

# HOW TO DRESS UP YOUR VOLARE GA



**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.



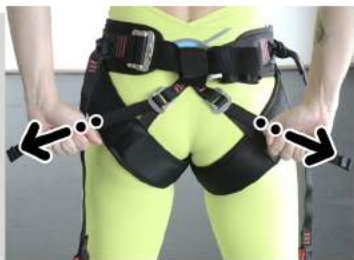
**2.** Pull it to your hips and adjust its rear adjustment by pulling the ends of the tape.



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



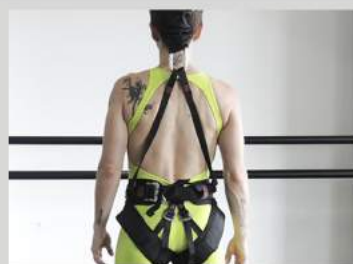
**4.** Proceed by lightly adjusting the frontal leg straps so that the harness stays firm and comfortable.



**5.** Proceed by lightly adjusting the posterior leg straps so that the harness stays firm and comfortable.



**6.** To use the front anchorage, attach the carabiner to the aluminium ring.



**7.** Rear anchorage, connect the extender carabiner with the side straps attached.



**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.