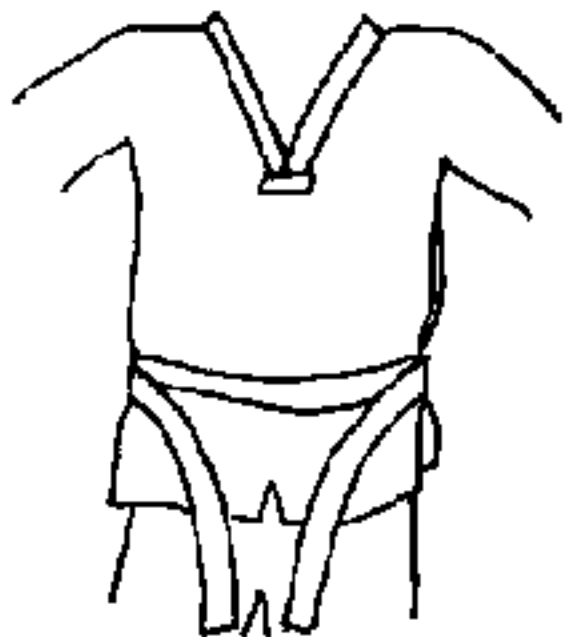
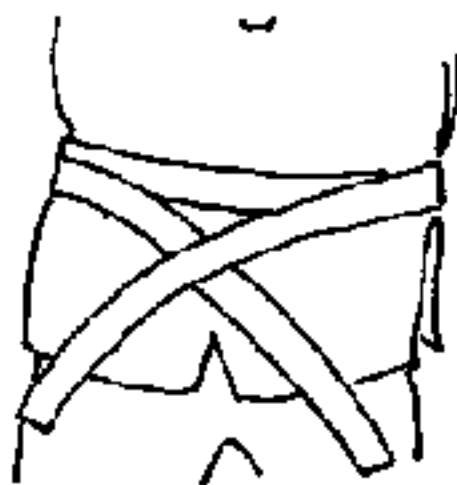
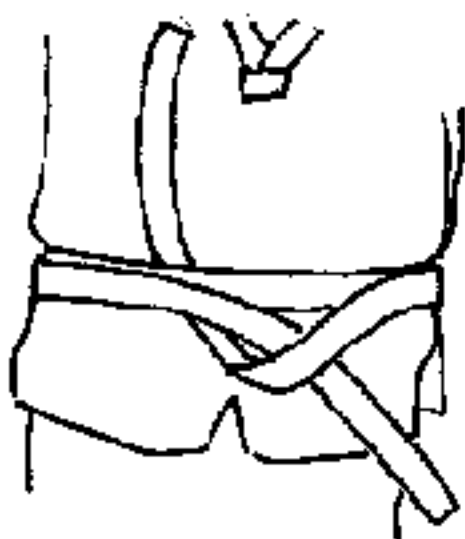


1

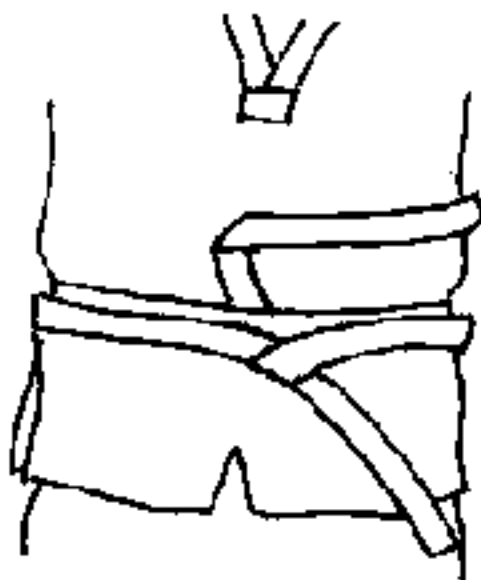
Start with both ends of the belt the same length.

2

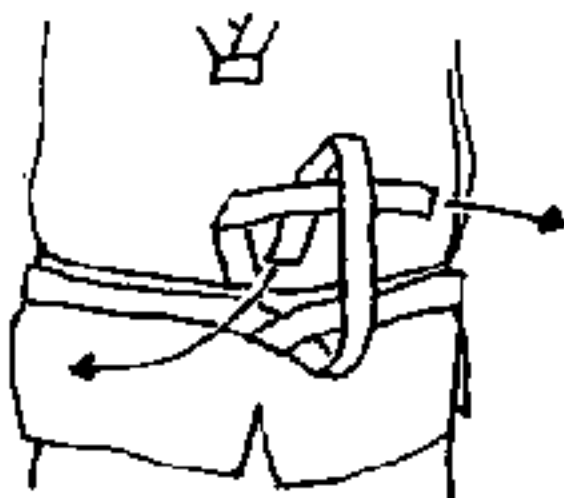
Choose one side (it doesn't matter which) and cross it in front of the other.

3

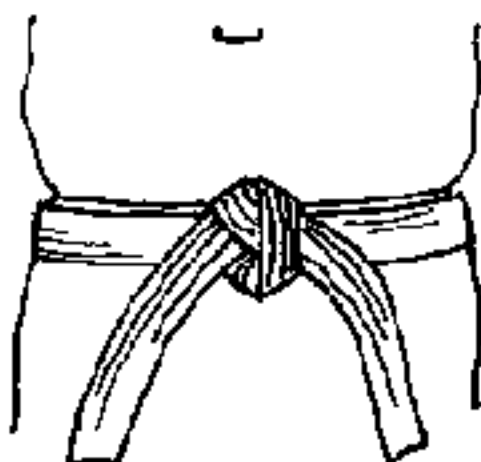
Fold that end up behind BOTH layers of the belt and pull it tight.

4

Then fold it across your stomach.

5

Fold the other end up IN FRONT of the first end, then down BEHIND it.

6

Pull both ends firmly TO THE SIDES. The belt ends should hang down diagonally.