

How to attach the Wrist-Ankle Strap



Step 1

Tear open the Velcro fastener.



Step 2

Open the ankle-wrist strap.



Step 3

Place the strap around the ankle with the logo facing outwards.



Step 4

Push the end of the strap through the D-ring and pull the strap to achieve a relaxed to slightly loose fit.



Step 5

Wrap the end of the strap around to secure the Velcro fastener. Check that the fit is comfortable. You may be advised to wear the strap over a sock or tracksuit for extra comfort.



Step 6

Place the lever of the tube clip on the D-ring and push to attach. Attach additional tubes for greater resistance potential. Standing on the tube with the other foot is the best way to secure the tube. Be sure that your shoes are free of sharp stones and the surface is non-abrasive.