead and put the insole inside your shoe to determine how well it fits. If the insole goes in all the way, and your foot feels good inside the shoe, proceed with cutting down the second insole.



**Tip #1:** We strongly suggest you hold onto the current insoles in case you want to try using both at the same time. Sometimes the extra height (from both pairs of insoles) will feel great, and other times it will be just awful! Give yourself the chance to try out it both ways in order to get the best feel & fit possible.

**Tip #2:** For the cleanest cut line and best results, always use sharp, long scissors if possible. Please remember to keep the scissors in a safe place away from children and pets!

# FAQ's About Replacement Insoles & Inserts

## Q: "Do I really need to replace them?"

A: Yes you really should! Insoles are meant to be replaced, even the originals that came in your shoes from the manufacturer. A few benefits of using new insoles are;

- Odor Control
- Healthier Feet from Reduced Bacteria Environment
- Less Swelling & Fatigue Using New Technology Memory Foam
- Reduced Blistering from Drier Skin on Breathable Fabric
- Improved Comfort
- Longer Life For Your Favorite Shoes With a Fresh Fit

## Q: "Are the long ones better than the short ones?"

A: It depends. It really is a matter of personal comfort and when it comes to our feet, we can be pretty finicky about it! Some people hate the feeling of the  $\frac{3}{4}$  length insoles finishing under the ball of the foot and prefer the added cushioning right to their toes. Fortunately, our insoles are priced really well so it is easy to just give them a try!

## Q: "I think these are a bit thicker than the last ones I was using and my toes are rubbing on the top of my shoes now. How can I make them more comfortable?"

A: All insoles will eventually compress a bit and lose some cushioning. So if you are not happy with the feel of them when they are new, give them a try in another pair of shoes and see if they feel better with a different fit. Once you have broken them in a bit try them again in your intended shoes and see how they feel then.

## Q: "Are they waterproof?"

A: No. If you wear them in the water and they get saturated you can expect the fabric weave to peel away from the memory foam, although they will still be useable. If the foam is soaked in smelly pond water it is doubtful that smell will disappear when dry.

## Best Care Instructions:

The Absolute best way to care for your insoles is actually to keep them clean and dry. If they do get dirty give them a quick rinse in cool water, pat them off and let them air dry on an angle. NEVER put them in the washer or dryer and NEVER leave them in the direct sunlight.



# \*Exclusive Tuff Togs Products\*

If you liked these Tuff Togs comfort insoles we think you'll love our other products! Take a look and take advantage of our "existing customer discount" by using the discount coupon codes shown below. There's a good reason why our customers prefer our gear over other brands!

**10% OFF**

(Hint: It's because of the excellent quality, fair price and our superior customer service :-)

## **Calfies: The Ultimate Active Recovery Calf Sleeve**

Extra tight and the best active recovery Calf Sleeves for leg compression & calf support to help speed recovery after sports or fatigue.

Watch our videos: ["How to put your Calfies on"](#)  
["Inside out Method Tuff Togs"](#)

[Click to buy on Amazon](#)

10% off Discount: HFNMI BPZ

(apply at the checkout on Amazon)



## **Tuff Togs Compression Arm Sleeves**



Superior arm compression for improved circulation, overuse injuries, warmth and easy temperature regulation. Easy-on-easy-off sun protection & rash guard.

[Click to buy on Amazon](#)

10% off Discount: FREGT3RF

(apply at the checkout on Amazon)



## Tuff Togs Stand-up Tote Bag



This gorgeous bag is made with deluxe nylon and high quality silver color hardware and it looks AMAZING!!! Plus it stays standing AND wide open all on its own. It's a multi-purpose diaper bag, overnight tote, shoulder bag that any lady can use and would love to have!

[Click to buy on Amazon](#)

10% off Discount: BAG10OFF

(apply at the checkout on Amazon)

amazon

## Tuff Togs Manicure Set For Women

This adorable manicure set is full of the essential tools you need without all the useless extras and duplicates. Don't let the cute design fool you – these implements are **premium quality, high gauge stainless steel.**

[Click to buy on Amazon](#)

10% off Discount: NAILKT10

(apply at the checkout on Amazon)

amazon



## Tuff Togs Athletic Compression Bandages



Durable & reusable elastic compression bandages.

2-pack - 1 x 32" & 1 x 60"

Velcro end to firmly secure strap in place with the exact amount of desired compression. Fits almost any body part.

[Click to buy on Amazon](#)

10% off Discount: tensor10

(apply at the checkout on Amazon)

**Don't forget:**

We are launching more great gear in the coming months so join our exclusive VIP club now to be notified of new products and receive exclusive promotional discounts!

<https://tufftogs.com/vip>

**FREE** VIP  
Club



M-12

M-11

M-10

M-9

M-8

M-7

M-6

## TUFF TOGS®

Please use this template to cut down your insoles and custom fit them to your shoe size.

Step #1 Get a pair of sharp scissors and highlighter or bright colored thin tip marker.

#2 Find your size on the template and trace over the entire line with your colored marker.

#3 Carefully cut along the outer edge of the line until you end up with a cut out in your size.

#4 Insert the cutout into a pair of your shoes or sandals to make sure the size is correct.

#5 Staple or tape the cutout onto your insoles and carefully trim away the excess.

If you make a mistake go to [www.tufftogs.com](http://www.tufftogs.com) to download and print another template.



Copyright © 2016 All Rights Reserved  
Tuff Togs®

W-12

W-11

W-10

W-9

W-8

W-7

W-6

## TUFF TOGS®

Please use this template to cut down your insoles and custom fit them to your shoe size.

Step #1 Get a pair of sharp scissors and highlighter or bright colored thin tip marker.

#2 Find your size on the template and trace over the entire line with your colored marker.

#3 Carefully cut along the outer edge of the line until you end up with a cut out in your size.

#4 Insert the cutout into a pair of your shoes or sandals to make sure the size is correct.

#5 Staple or tape the cutout onto your insoles and carefully trim away the excess.

If you make a mistake go to [www.tufftogs.com](http://www.tufftogs.com) to download and print another template.



Copyright © 2016 All Rights Reserved  
Tuff Togs®