24. The method of Claim 23, wherein said thermoplastic rubber gel (TPR) material has a hardness value around 30 Asker C ±3.

25. The method of any one of Claims 14 to 25, wherein said forefoot cushion is an ethylene vinyl acetate (EVA) material.

~~1~~26. The method of Claim 25, wherein said ethylene vinyl acetate (EVA) material has a hardness value around 21 Asker C ±3.

~~26~~27. The insole of Claim 1, wherein said top sheet is a polyester fabric.

~~27~~28. The insole of Claim 23, wherein said support base cushion is a polyurethane (PU) material.

~~28~~29. The insole of Claim 28, wherein said polyurethane (PU) material has a hardness value around 40 Asker C ±3.

~~29~~30. The insole of Claim 23, wherein said medial support cradle and lateral support cradle are a thermoplastic polyurethane (TPU) material.

~~30~~31. The insole of Claim 30, wherein said thermoplastic polyurethane (TPU) material has a hardness value around 64 Type D ±3.

~~31~~32. The insole of Claim 23, wherein said heel cushion is a thermoplastic rubber gel (TPR) material.

~~32~~33. The insole of Claim 32, wherein said thermoplastic rubber gel (TPR) material has a hardness value around 30 Asker C ±3.

~~33~~34. The insole of Claim 25, wherein said forefoot cushion is an ethylene vinyl acetate (EVA) material.

~~34~~35. The insole of Claim 34, wherein said ethylene vinyl acetate (EVA) material has a hardness value around 21 Asker C ±3.