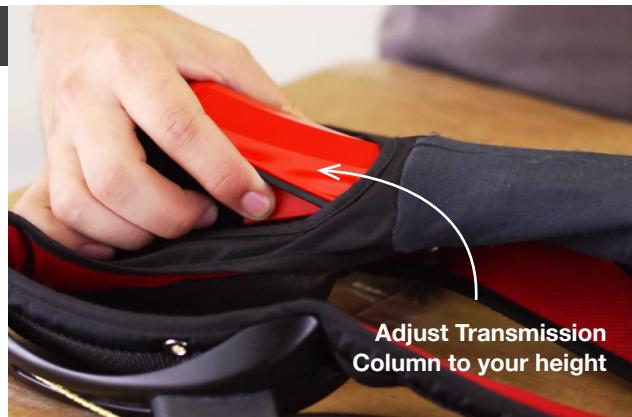


SIZE Transmission Column

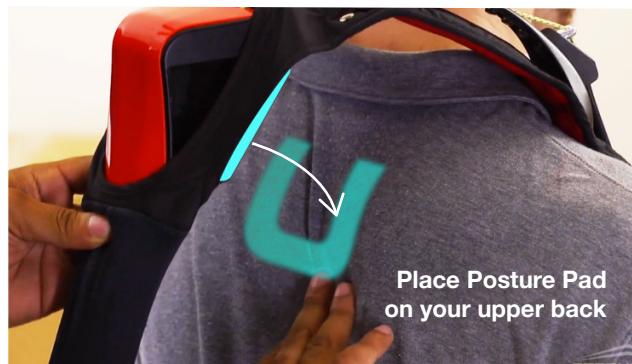
- Identify your Transmission Column setting
- Press the red button on the column and slide it to your correct setting
- Release the button and the column will lock into place

| HEIGHT | SETTINGS |
|-----------------|----------|
| 5'7" or less | 1 |
| 5'8" - 5'9" | 2 |
| 5'10" - 6'0" | 3 |
| 6'1" - 6'2" | 4 |
| 6'3" - 6'4" | 5 |
| 6'5" or greater | 6 |

FIT your V22 Vest

- Once your vest is on, place the Core Support Band above your waist and secure the Velcro straps
 - Hunch your shoulders slightly and place the upper Posture Pad on the highpoint of your back between your shoulder blades
 - Adjust the shoulder straps to snug the vest to your body
- 
- Core Support Band



ACTIVATE for Lifting

- Slide the hand clutches onto your middle fingers and push the triggers in with your thumbs
- Extend your arms and thrust downward in a single motion until the Core Support Band is snug to your lower torso

