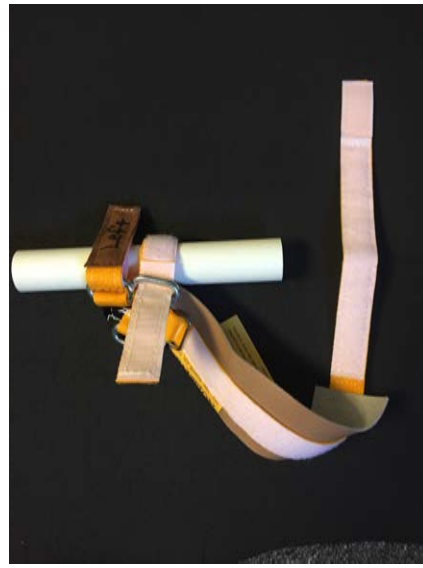
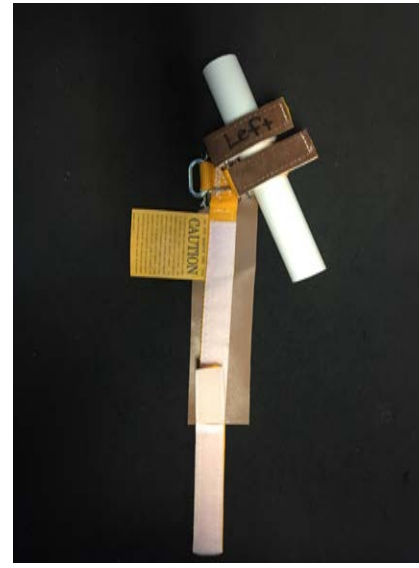




1. Snap PVC pipe around horizontal bar.



2. Fully remove straps from metal rings. Wrap around PVC, thread back through metal rings.



3. Secure around PVC using velcro.



4. Place hand directly over leather part of straps on bar. Wrap wide leather strap around wrist.



5. Bring long velcro strap around wrist and through metal ring.



6. Secure using velcro and thread excess strap through smaller, rectangular metal ring.



7. Secure excess strap to wrist by doubling back and using velcro to attach.



8. Hands should be placed directly over leather straps on bar. For use on Men's Horizontal Bars only.