

# instep *(in-step)*

## Definition

n. the arched top part of the foot.

## Example Sentence

She was having pain in her **instep** when she ran.

## More Example Sentences

He felt pain in his **instep** while walking.

## Synonyms

arch; foot; bridge

## Antonyms

head

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)