1: Lay out duty belt with every day carry pouches and accessories.

2: Try on the main belt without the inner belt. This will allow you to insert the Zero-G plates under the main belt to gauge the correct placement on your hips. (See illustration A) for suggested placement. The curve of the Zero-G plates should wrap around the front of your hips only slightly in order to distribute the weight evenly.

3: Pay attention to the placement of the Zero-G plates in relation to the items on your duty belt in order to match that placement. Remove the belt and attach the Zero-G plates using one of the provided keepers (See illustration B). We recommend using the forward attachment slot for first placement. Try on the main belt with the attached Zero-G plates, make final adjustments to placement.

4: Remove your duty belt and attach the 2nd keeper to both Zero-G plates. The rear attachment slots offer two possible options based on your belt set-up (See illustration C).

5: The inner side of the Zero-G Plates have a strip of hook and loop compatible surface to match the inner surface of most dual belt systems, so installation will not interfere with the attachment between your main belt and the inner belt. (See illustration D)