SIDAS.COM

ENGLISH

SOLUTIONS BOOK
ALL YEAR 2019

In 1975, Sidas was established by three ski instructors looking for ways to make skiers' feet more comfortable. The brand founders decided to make insoles moulded to each individual foot shape to provide more sensation and reduce discomfort inside ski boots. Not having specialised tools to hand, they moulded their first insoles with an oven dish and a cushion! The venture was a success, and so began the company's long history!

Sidas then began to grow rapidly, providing comfort solutions not only for skiing but also other sports such as running, outdoor sports and cycling, and for everyday footwear too. Ten years later, in 1985, Sidas turned its attention to a new market: medical. Using Sidas technology, the company founded the Podiatech brand, offering approved foot professionals solutions for their patients' feet.

For 40 years, Sidas' growth has been assured by its commitment in different areas:

- Innovation, which has lain at the heart of Sidas' growth for forty years, has resulted in the company registering 109 trademarks and 15 patents.
- Sidas has become the brand of choice of top athletes in a number of sports worldwide, thanks to its innovative solutions.
- Collaboration with experts to validate Sidas products and their benefits through scientific studies.
- Sidas solutions are recommended by top partner brands.
- The confidence of retailers and foot professionals, since more than 15,000 retailers and foot professionals work with Sidas products.
- The popularity of the brand among the 1.5 million people who use its products daily!

Sidas provides solutions for every type of foot and every sport, every day

CONTENTS ***SIDAS ALL YEAR 2019***

TECHNOLOGIES	*P. 04*
***SANDALS** 3D*	*P. 06-09*
***INSOLES** DAILY LIFE / MULTI ACTIVITIES*	*P. 10-19*
***INSOLES** MULTI SPORT*	*P. 20-23*
***INSOLES** RUNNING*	*P. 24-31*
***INSOLES** OUTDOOR*	*P. 32-37*
***INSOLES** BIKE*	*P. 38-39*
***INSOLES** GOLF*	*P. 40-41*
SHOE ACCESSORIES	*P. 42-43*
***FOOT PRODUCTS** INTRODUCTION*	*P. 44-45*
***FOOT PRODUCTS** IN-SHOE PADS*	*P. 46-49*
***FOOT PRODUCTS** FOOT PROTECTIONS*	*P. 50-51*
***FOOT PRODUCTS** CREAMS*	*P. 52-53*
***FOOT PRODUCTS** ORTHOSIS*	*P. 54-55*
MAPPING	*P. 56-57*
SIZE CHART	*P. 58-59*

SIDAS TECHNOLOGIES

GEL

"Dynamic cushioning gel concept" developed by Sidas: a network of gel microbubbles placed in the impact zone is gradually deformed with the impact, thus providing an exceptional dynamic cushion.

3D

Insoles and 3D sandals that are pre-shaped and provide the ultimate in comfort thanks to their 3D design. This form supports the foot and aligns the body, giving optimum stability and comfort.

3Feet®

Feet differ in three main ways; their shape, movement and pressure. Despite these differences, they can generally be grouped into three categories, each with their own distinct needs: High arch feet - Mid arch feet - Low arch feet. The biomechanical construction of the 3Feet® range is therefore adapted to three different types of arches.

FLASHFIT™

The Flashfit™ technology allows 75% customization of your insoles in only a few minutes. The bootfitter heats a pre-shaped insole and fits it to your foot in less than 5 minutes.
Only part of the insole can be fully customized to your foot, the other pre-shaped part remains unchanged when heated.
With Flashfit™ insoles, you have more power, control and comfort.

C | Custom

The Custom technology offers complete customisation of your insoles. With a flat insole, the bootfitter heats the insoles and then moulds them. When it is placed on your footprint, the Custom insoles hugs the shape of your feet for the highest levels of comfort and support.

FOOT-BODY ALIGNMENT

The special support that 3D sandals give you ensures optimum foot alignment, positioning the foot correctly in the sandal and preventing joint and back pain.

BOOSTING BLOOD CIRCULATION

The sandal's 3D shape is ideal for post-sport recovery. The 3D arch shape boosts blood circulation, which combined with optimum foot-body alignment aids muscle recovery.

SUPPORT

The arch support ensures better distribution of pressure across all parts of the foot, for optimum comfort.

STABILITY

The specially shaped 3D insole gives your feet extra stability, preventing your feet from slipping inside the sandal during the forward flex movement. The heel is always correctly positioned in the sandal and the foot maintains its natural position, enhancing comfort and stability.

3D The most comfortable sandals!

3D SANDALS

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***

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

SIZES TAUPE: 40 to 46

MEN'S MODEL

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

FWSA3DWLOUNGE_LI | 377626

3D ***LOUNGE WOMEN***

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

SIZES: 36 to 41

WOMEN'S MODEL

Shock-absorbing EVA insole for comfort
MerryMesh strap for breathability
EVA outsole for lightness and cushioning
Specific shape for women feet

3D

A range of stylish, top-of-the-range sandals for everyday use. Made of leather and microfibre, these sandals ensure unrivalled comfort and quality.

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

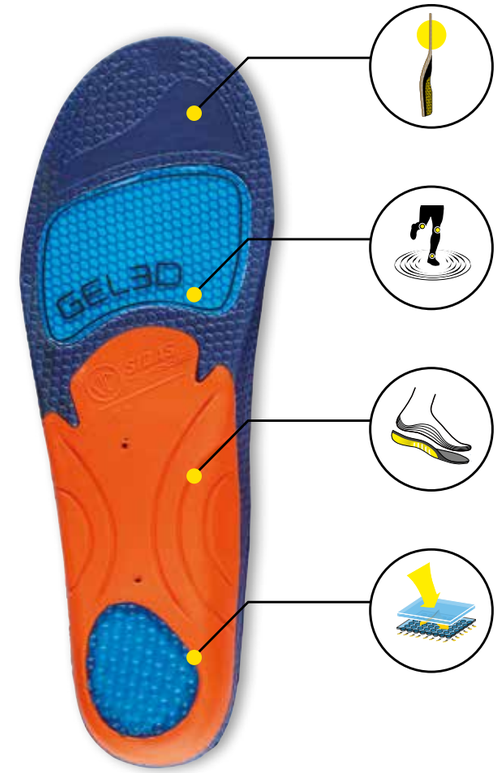
Leather insole and strap for quality and comfort
Shock-absorbing pad under the heel
EVA outsole for lightness and cushioning

DISCOVER OUR ***3D SANDALS IN VIDEO!***

3D ***COOLDAY DARK BROWN***

FWSA3DCOOLDAY_DB | 403108300

SIZES DARK BROWN: 40 to 46



1
FOREFOOT ZONE
COMFORT

2
GEL
CUSHIONING

3
3D SHELL
SUPPORT

4
DYNAMIC GEL
CUSHIONING

DAILY LIFE
MULTI ACTIVITIES

F-ESSENTIALS™ 3D 3Feet® FLASHFIT™ C|Custom

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***

Innovation : 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***

Innovation : 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

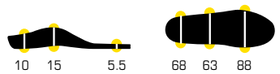
CUSHIONING ***GEL MEMORY***

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 **CSEESMKPOPCUSU /** 37761501
Cushioning Gel 3D **CSEESMKPOPCU3D_MU /** 301532106

F-ESSENTIALS™

CSEESCUSHSUPP | 301526000

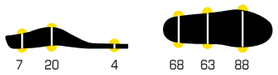
CUSHIONING ***GEL SUPPORT***

Cushioning Gel Support 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 support arc around the heel provides extra stability and hold. Washable antibacterial insoles.

