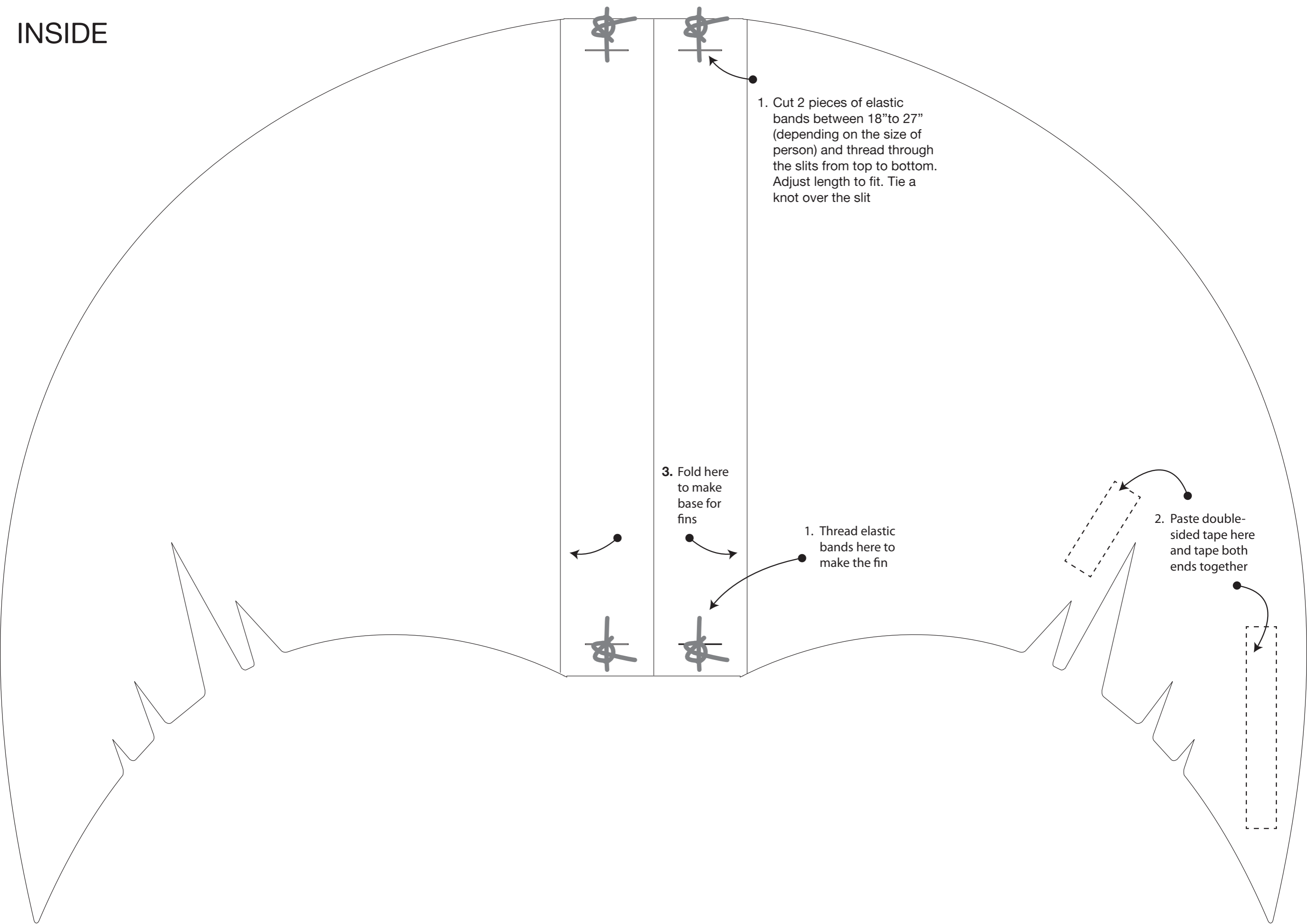


INSIDE



1. Cut 2 pieces of elastic bands between 18" to 27" (depending on the size of person) and thread through the slits from top to bottom. Adjust length to fit. Tie a knot over the slit

3. Fold here to make base for fins

1. Thread elastic bands here to make the fin

2. Paste double-sided tape here and tape both ends together

OUTSIDE

