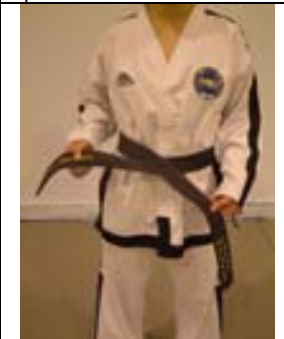


HOW TO TIE YOUR BELT

		
<p>Place the centre of the belt at the centre of the lumbar spine</p>	<p>Wrap around the waist</p>	<p>Bring both hands toward the umbilicus</p>
		
<p>Cross the right end over the left end at the umbilicus ...</p>	<p>... and then tie it under and over.</p>	<p>Cross the higher end over the lower end of the belt ...</p>
		
<p>... and then tie it under and over again.</p>	<p>Tighten the belt into a square knot</p>	<p>Both ends should be of the same length</p>