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## Adjustable Shin Support Height/ Foot Straps



#2 Weave straps criss cross



#5 Weave straps thru both square loops, pull strap tight



#3 Weave strap across front of shoe



#6 Weave straps under one square loop and tighten



#1 - Secure heel tightly against heel plate, weave strap thru D-ring



#4 Weave strap criss cross back to beginning



#7 Have fun! Be careful, always check equipment before getting up.