

WEIGHT BELT BOOT CAMP

FIN TIPS

THREAD THE BUCKLE

1



DOWN through the first (1) open slot, **UP** through the second (2) and **DOWN** through the third (3)

2



back **UP** through the first (1) slot leaving about 5 cm of webbing.

3



Tighten the bottom loop

SETTING UP THE BELT

4



lay out the weights equally so you are balanced. The first weight is no more than 10cm from the end of the buckle

5



Thread the end of the belt up through the bottom of one (1), twist and down through two (2) to lock belt in place

6



Assembled belt with balanced weight for front of hips.

TIPS

Equally distribute the weights

Weights should be located in front of hips to increase stability while diving

the first weights closest to the buckle should be no more than 100 mm (10cm) from the buckle

You can stack smaller weights on the larger ones and thread together with a twist.

Size the belt so that there is a full hand of webbing at end when on to grasp and tighten with your gloves when under water.

RIGHT hand release means buckle starts in LEFT hand.