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

DIMENSIONS (mm)

1. Toplayer: Cushioning & antibacterial
2. Micro-perforations: Breathable
3. Gel: Cushioning
4. PU ring: Lateral support for the heel
5. Dynamic Gel: Active cushioning



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 forefoot, 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 **CSEESDKCUSHGELSUP /** 301529101
Cushioning Gel 3D **CSEESDKCUSHGEL3D /** 301527101

3D

CSEESANTCOM | 368300

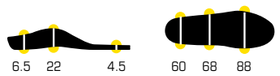
COMFORT ***ANATOMIC***

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

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

DIMENSIONS (mm)



CSE3DCOMJUNI17 | 310896000

COMFORT ***3D JUNIOR***

Anatomical insoles designed for your children, providing comfort and protection

SIZES: JS-JM-JL

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

DIMENSIONS (mm)

CSE3DCOMHALF17 | 310895000

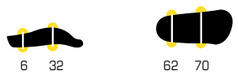
COMFORT ***3D DEMI***

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

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

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

DIMENSIONS (mm)



CSE3DCOMFORT17 | 310894000

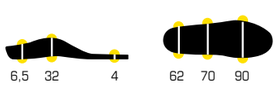
COMFORT ***3D***

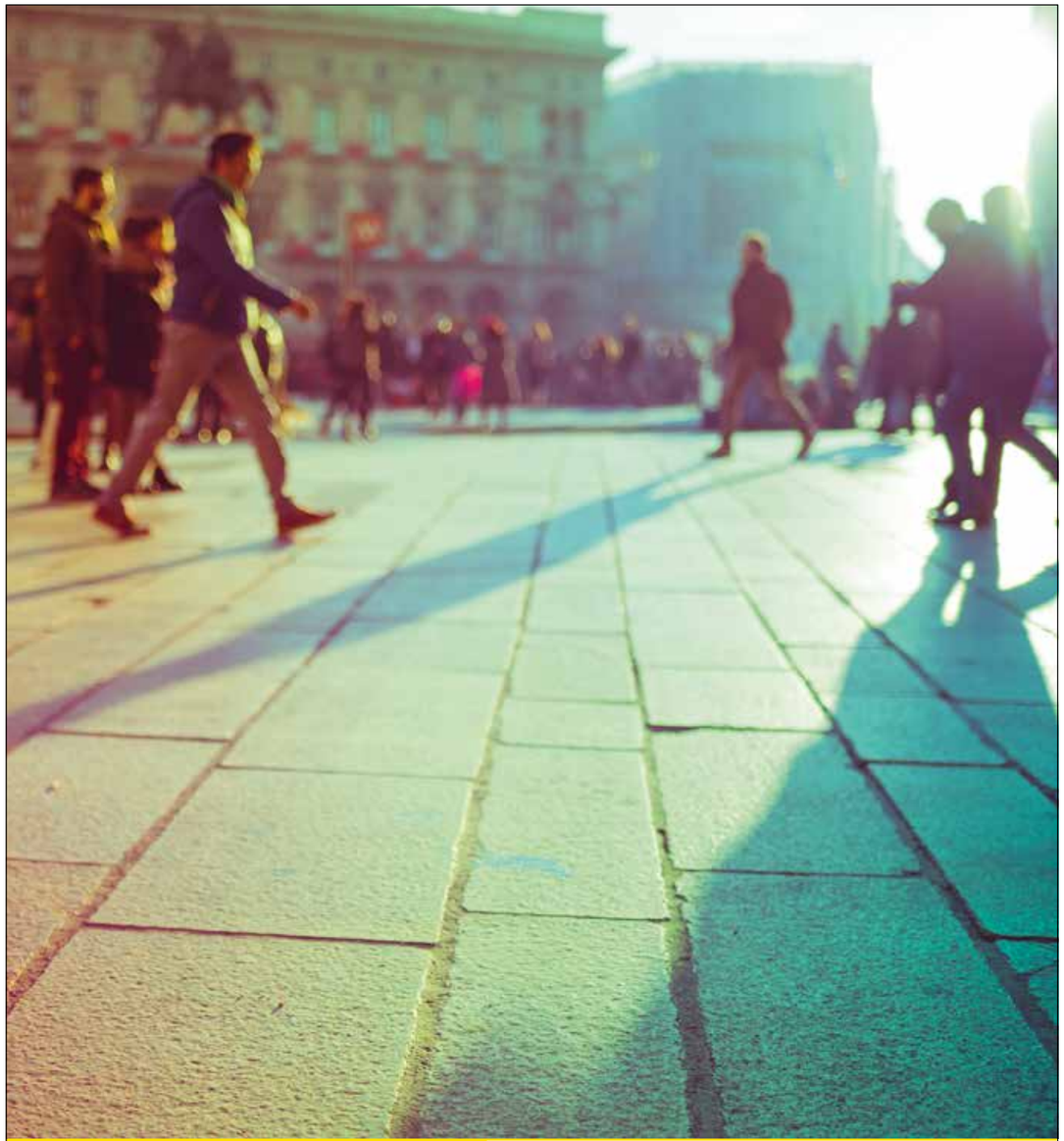
Anatomical insoles designed for optimum comfort and active support for the foot.

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

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

DIMENSIONS (mm)





MARKETING ***TOOLS***

DEMO KIT

Anatomic Comfort **CSEESDKANATCOMF** / 36830701
Comfort 3D **CSE3DDKCOM17** / 310902101
Comfort 3D Junior **CSE3DDKCOMJUN17** / 310905101
Comfort 3D Demi **CSE3DDKCOMHAL17** / 310906101

UNIT POP ANATOMIC COMFORT

FR/EN **CSEESMKPOPANAT** / 377612

3Feet®

CSE3F12_HI | 326896

*3FEET® **HIGH***

Specifically designed for high arch feet.
- Perforations for breathability.
- Forefoot pad provides more cushioning.
- Anatomical construction adapted to high arch feet.
- Large gel pad for greater cushioning.

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

DIMENSIONS (mm)

1. Bamboo topcover with sublimation: Antibacterial
2. EVA Shell High Arch shape: Support
3. EVA base Shore A 40 + ECO ortholite layer: Cushioning + perforations: breathable
4. PU Gel pad: Shock absorption
5. EVA pad: Cushioning

CSE3F12_MI | 326898

*3FEET® **MID***

Specifically designed for medium arch feet.
- Perforations for breathability.
- Anatomical construction adapted to medium arch feet.
- Gel pad for cushioning.

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

DIMENSIONS (mm)

1. Bamboo topcover with sublimation: Antibacterial
2. EVA Shell Mid Arch shape: Support
3. EVA base Shore A 40 + ECO ortholite layer: Cushioning + perforations: breathable
4. PU Gel pad: Shock absorption

CSE3F12_LO | 326897

*3FEET® **LOW***

Specifically designed for low arch feet.
- Perforations for breathability.
- Anatomical construction adapted to low arch feet.

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

DIMENSIONS (mm)

1. Bamboo topcover with sublimation: Antibacterial
2. EVA Shell Low Arch shape: Support
3. EVA base Shore A 40 + ECO ortholite layer: Cushioning + perforations: breathable
4. PU Gel pad: Shock absorption

*MARKETING **TOOLS***

POP 3FEET®

EN/FR CMK3FPOP12_MU / 326961106

FACING 3FEET®

EN CMK3FFACIN12_02 / 326968
FR CMK3FFACIN12_05 / 326970

DEMO KIT 3FEET®

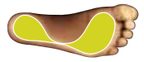
3FEET® High CSE3FDKHIG12 / 32692601
3FEET® Mid CSE3FDKMID12 / 32692701
3FEET® Low CSE3FDKLOW12 / 32692801

3Feet®

CSE3FSLIM13_HI | 360086

*3FEET® **SLIM HIGH***

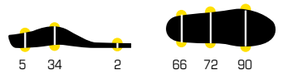
Insoles specially designed for high arch feet.
3Feet® Slim insoles are adapted to low volume footwear.
They can also be cut to be used as half insoles.



