

3-in-3 Chain – Basic Directions

Aspect ratio: >4.0

Class exercise ring size:

- 18 AWG (1.02mm) 0.172" (4.4mm)

1. Close two plain rings and one red ring and place them on a tail wire with the red ring in the middle.



2. Close the plain ring, a red ring, and another plain ring in that order through the first three rings.



3. Repeat step 2 until complete

