

Cable Chain – Basic Directions

a.k.a. 1-in-1 Chain

Aspect ratio: >2.0

Class exercise ring size:

- 18 AWG (1.02mm) 0.156" (4.0mm)

1. Close a ring and place it on a tail wire



2. Open a second ring, insert it through the first ring, and close it.



3. Open another ring, insert it through the previous ring, and close it



4. Repeat step 3 until complete

