

CAUTION : to properly enter and seat inside the Speedbag, the harness must first be adjusted during a hang-test.

WARNING : the pilot must not let the toggles out of his/her hands while entering the Speedbag.

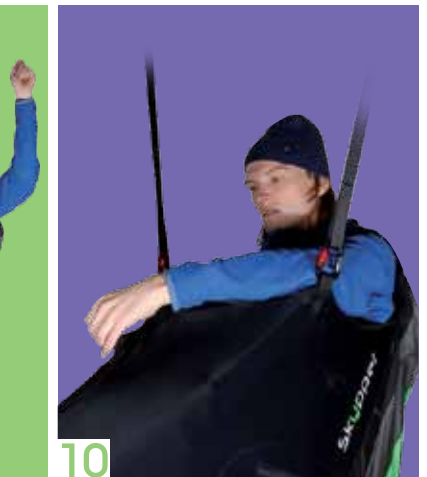


>> Close the Cockpit buckle/clip

>> Close the upper Speedbag buckle/clip

>> takeoff Running phase

>> After takeoff, do not immediately try to seat inside the harness but keep instead an applied torso pressure on the chest strap while hooking the Speedbag with the heel of your shoe.



>> Apply pressure at the bottom of the Speedbag with your feet to transit to the seating posture.

>> After installation, pilot can close the last Speedbag buckle/clip