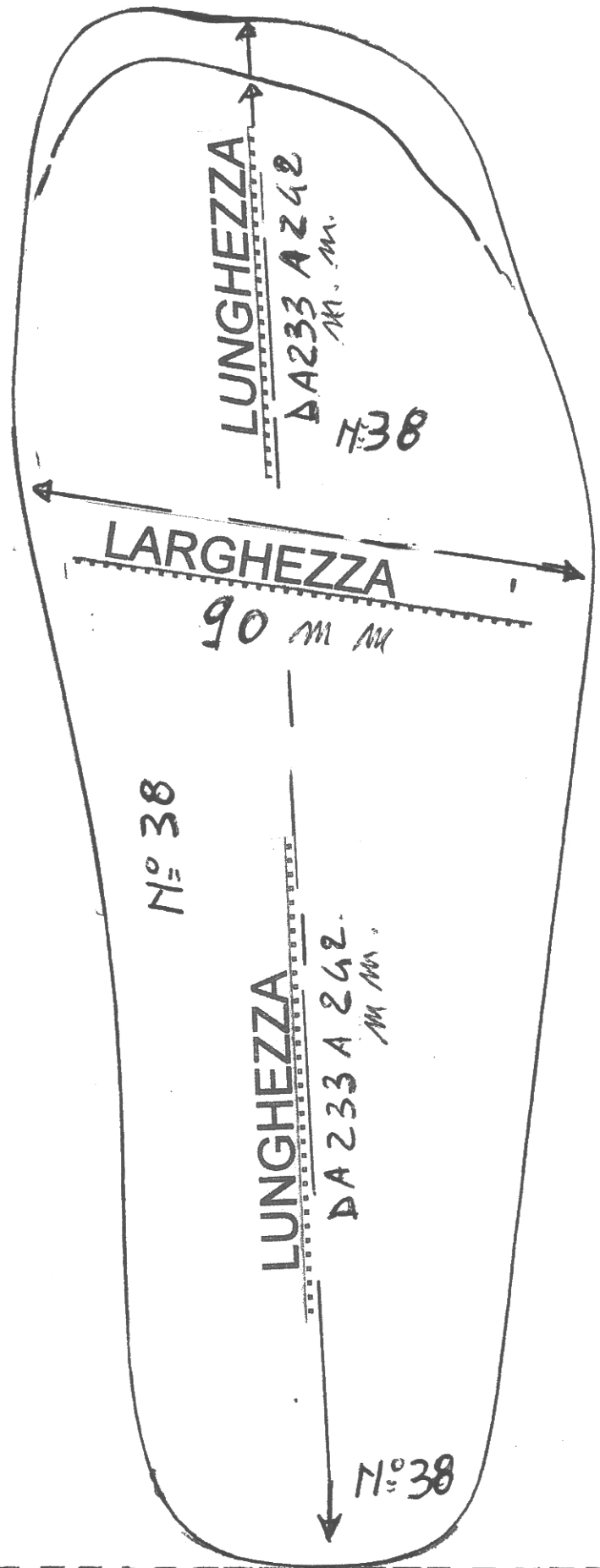


Fix the folded sheet on the floor against the wall

Place your bare foot on the sheet, holding the heel leaning against the wall

Check that your foot fits in the two indicated lengths



Fold the sheet following the dashed line