

How to attach the Clip Tubes



Step 1

Hold the end of the clip tube in one hand and the D-ring of the handle in the other.



Step 2

Place the lever of the tube clip on the D-ring and push to attach. Attach additional tubes for greater resistance potential.



Step 3

You are now ready to begin training. If you have a TubeGuard please attach this to the tube. Refer to the TubeGuard instruction sheet if you are unsure.