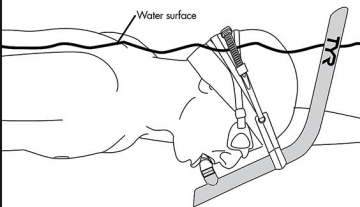
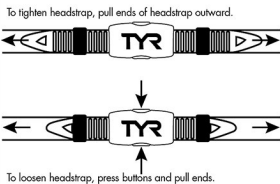


1. Assembly / Adjustment

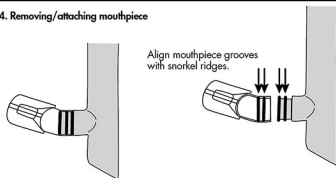
2. Correct swimming angle



3. Headstrap adjustment



4. Removing/attaching mouthpiece



5. Cleaning

