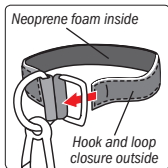
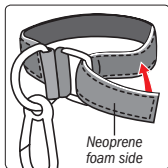


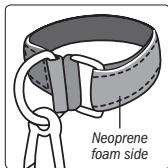
# ANKLE STRAP ADJUSTMENT



1. Be sure that neoprene foam is on the inside against ankle. Pull opposite end of ankle strap through square buckle only.



2. Pull strap to desired comfort around ankle and attach the hook and loop side together for a secure connection around the square buckle.



3. Once connected, make sure that the ankle strap is not too tight around your ankle. **Double check that the carabiner and all connections are secure before use.**