

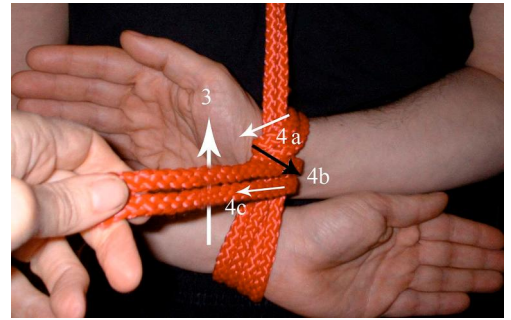
Arm and Chest Harness



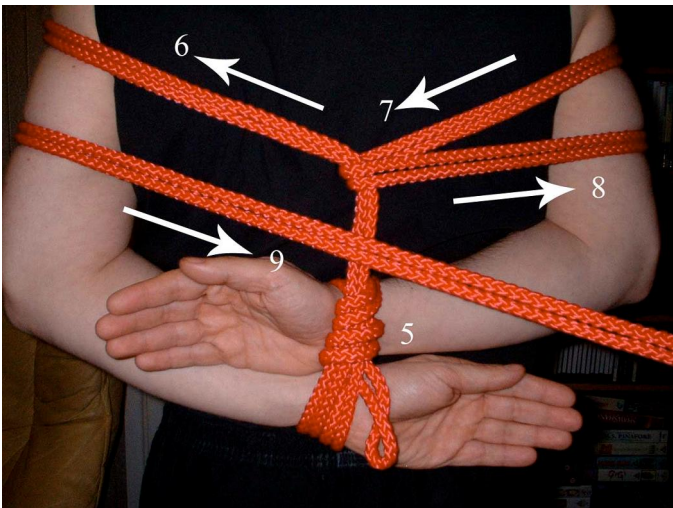
1 - Loop the centre of the rope around the wrists



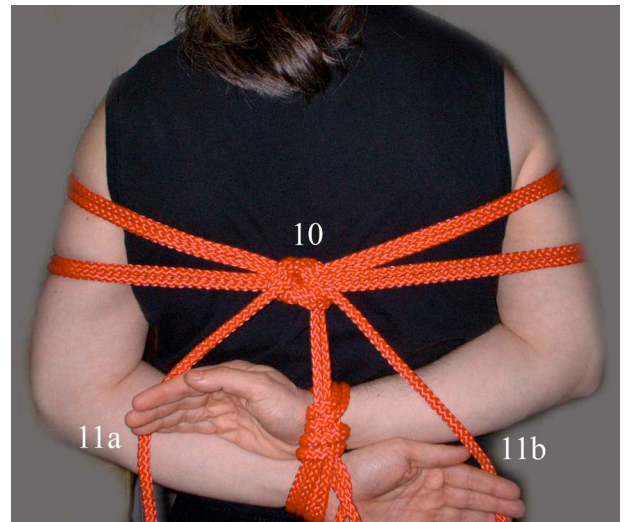
2 - Loop the central section of the rope around the wrists again



3 - Draw the tails of the rope upwards
4a, 4b + 4c Loop the centre of the rope around the tails and between the wrists



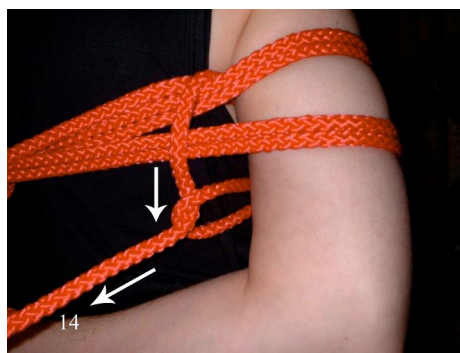
5 - Tie the centre of the rope with an overhand knot
6 + 7 - Draw the tails around the body
8 + 9 - Reverse the tails around the body again



10 - Tie the tails around the centre at the back
11a + 11b draw one tail to each side.



12 + 13 - Make a loop from one of the tails and feed it through the armpit



14 - Take the loop from 13 and bring it back under the bottom rope, then take the end of the tail and feed it through the loop



15 - Repeat the actions of steps 12 - 14 on the other side