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

DIMENSIONS (mm)

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



CSE3FSLIM13_MI | 360085

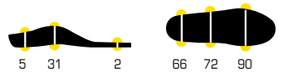
*3FEET® **SLIM MID***

Insoles specially designed for mid arch 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

DIMENSIONS (mm)

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



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

DIMENSIONS (mm)

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

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

DEMO KIT 3FEET® SLIM

3FEET® Slim High CSE3FDKSLIHI13 / 36008801
3FEET® Slim Mid CSE3FDKSLIMI13 / 36008901
3Feet® Slim Low CSE3FDKSLILO13 / 36008701

FLASHFIT™

CSESPCIT12-CLA | 327004

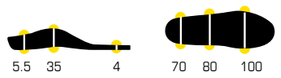
CITY+ ***CLASSIC***

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

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

DIMENSIONS (mm)



CSESPCIT12-SLI | 327009

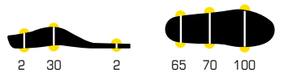
CITY+ ***SLIM***

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

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

DIMENSIONS (mm)



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

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

DIMENSIONS (mm)

CSESPCIT12-LAD | 327010

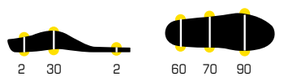
CITY+ ***LADY***

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

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

DIMENSIONS (mm)



FLASHFIT™

CSESPMULTI12 | 326900

MADE IN FRANCE

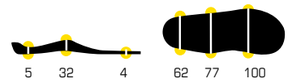
MULTI +

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

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

DIMENSIONS (mm)



Custom

CSECUMULTI12 | 326901

CUSTOM ***MULTI***

Custom insole suitable for universal use.

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

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

DIMENSIONS (mm)

CSECUMULSL12 | 326902

CUSTOM ***MULTI SLIM***

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

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

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

DIMENSIONS (mm)

MARKETING ***TOOLS***

MINI DISPLAY

CMKPVMINDI15 / 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

MULTI SPORT

F-ESSENTIALS™ 3D 3Feet®

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.

F-ESSENTIALS™

CSEESGDBCOM15 | 377609

GEL DOUBLE ***COMFORT***

Flat, comfortable insole for shoes of all volumes.
Provides cushioning, shock absorption and anti-vibration properties.
Lightweight and washable.

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

1. Bamboo topcover: antibacterial
2. Perforations for enhanced breathability
3. PU Gel Shore A10: Shock absorption & antivibration
4. PU FOAM ShoreA15: Cushioning

DIMENSIONS (mm)

MARKETING ***TOOLS***

DEMO KIT F-ESSENTIALS RUNNING

Gel double comfort **CSESGDKDC012 /** 326919

UNIT POP F-ESSENTIALS RUNNING

Gel double comfort FR/EN **CSEESMKPOPDBLC /** 377614

3D

CSE3DCOMDYNA17 | 310898000

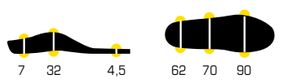
3D PLAY

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

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

DIMENSIONS (mm)



MARKETING ***TOOLS***

DEMO KIT

3D Play **CSE3DDKCOMDYN17 /** 310903101

3Feet®

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

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

DIMENSIONS (mm)

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

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

DIMENSIONS (mm)

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

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

DIMENSIONS (mm)

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.

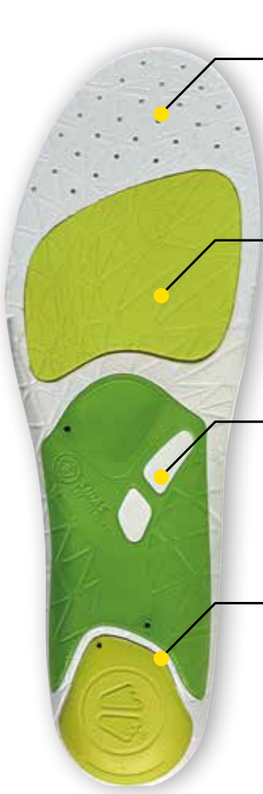
FACING 3FEET® ACTIV'

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



1
LIGHT
AND BREATHABLE

2
FOREFOOT
PROPULSION

3
SHELL ADAPTED TO YOUR FEET
SUPPORT THE FOOT'S NATURAL MOVEMENT

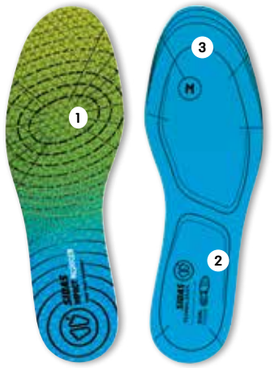
4
HEEL PAD
CUSHIONING

RUNNING

F-ESSENTIALS™ 3D 3Feet® FLASHFIT™ Custom

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

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

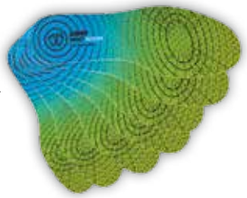
1. Merrymesh topcover: Comfort
2. Rearfoot section (viscolatex): Absorbs shocks
3. Forefoot section (rubber foam): Boosts propulsion.

DIMENSIONS (mm)

MARKETING ***TOOLS***

DEMO KIT
F-ESSENTIALS RUNNING

Impact Reducer Dual Foam
CSEESDKIMREDDF19 / 315501101



UNIT POP
IMPACT REDUCER DUAL FOAM

Impact reducer
CSEESMKPOPIRDF_MU / 315641106

SENSE

PROTECT

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.

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.

3D SENSE

NEW

CSE3DRUNSENS19 | 315498000

RUN 3D ***SENSE***

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

1/ Merrymesh topcover: Non-slip
2/ Dual-density structure: Vertical comfort
3/ Midfoot structure (EVA 60): Supports the foot's natural movement
4/ Forefoot structure (EVA rubber): Boosts propulsion
5/ Heel Pad (EVA): Absorbs shocks
6/ Perforation: Breathability

DIMENSIONS (mm)

3D PROTECT

NEW

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

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

DIMENSIONS (mm)

MARKETING ***TOOLS***

DEMO KIT 3D RUN

3D Sense
SE3DDKRUNSENS19 / 315629101
3D Protect
CSE3DDKRUNSENS19 / 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

UNIVERSAL RUNNING POP

CMK3FRUNRANGEFAC19 / 315656101

3Feet® SENSE

CSE3FRUNSENS19_HI | 31549610

NEW

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

NEW

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

NEW

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 CSE3FDKRUSENHI19 / 315626101
3Feet® Sense Mid CSE3FDKRUSENMI19 / 315628101
3Feet® Sense Low CSE3FDKRUSENLO19 / 315627101

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

3Feet® PROTECT

CSE3FRUNPROT19_HI | 31549510

NEW

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 Pad (EVA): Dissipates impact
6/ Perforation: Breathability

CSE3FRUNPROT19_MI | 31549520

NEW

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 Pad (EVA): Dissipates impact
6/ Perforation: Breathability

CSE3FRUNPROT19_LO | 31549520

NEW

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 Pad (EVA): 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)

