

1st. Turn the strap part until the circle is at its maximum width. Dress it up, climbing it to the waist. IMPORTANT nails or the use of excessive force could easily ruin your piece.

2nd. Make sure the piece suits well in your waist.

3rd. Pull the bottom part, waist and legs, each one to the right position, so that your legs move easily.

Don't forget to check out:

- Is it too tight in your waist?
- How's the pressure on the abdomen? Very tight, loose or normal?
- Is the belt too tight in-between the legs?
- Does the belt involve the entire waist?
- The leg-strap gives you freedom of movement?