

# user guide | build-up **daily** use\*

SIDE A



1 hour



2 hours



4-9 hours



up to  
24 hours

## maintenance



max.

50°C / 122°F

min.

-30°C / -22°F



cleaning:

rinse with water

let air dry



**phits**™  
powered by RS Print

\* Even after following these guidelines it can take up to 2 weeks before you get used to wearing custom orthotics. Please contact your Phits™ expert if you still face problems after 3 weeks.

[www.phitsinsoles.com/faq](http://www.phitsinsoles.com/faq)

## IMPORTANT

You can only start your regular training programs on Phits™ orthotics after completing the build up steps on SIDE A **and then** SIDE B.



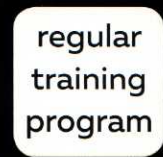
warming up  
1/2 hour



max. 1 hour  
non-intensive  
training



up to 2 hours  
non-intensive  
training



as from

regular  
training  
program