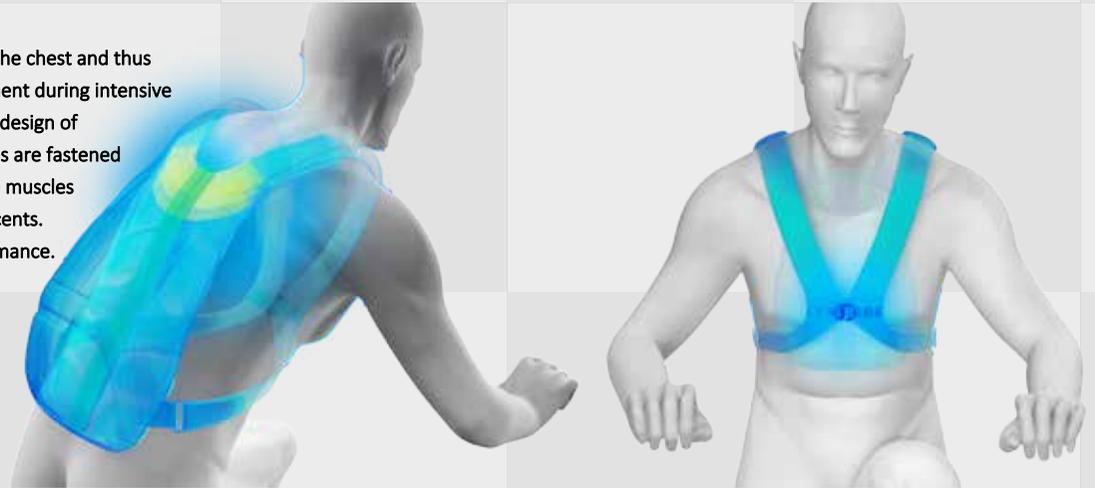


RIDER FIT X-HARNESS

Usually, shoulder straps are fastened on the chest and thus restrict breathing and freedom of movement during intensive rides through the mountains. The special design of Rider Fit X-Harness ensures that the straps are fastened between the pectoral muscles so that the muscles can still work properly on climbs and descents. The result: increased comfort and performance.



HOW TO ADJUST THE RIDER FIT X-HARNESS STRAP SYSTEM TO FIT YOUR BODY:



STEP 1:

The size chart to adjust the backpack can be found in the rear compartment of the backpack next to the back part. The size chart helps you to find the basic adjustment recommended for your body height.



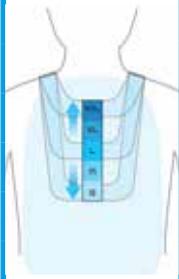
STEP 2:

Remove the velcro strap from the back side of the compartment and adjust the position of the system so that it fits close to your body.



STEP 3:

To find the right size, you have to push up or pull down the system. Carefully attach the velcro strap to the back side of the rear compartment afterwards.



Size	Men	Women
XXL	190–198 cm	180–188 cm
XL	180–190 cm	170–180 cm
L	170–180 cm	160–170 cm
M	160–170 cm	150–160 cm
S	150–160 cm	140–150 cm



STEP 4:

Lift the backpack onto your back to make further adjustments.



STEP 5:

Please use the included detachable hip belt for more intensive rides.



STEP 6:

Make sure that the chest buckle is fastened securely at the solar plexus.



STEP 7:

Tighten the chest strap.



STEP 8:

Tighten the hip strap.



STEP 9:

Your backpack is now adjusted properly and should fit you perfectly.