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

Custom

CSECURUN12 | 326906

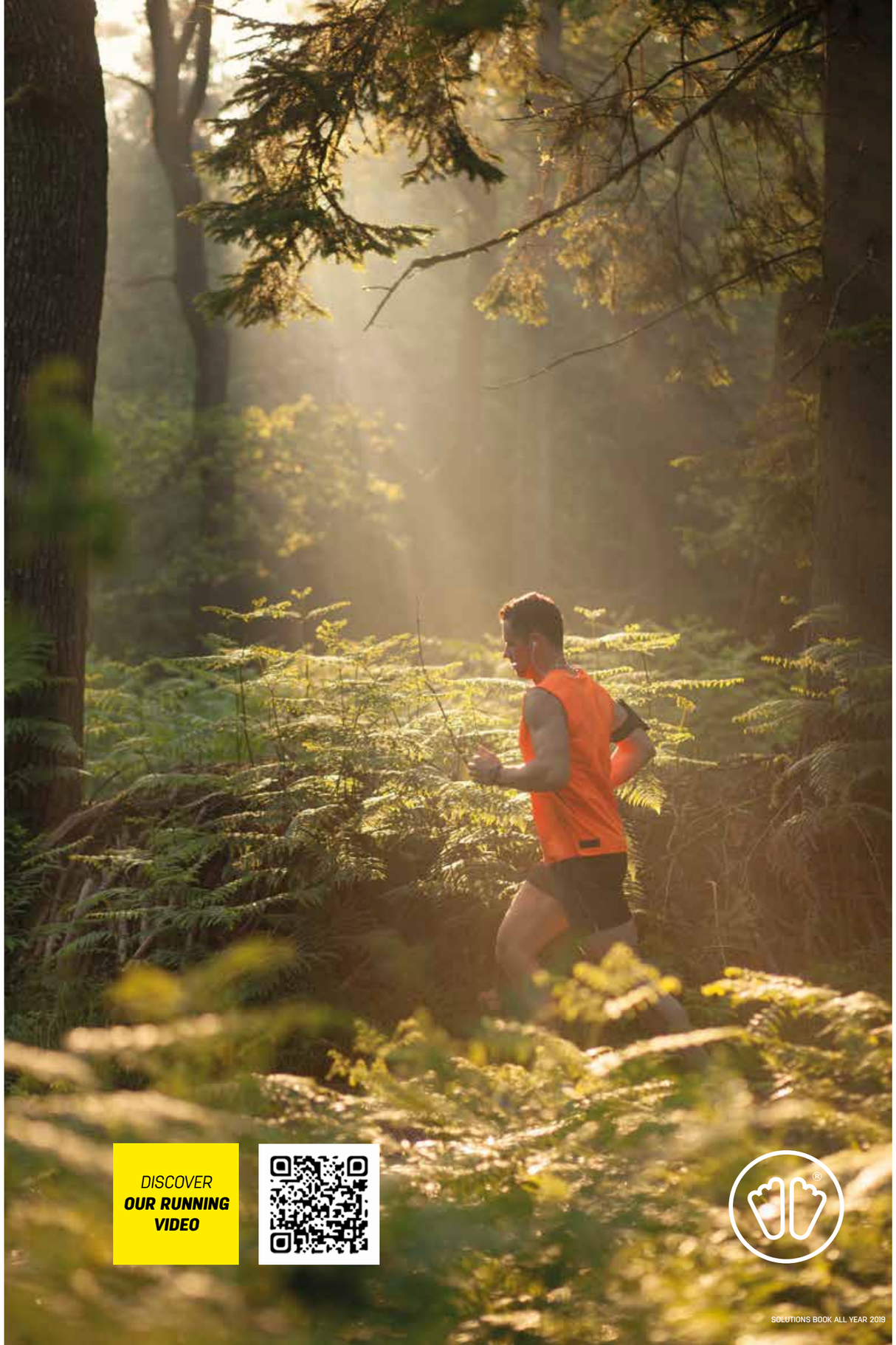
RUN ***CUSTOM***

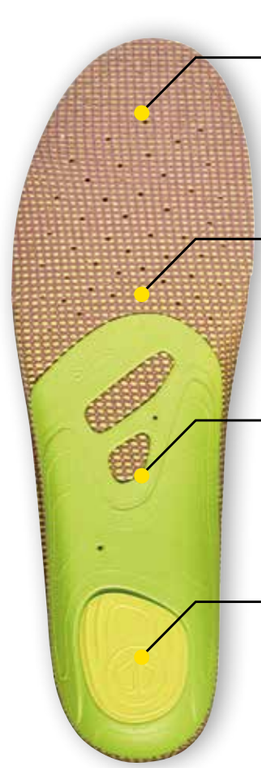
Custom insole for optimal comfort whilst running.
Custom technology allows 100% customisation of your insoles.

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

DIMENSIONS (mm)

1. IonFoam™ topcover 2.5mm: Cushioning & antibacterial
2. TX 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





1 ***MICRO-PERFORATION***
BREATHABILITY

2 ***FOREFOOT ZONE***
COMFORT

3 ***SHELL ADAPTED TO YOUR FEET***
SUPPORT

4 ***HEEL PAD***
CUSHIONING

OUTDOOR

F-ESSENTIALS™ 3D 3Feet® C|Custom

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

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

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

DIMENSIONS (mm)

3D

CSE3DOUTDOOR17 | 310891000

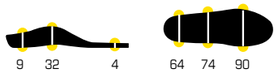
OUTDOOR ***3D***

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

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

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

DIMENSIONS (mm)



MARKETING ***TOOLS***

UNIT POP OUTDOOR MEMORY

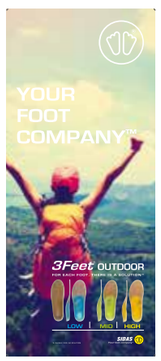
CSEESMKPOPOUME_MU / 310919106

POSTER OUTDOOR

FR/EN **CMKOUTDPOS17_01 /** 311047101
EN/DE **CMKOUTDPOS17_02 /** 311047102

BANNER 3FEET® OUTDOOR

CMKOUTDBAN17_MU
3110451031



POSTER 3FEET® OUTDOOR

CMK3FOUTDPOS17_ MU
311046103

3Feet®

CSE3FOUTDOOR17_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

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

DIMENSIONS (mm)

CSE3FOUTDOOR17_MI | 310892200

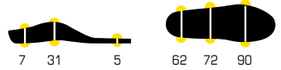
3FEET® ***OUTDOOR MID***

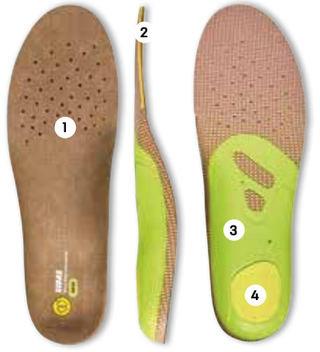
Anatomical insoles adapted to your foot type, designed for outdoor activities requiring vertical comfort and maximum breathability.
Design for mid-arched feet.

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

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

DIMENSIONS (mm)





CSE3FOUTDOOR17_LO | 310892300

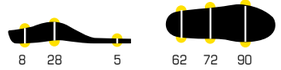
3FEET® ***OUTDOOR LOW***

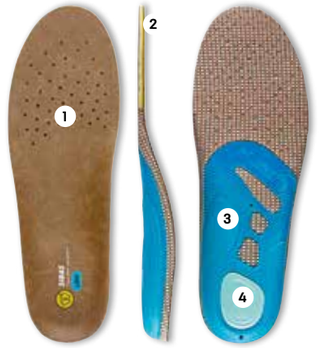
Anatomical insoles adapted to your foot type, designed for outdoor activities requiring vertical comfort and maximum breathability.
Design for low-arched feet.

