

Chest/ Breast Harness with Arm Tie



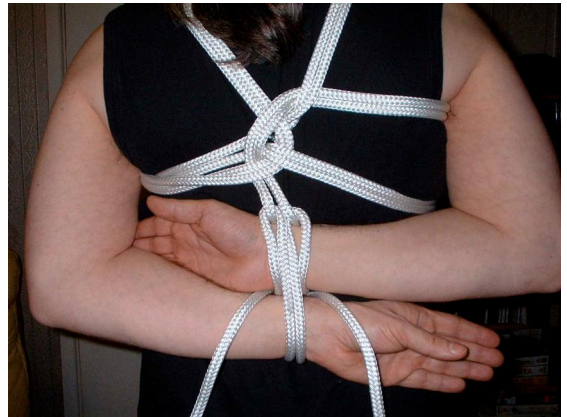
1) Run the tails of the chest harness under the wrists.



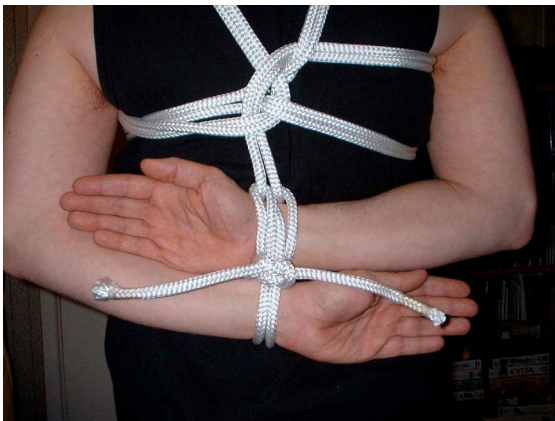
2) Loop the tails back up and through.



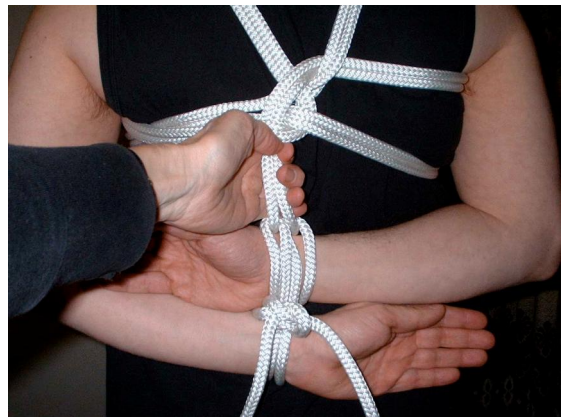
3) Bring the tails back down and through between the wrists.



4) Cross the tails behind the wrists and bring back through again.



5) Tie off the ends of the tails.



6) You now have control!