

Hold wrap behind your back



Cross the left strap under your chin.



Cross the right side of the wrap to the left under your chest.



Insert the left strap into loop hole.



Tie both straps in the back



Style 1



Hold wrap behind your neck.



Pass the straps under your arms then tie them in the back.



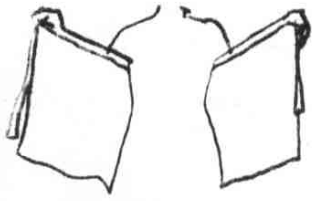
Hold second layer.



Tie second layer.



Style 2



Hold wrap behind your back.



Tie the straps behind your neck.



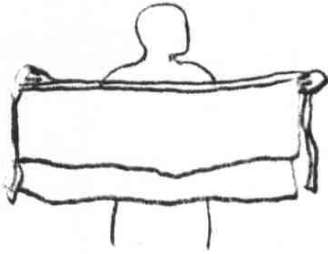
Hold second layer.



Tie second layer.



Style 3



Hold wrap.



Wrap yourself placing the loop hold in the middle.



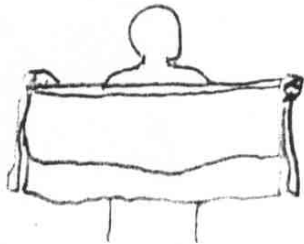
Bring straps under your arms and tie them behind your neck.



Left outside layer and insert both edges into loop hole.



Style 4



Hold wrap.



Wrap yourself and bring straps to the front.



Insert straps into loop hole and tie them behind your neck.



Lift both edges of the outside layer and tie.



Style 5