

INSTEPP

Meaning: Instep: the arched part of the foot between the toes and the ankle.

1. The hiker struggled to maintain his balance on the instep of the rocky trail.
2. She felt a sharp pain in her instep after running for several miles without proper shoes.
3. The design of the shoe provided excellent arch support, cradling the instep comfortably.
4. During the fitting, the cobbler adjusted the instep to ensure a perfect fit for her foot.
5. Yoga has helped improve her flexibility, especially in the instep area of her feet.

Source: sentences.whatistheurl.com

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