

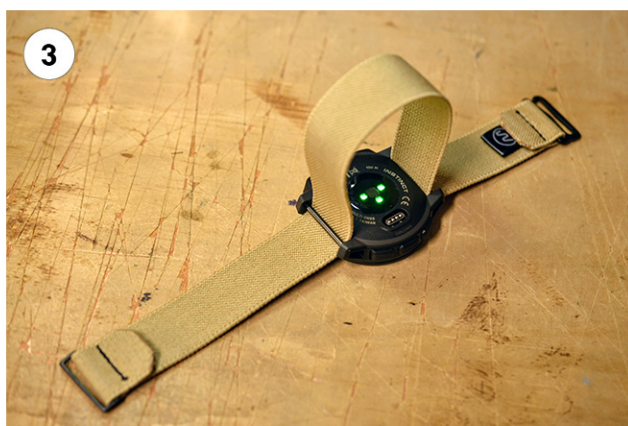
# THE HOOK STRAP™ - GARMIN FITMENT GUIDE



1) Remove the original strap with a pin by pushing in one end of the spring bar and pulling on the strap.



2) Install your new Hook Strap face down onto the rear of your watch using the original Garmin spring bars.



3) Create a “loop” beneath the watch by pulling the excess strap through the lugs of the watch.



4) Pinch the end of the loop you just created, and insert it through the Slider found on the far end of the strap. This creates the Loop for which your Hook will attach to!



5) To wear, adjust the **Slider** up or down the length of the strap, extend the **Loop** to tighten the fit, slip your hand through the opening just beneath your watch, and secure the **Hook** onto the **Loop** once on the wrist.

*And now you're Hooked! ✓*

**Other Notes:**

- The Hook Strap is most comfortably worn with the hardware on the bottom center of one's wrist. Play around with feeding the strap through your watch lugs and the Slider until this fit is achieved. It might seem tricky at first, but once you've become acquainted with this system, the level of comfort is unsurpassed.
- Maintenance is key! Periodically toss your strap in with your dark loads of laundry. Cool wash, tumble dry low. (Mesh garment bag recommended.)

**Fine-Tuned Fitment:**

Think of adjusting the **Slider** more as 'positioning' the strap hardware around your wrist, and the **Loop** more as the actual 'fitment' of the strap around your wrist;  
**The longer the Loop, the tighter the fit.**