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

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

DIMENSIONS (mm)





MARKETING ***TOOLS***

POP 3FEET® OUTDOOR

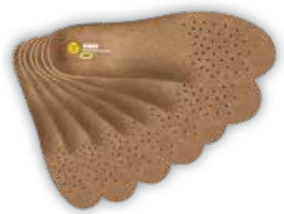
CMK3FOUTDPOP17 / 311042101

FACING 3FEET® OUTDOOR

CMK3FOUTDFAC17 / 311040101

DEMO KIT 3FEET® OUTDOOR

3Feet® Outdoor High CSE3FDKOUTDHI17 / 310921101
3Feet® Outdoor Mid CSE3FDKOUTDMI17 / 310923101
3Feet® Outdoor Low CSE3FDKOUTDLO17 / 310922101



Custom

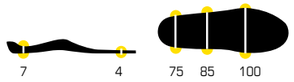
CSECUOUTDOOR17 | 310931000

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

CSEACHEELLFT16_HD_04 | 309545201

HEEL LIFT ***HARD 4 mm***

PACK PER PAIR / BOX OF 20P / ONE SIZE

CSEACHEELLFT16_SF_06 | 309545102

HEELLIFT ***SOFT 6 mm***

PACK PER PAIR / BOX OF 20P / ONE SIZE

CSEACHEELLFT16_HD_06 | 309545202

HEEL LIFT ***HARD 6 mm***

PACK PER PAIR / BOX OF 20P / ONE SIZE

FLASHFIT™

CSESPBIKE15 | 377607

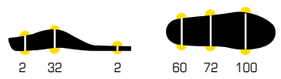
BIKE **+**

Can also be customised to your feet in 10 minutes with Flashfit™ technology.

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

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

DIMENSIONS (mm)



C | Custom

CSECUBIKE12 | 326913

BIKE ***CUSTOM***

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

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

1. Alcantara 1mm: Comfort & antibacterial
2. Podiafix®: Flexibility
3. TX heel reinforcement 1,5mm: Support & stability
4. TX midfoot reinforcement 1,1mm: Support & Energy transfer
5. Confortene 2mm pad: Vibration absorption

DIMENSIONS (mm)

BIKE

FLASHFIT™ C | Custom

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.

3D

CSE3DGOLF12 | 326914

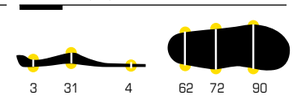
*GOLF **3D***

3D insole designed for golf.

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

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

DIMENSIONS (mm)



FLASHFIT™

CSESPGOLF12 | 326915

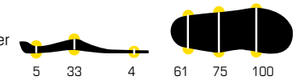
*GOLF **+***

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

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

DIMENSIONS (mm)



Custom

CSECUGOLF12 | 326916

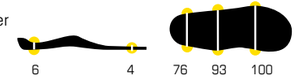
*GOLF **CUSTOM***

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

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

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

DIMENSIONS (mm)



GOLF

3D FLASHFIT™ Custom

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

SHOE ACCESSORIES

SHOE BAGS

Sidas shoe bags are light, compact, strong and practical. They're perfect for protecting shoes during transport.

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

DRYERS

Our shoe dryers are available in 2 versions: electric or natural. They quickly dry and sanitise all types of footwear.

HEDRWPROUSB18 | 514334101

DRYWARMER ***PRO USB***

Dry your shoes quickly and effectively with Drywarmer PRO USB. The Vortex effect optimises the circulation of warm air in your boots and reduces the drying time. Equipped with ultraviolet lamps, the Drywarmer PRO USB dries, heats, and sanitises all shoe types. Its timer function also allows you to control 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

DRYWARMER ***NEO 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

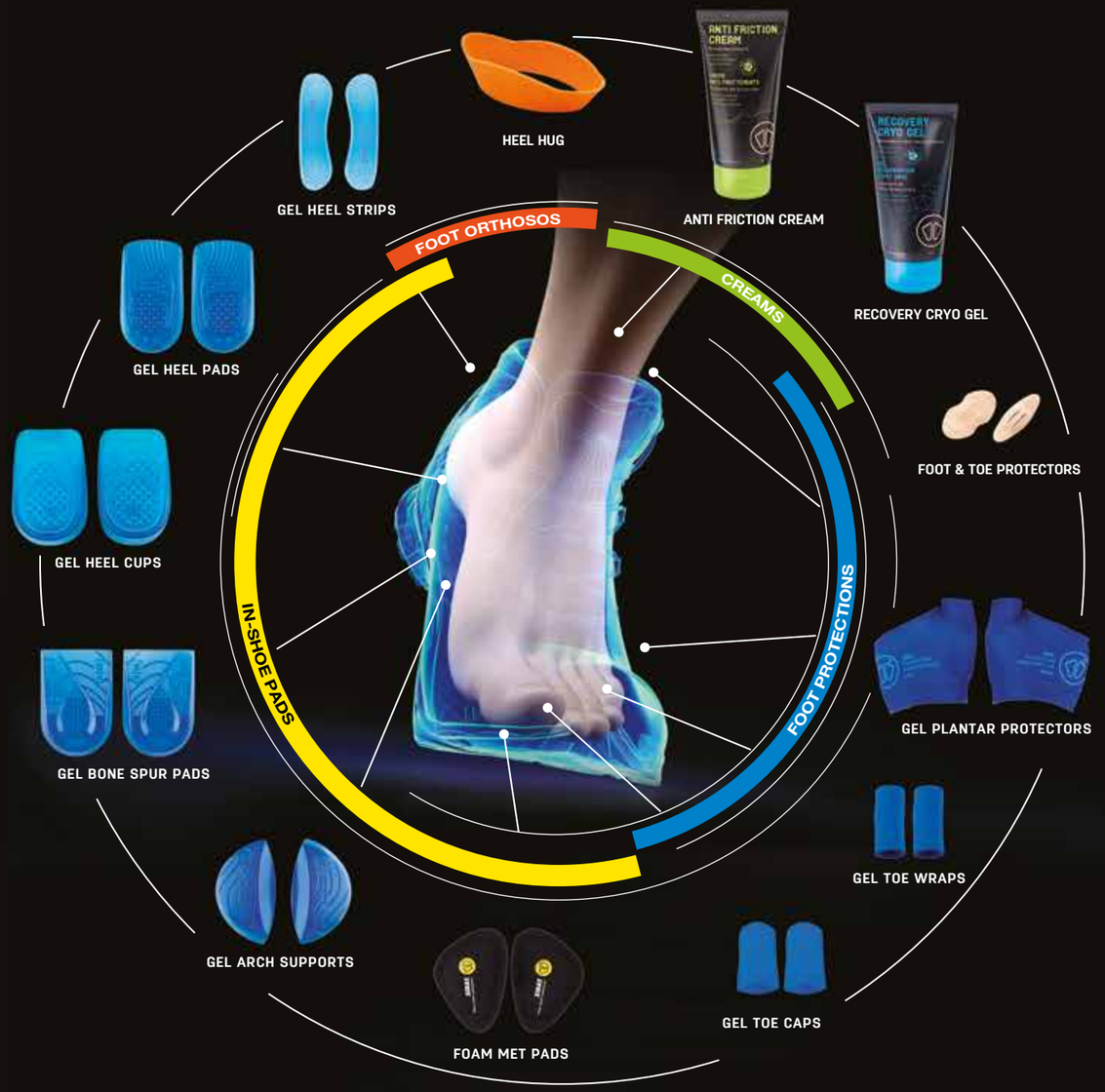
CSHACDRYBAWOOD19 | 315502101

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.

