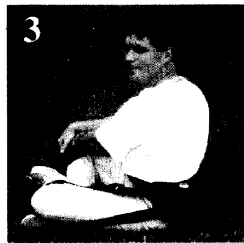


Turn belt pack to your stomach. Unzip inside flap to pull out straps and seat pad.



Make sure straps are untwisted and slide pack to the back.

From Pack to Back in 3 Easy Steps



Sit on pad, place straps over knees and adjust to your comfort. Now you can sit comfortably cross-legged, with knees up or on backless benches.

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