

HOW TO DRESS UP YOUR VOLARE



1. As you remove the VOLARE from its packaging and check that all its adjustments are practically at their maximum opening limit to facilitate their placement, position it in the best way to insert the legs.



2. Pull it to your hips and adjust its rear adjustment by pulling the ends of the tape.



3. At the front adjustment, adjust the setting by pulling the end of the strap. Adjust whatever is left over.



4. Proceed by lightly adjusting the leg straps so that the harness stays firm and comfortable.



5. To use the front anchorage, attach the extender carabiner by grasping the ankle straps (loops) of the waist and legs.



6. For the rear anchorage, connect the extender carabiner with the side straps attached. If desired, store the tapes in the elastic dowel to improve the practice when using the front anchor, as shown above.



7. To be able to practice Double Bungee using two bungees, use the lateral straps of the harness, leaving them aligned with the iliac bones.

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