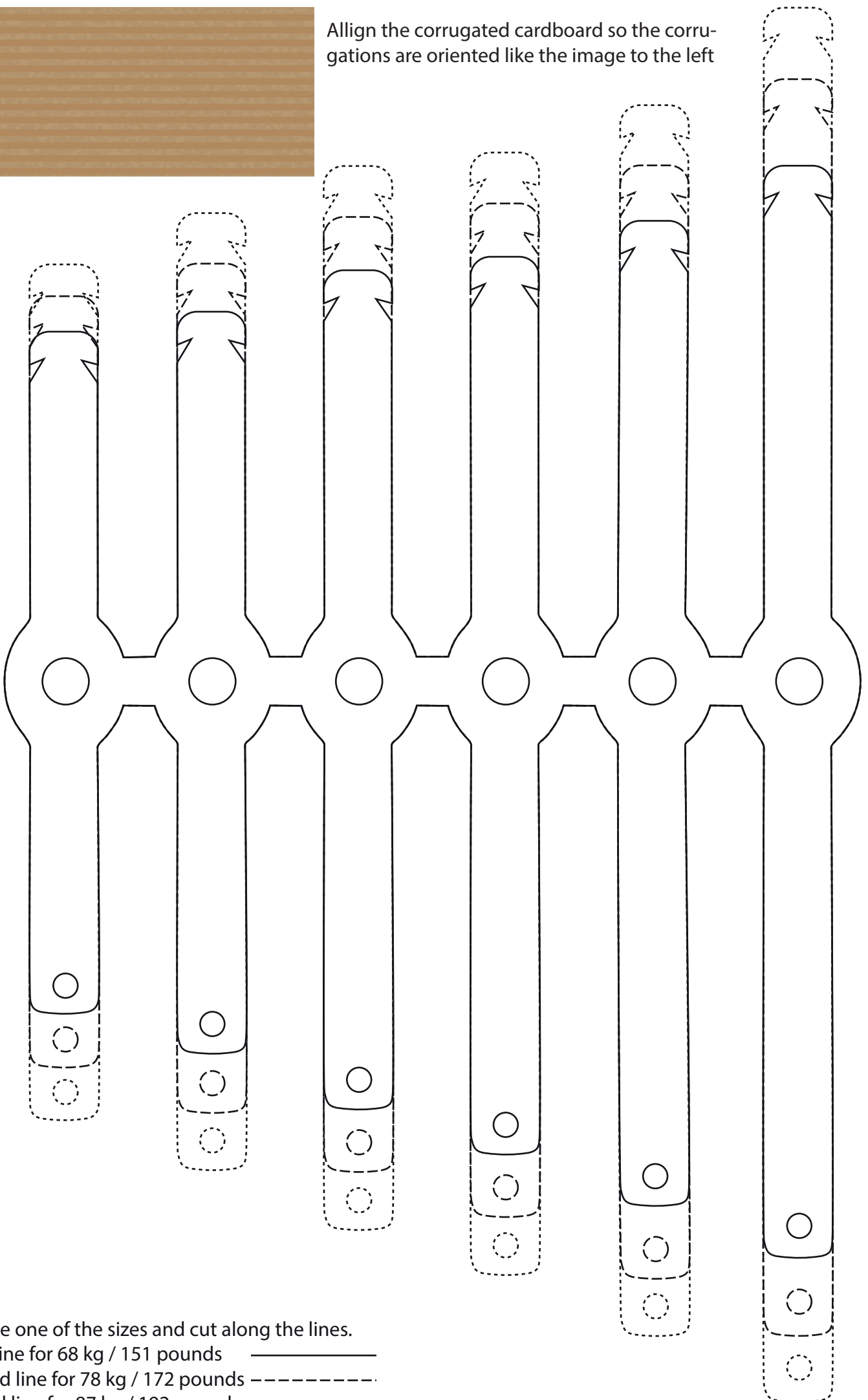


Align the corrugated cardboard so the corrugations are oriented like the image to the left



Choose one of the sizes and cut along the lines.

Solid line for 68 kg / 151 pounds

Dashed line for 78 kg / 172 pounds

Dotted line for 87 kg / 192 pounds