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-M-L

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-M-L

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 / L-XL

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 / L-XL

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 / L-XL

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 FLYERS

EN - CFCFPMKFLYE18_02 / 313350102
FR - CFCFPMKFLYE18_05 / 313350104

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.

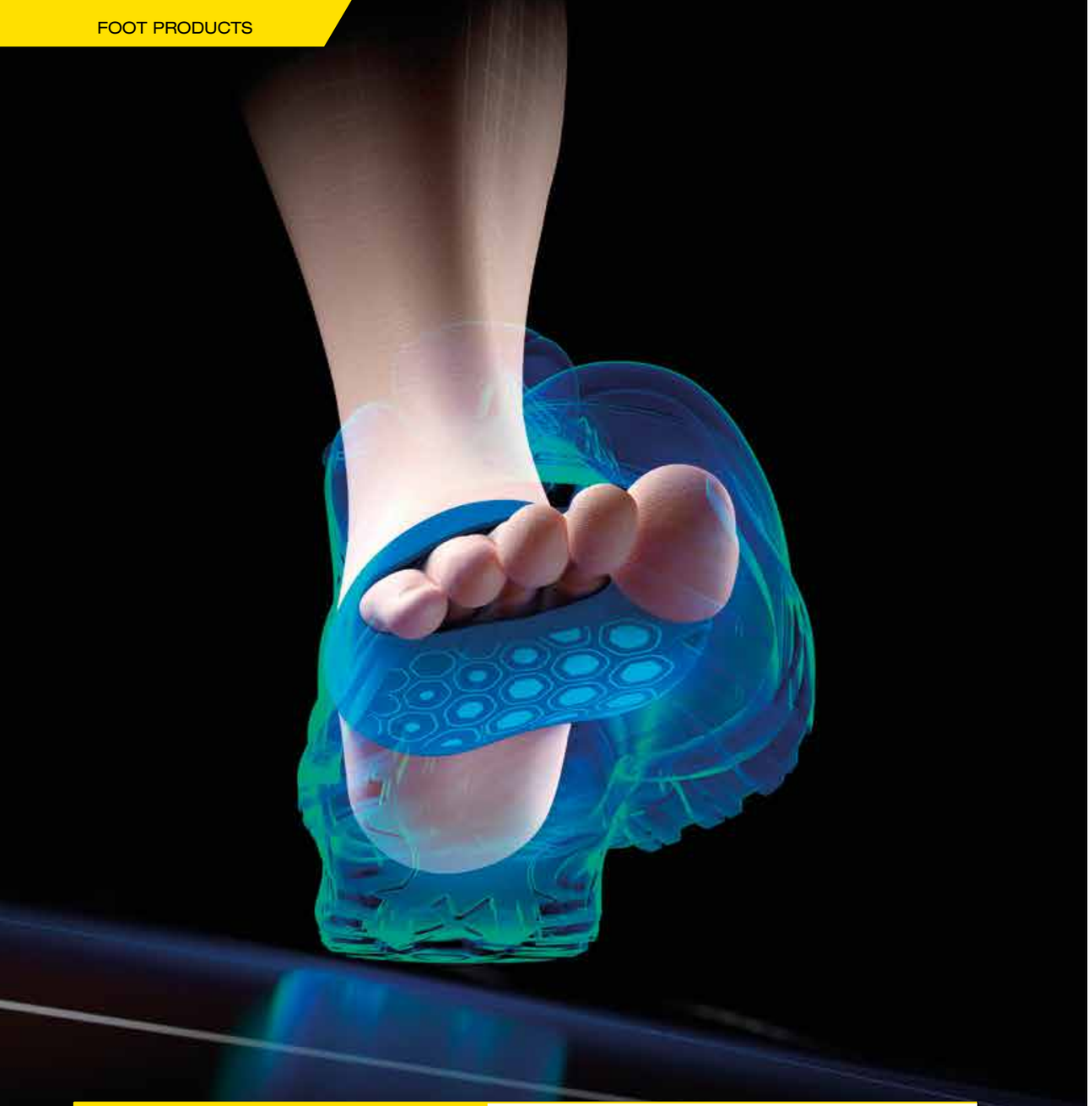
- French and English
- Dimensions: 20 cm wide x 87 high
- 5 prongs per column: can hold a total of 10 products

IN-SHOE PADS PLEXI POS

FR / EN - CFCFPPOSPLEXI12_01 / 313361101
EN/ES - CFCFPPOSPLEXI18_02 / 313361102

Gel Heel Pad. Stand allowing consumers to touch gel products. The stand can rest on a flat surface.

- French and English
- Dimensions: 20 cm wide x 17 cm high



MARKETING **TOOLS**

FOOTCARE DISPLAY

CFCMKCOUNTDISPLAY / 311061101
Dimensions: 160x50cm

FOOTCARE LEAFLET

EN - CFCFCAMKLEAF17_02 / 311059102
FR - CFCFCAMKLEAF17_05 / 311059104
PACK OF 25

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.

x 2

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

Pack par per
Ajustable Lenght
Delivered in box of 20 or per unit

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.

