



1. Hold the belt in the middle with one hand and grab the two ends with the other hand.



2. Place the middle of the belt in the middle of your stomach.



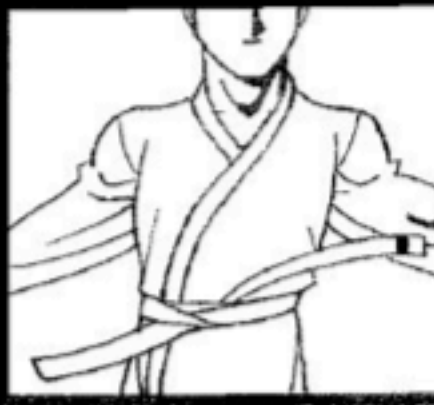
3. Wrap both ends around your back then bring them towards the front



4. Place the left side down, then the right side over the top of the left



5. Pull the tipped end up from underneath both layers of belt.



6. Pull snug around waist.



7. Place right side down over the left side, then



8. Pull the right end up under the left end.



9. Pull tight.