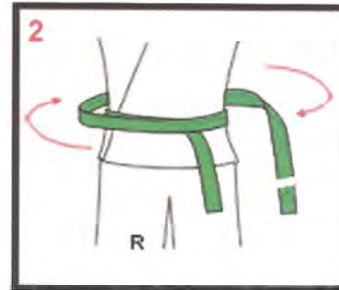
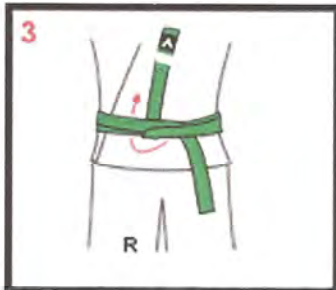


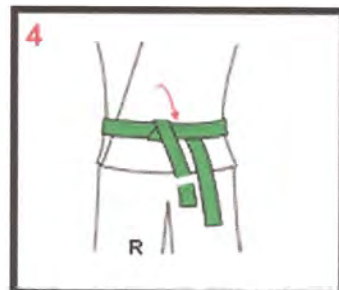
1 Start by holding the non-label end of the belt across your abdomen, in front of you. It should hang a couple of inches longer than the length you want the belt to be when it is tied. Wrap the label /stripe end of the belt behind you and around your waist.



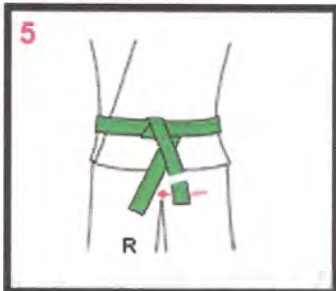
2 Wrap the belt around your waist a second time while maintaining the position of the non-label end of the belt.



3 Tuck the label / stripe end of the belt under both layers and up. Pull both ends to tighten the knot. The non-label end of the belt should still be on your left side.



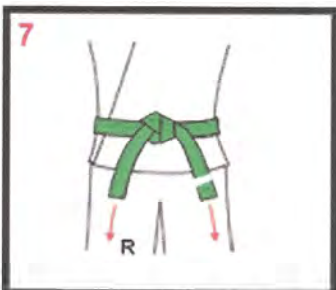
4 Fold down the label / stripe end of the belt.



5 Tuck the non-label end of the belt under the other end and over to your right side.



6 Loop the non-label end of the belt around the other end and through the knot.



7 Pull to tighten the knot. If the belts ends are not the same length, untie the knot and adjust the length.

This method will ensure the stripe is on your left side and also prevent the belt from overlapping in the back.