



Danmar Warrior Wrestling

(800) 783-1998

Adjusting your Headgear Straps

Open your Danmar Warrior Headgear and remove from the packaging. Straighten out the straps and check the ends to see if they are sticking out from underneath the foam. Our headgear usually comes with the tabs sticking out a little bit, so it is easier for you to adjust them. If by chance they are tucked underneath the foam, you can use your fingertip to carefully run it under the foam and under the strap, then just gently pull the strap out from underneath the foam.

See Figures A, B, C and D.



A



B



C



D



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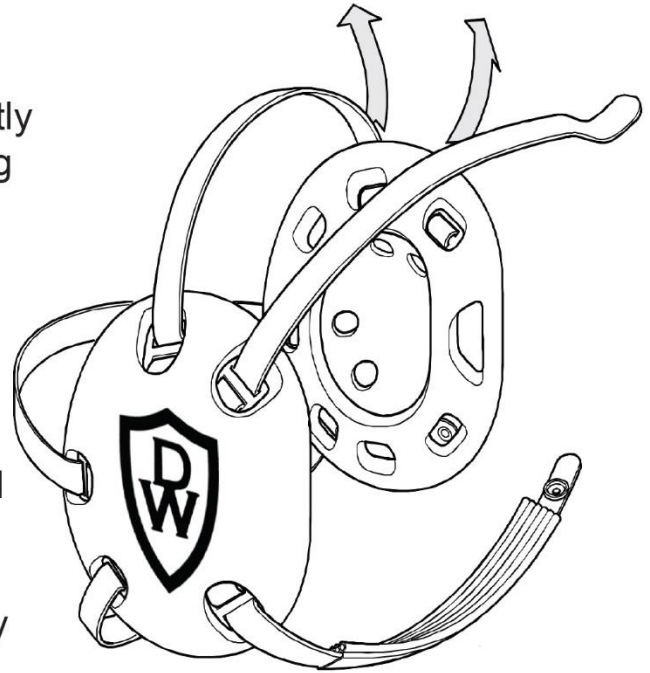


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You can slide the strap out of the headgear by gently pushing down on the end of the strap, while holding the foam out away from the back side. Simply straighten the strap end and push it back into the same slot, pulling it to the approximate length you need. **See Figures E and F.**

You can check for the right length by putting the headgear on your head to see how much you need to pull through for a snug but comfortable fit. Make sure that the top front strap isn't too long or loose or it will fall into your face. If that happens, you may need to tighten it in the front and/or loosen it in the back. We also have Strap Locks that you can purchase, which will enable you to crisscross your straps, which will help keep them up and out of the way.



Once you've adjusted your straps to fit, you can then tuck the ends back underneath the foam and you're ready to wrestle!

E



F



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