

BUCKLING INSTRUCTIONS



- 1) Holding the strap tightly around your ankle, adjust the buckle on the strap into the hole that is PAST the clip that is attached to the shoe.
- 2) Now slide the strap into the slot on the clip that is attached to the shoe. THAT'S IT
- 3) When you remove DO NOT touch the buckle. Just slide the strap out of the slot.

After adjusting the buckle properly you NEVER have to hassle putting the bar into a hole again. Just bring the buckle past the clip and slide the strap in and out of the clip.