x 4

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

Pack of 2 per
Ajustable Lenght
Delivered in box of 20 or per unit

ASKINGLPLAPR17 | 111049000

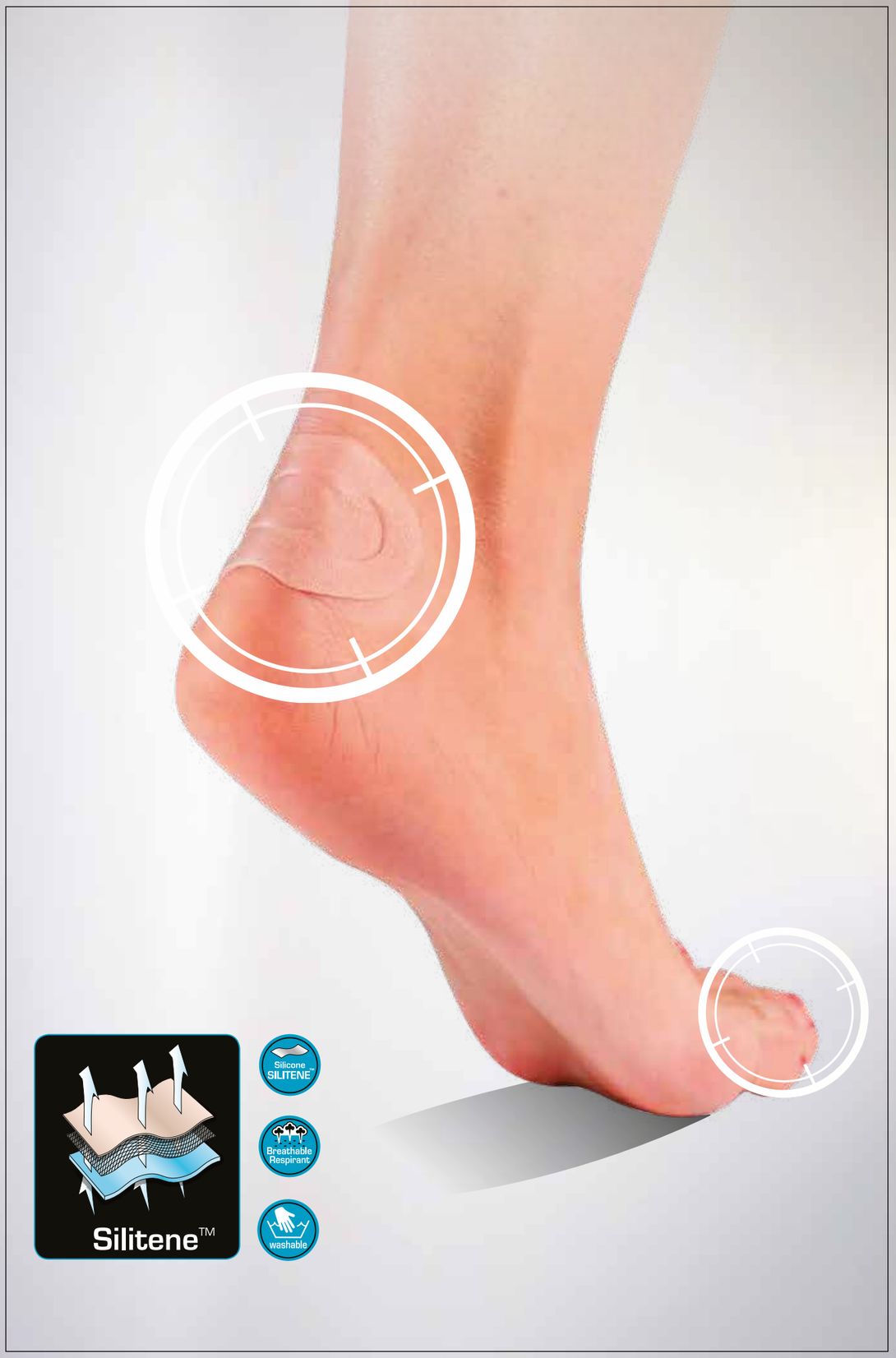
GEL PLANTAR ***PROTECTORS***

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.

x 2

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

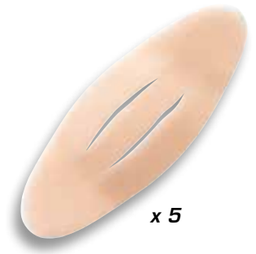
Pack par per
Anatomical Constuction (right foot / left foot).
Delivered in box of 20 or per unit



ASKINTOEPROT14 | 36829301

TOE ***PROTECTORS***

Apply the Silitene™ 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. Washable. Multi day use.



MADE IN FRANCE

Thickness: 1 mm.
Contents of pack: 5 Toe Protector.

ASKINFOOTPROT14 | 36829401

FOOT ***PROTECTORS***

Apply the Silitene™ 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, imperceptible and reusable, it allows you to fully enjoy your sporting activity. Washable. Multi day use.

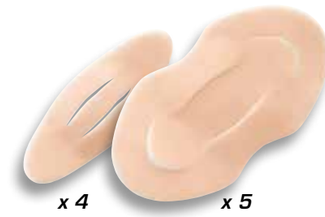
MADE IN FRANCE

Thickness: 1 mm.
Contents of pack: 3 Foot Protector.

ASKINESSPROT14 | 36829501

PROTECTION ***KIT***

The Silitene™ 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. Washable. Multi day use.



MADE IN FRANCE

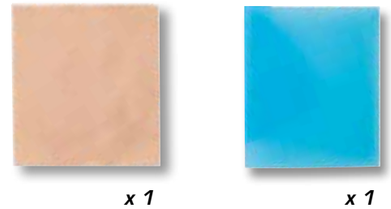
Thickness: 1 mm.
Contents of pack: 4 x Toe Protector / 5 x Foot Protector.

ASKINFOOTPROT14_01SH | 36829601

FOOT PROTECTOR ***SHEET 1 MM***

FOOT PROTECTOR SHEET 2 MM **ASKINFOOTPROT14_02SH** / 36829701

The Silitene™ 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. Washable. Multi day use.



MADE IN FRANCE

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

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.

ON SKIN COUNTER DISPLAY

ASKINMKOSCOUNTDISP / 36829801

Rotating counter display, for presenting the entire On Skin range.
Can hold up to 80 small packs (Toe & Foot protector, Protection Kit), and 20 large packs (Foot protector sheet).

MARKETING ***TOOLS***

FOOTCARE SMALL ROLL UP

CFCMKSMALLROLLUP / 311060101
Dimensions: 35x25cm

CREAM LEAFLET

EN - CFCCREMKLEAF17_02 / 311057102
DE - CFCCREMKLEAF17_01 / 311057101
FR - CFCCREMKLEAF17_05 / 311057104

PACK OF 25

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.

MADE IN FRANCE

CFCCREANTIF17_75ML **311063101**

ANTI FRICTION ***CREAM 75 ML***

ANTIFRICTION CREAM 15 ML **CFCCREANTIF17_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

MADE IN FRANCE

CFCCRERECOV17_75ML **311066101**

RECOVERY CRYO ***GEL 75 ML***

RECOVERY CRYO GEL 15 ML **CFCCRERECOV17_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

MADE IN FRANCE

CFCFOCAREKIT17 **311067000**

FOOTCARE ***KIT***

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 / 2 foot protectors / 3 toes protectors**

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

NEW

HEEL HUG

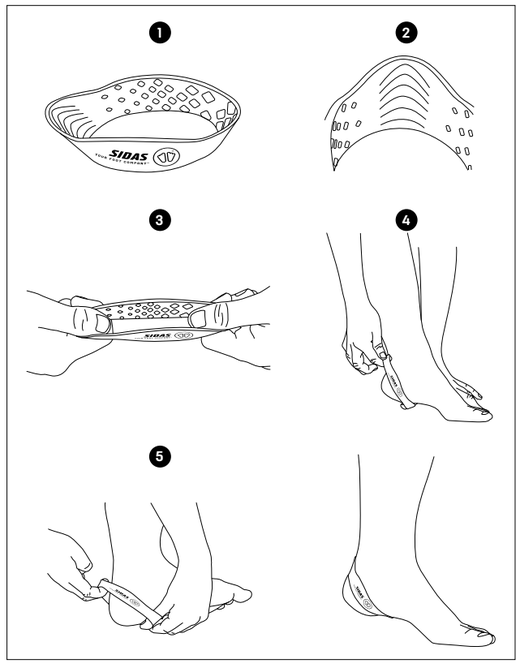
Offer your heel more cushioning and comfort! The Heel Hug exerts lateral compression on the heel, renewing its natural cushioning properties. Choose your preferred level of compression from the three options.
You can use it as you see fit: before, during or after exercise, for a minimum of one hour. 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.



INSOLES

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

SANDALS

3D	
3D LOUNGE DARK BROWN	3D LOUNGE WOMEN
3D COOLDAY DUNE	3D COOLDAY BROWN

SHOE ACCESSORIES

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

INSOLES

		SENSE		PROTECT			
	F-ESSENTIALS™	3D	3Feet	3D	3Feet	FLASHFIT™	Custom
RUNNING	IMPACT REDUCER DUAL FOAM	RUN 3D SENSE	RUN 3FEET® SENSE	RUN 3D PROTECT	RUN 3FEET® PROTECT	RUN +	CUSTOM RUN
			RUN 3FEET® SENSE		RUN 3FEET® PROTECT	RUN + SLIM	
			RUN 3FEET® SENSE		RUN 3FEET® PROTECT		

	F-ESSENTIALS™	3D	3Feet	FLASHFIT™	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 +	BIKE CUSTOM
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 PROTECTORS	FOOT PROTECTORS	PROTECTION KIT	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	
FOOT ORTHOSIS	HEEL HUG					

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

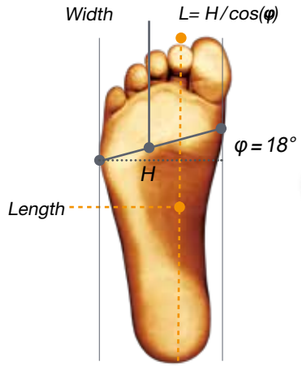
Measurement of the length and width of the foot

