

# Waist/Belt/Back External Subsystem Instructions

1. Tighten a belt around your waist and make sure that the belt will not loosen under a large amount of weight placed on it.



2. Attach a carabiner to the front of the belt on the center part of the waist, but not on the belt buckle.



3. Grab one strap and clip it into a loop. Grab a second strap and cross one side through the loop you made. Clip the second strap together into another loop. You should have two circles attached together.



4. Unclip one of the loops you made, and pull one side of the unclipped strap through the carabiner first and then pull the other unclipped side through the carabiner. Once you have both sides of the unclipped strap through the carabiner, clip them together again.



5. Put your arms through one of the loops created by the straps with the straps laying on the biceps of the arm.



6. Place the other strap closer to the ground around the buddy you are dragging in whatever way you please.



7. Attach extra carabiners or straps or adjust strap lengths as needed to make the buddy drag easier.