1

Analysis of the foot length

2

Analysis of the foot width



Foot sizer

STEP 2

Pressure analysis

Analysis of the foot pressure

1

2

3

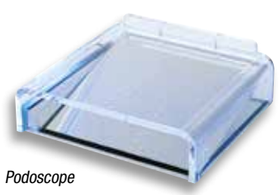
Feet Revelator™

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



Podoscope

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

SIZE CHART

SIZES	INSOLES	SANDALS	
MP		3D M	3D W
16	JS MP 16,5 - 18 EUR 28 - 30 UK 10 - 11,5 US M 11 - 12,5		
16 ½			
17			
17 ½			
18			
18 ½	JM MP 18,5 - 20 EUR 31 - 33 UK 12 - 1 US M 13 - 2		
19			
19 ½			
20			
20 ½	JL MP 20,5 - 22 EUR 34 - 35 UK 1,5 - 2,5 US M 2,5 - 3,5		
21			
21 ½			
22	XS MP 22 - 23 EUR 35 - 36 UK 2 - 3 US W 4 - 5 US M 3 - 4		
22 ½			
23			
23 ½	S MP 23,5 - 24,5 EUR 37 - 38 UK 4 - 5 US W 6 - 7 US M 5 - 6		
24			
24 ½			
25	M MP 25 - 26,5 EUR 39 - 41 UK 6 - 7 US W 8 - 9 US M 7 - 8		
25 ⅓			
25 ½			
26			
26 ½			
27	L MP 27 - 28 EUR 42 - 43 UK 8 - 9 US W 10 - 11 US M 9 - 10		
27 ½			
28			
28 ½	XL MP 28,5 - 29,5 EUR 44 - 45 UK 10 - 11 US W 12 - 13 US M 11 - 12		
29			
29 ⅓			
29 ½			
30	XXL MP 30 - 31 EUR 46 - 48 UK 12 - 13 US M 13 -14		
30 ½			
31			

SIDAS
YOUR FOOT COMPANY™

AUSTRALIA
Phoenix Leisure Group P/L
Suite 56, Upper deck Westside
Jones Bay Wharf
26-32 Pirrama Road.
Pyrmont NSW 2009
Tel: +61 2 95526900
Fax: +61 2 95526922
info@plg.com.au

BENELUX
TCK SPORTS Group
Koperslager 7
6422 PR Heerlen
Netherlands
Ph.: +31-45-5466622
sales@tck-sports.nl
www.tck-sports.nl

CANADA
LANCTÔT LTEE
5290 Boul. Thimens
Saint-Laurent, QC
H4R 2B2
Ph : +1 514 7316841
Fax : +1 514 3424059
info@rlanctot.com
www.rlanctot.com

CZECH REPUBLIC / SLOVAKIA
SVORTO S.R.O.
Průběžná 30
100 00 PRAHA 10
Ph.: +42 0241740341
Fax: +42 0212249788
sidas@svorto.cz
www.sidas.cz

DENMARK
PIST TRADING
Blokken 67
3460 BIRKERØD
Ph.: +45 28448240
pn@sidas.dk
www.sidas.dk

FINLAND
SKÖNÄRI OY
Höyläämötie 12
00380 HELSINKI
Ph.: +358 400-70.68.27
snyffe@gmail.com

FRANCE / ANDORRE
SIDAS Sport France
18, rue Léon Béridot
BP 353 - ZAC Champfeuillet
38509 VOIRON CEDEX - France
Ph.: +33 (0)4 76 67 07 24/ 11/ 14
Fax: +33 (0)4 76 67 03 03
sidassportfrance@sidas.com

GERMANY/AUSTRIA
STC DISTRIBUTION GMBH
Triesterstrasse 179
8073 Feldkirchen bei Graz
AUSTRIA
Ph Germany : 0800 180 2373
Ph. Austria: +43 316 243 793 0
Fax: +43 316 243 793-10
sales@stc-sport.com

HUNGARY
FLEX 92 KFT.
Baross u. 87
2040 BUDAÖRS
Ph./Fax: +36 23 414 699
Mobile phone: +36 309402253
flex92@t-online.hu

ITALIA
VICH ITALIA S.R.L
Via Borgo Palazzo 274
24125 BERGAMO
Ph.:+39 035 4596078
Fax: +39 035 0172273
info@vichitalia.com
www.vichitalia.com

JAPAN
SIDAS JAPAN
Kannai Wise 7F
2-9-1 Furocho Naka-ku
Yokohama
231-0032 Japan
Ph.: +81 045 263 9559
Fax: +81 045 263 9558
info@sidas.co.jp
www.sidas.co.jp

NEW ZEALAND
BRANDEX LTD
204 Cumnor Terrace
WOOLSTON 8241,
CHRISTCHURCH
Ph.: +64 3 3812190
Fax: +64 3 3812191
hq@brandex.co.nz

UNITED STATES OF AMERICA
SIDAS TECHNOLOGIES NA INC.
3 – 3531 Viking Way
Richmond BC, V6V 1W1
PH: +1604732 9144
FAX: +1604270 1906
info-us@sidas.com

NORWAY
WE SKI AS
Tornsangerveien 21
1366 LYSAKER
Ph.: +47 930 33 110
Ph.: +47 908 30 551
Ph.: +47 959 59 797
post@weski.no
www.weski.no

POLAND
WINDSPORT Sp. Jaw.
ul. Zakopia ska 56a
30-418 Kraków
tel. +48 12 267 79 60
sidas@sidas.pl
www.sidas.pl

RUSSIA
SIDAS RUSSIA
105005 Moscow
Baumanskaya str, 7
PH.: +7 (495) 729 2406
info@sidas-russia.ru
www.sidas-russia.ru

SLOVENIA / CROATIA / BIH
MATIAS 2 D.O.O.
Špelina ulica 1
2000 MARIBOR
Ph.: +386 (0)2 426 0126
FAX: +386 (0)2 461 2741
info@matias2.si
www.matias2.si

SOUTH KOREA
PJTUNE CO.LTD
135-815
9F Mediacenter 58-9 Nonhyeon 1-dong
Gangnamgu
SEOUL
Ph.: +82 22209 0250
Fax: +82 22209 0260
pjhjia@hotmail.com
www.pjtune.com

SPAIN / PORTUGAL
SIDAS SPAIN SL
Vallirana 30 bajos
08006 BARCELONA
PH.: +34 932 183 722
sidas@sidas.net
www.sidas.com

SWEDEN
AG TRADING AB
Fannysväg 5
13154 Nacka
Ph: +46 8 6127980
Info@agtrading.se
www.agtrading.se

SWITZERLAND
SIDAS SUISSE SARL
C/o D4 Platz 3
6039 ROOT LÄNGENBOLD
Ph.: 0800 123 808
Fax: +33 (0)4 76 67 03 03
suisse@sidas.com

TAIWAN
STARLIKE INTERNATIONAL LTD8F,
N°47, LANE 3 Jihu road, Neihu
District 11492 TAIPEI CITY
TAIWAN
Ph.: +886 2 8751-5235

UK / IRELAND
SIDAS, UK Ltd
Bridge House
1 Bridge Street,
Kendal, Cumbria
LA9 7DD
Ph.: +44 15 39 72 58 17
Fax: +44 15 39 72 96 61
info@sidas.co.uk
www.sidas.co.uk

SIDAS SAS
18, rue Léon Béridot - CS70353 -
PA Champfeuillet Est
38509 VOIRON - France
Ph. +33 (0)4 76 67 07 07
Fax +33 (0)4 76 67 03 03
E-mail: info@sidas.com

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