

## European 4-in-1 Rubber Ribbon – Basic Directions

Aspect ratio: 5

Class exercise ring size:

- 16 gauge (1.29mm) 0.250" (6.4mm)

1. Start by assembling a 3-wide chain. Place four O-rings on an open jump ring and close the jump ring.



2. Arrange the rings from the previous step as shown. Insert an opened jump ring down through the bottom O-ring from the front and up through the top O-ring from the back, add two O-rings to the open jump ring, and close it.



3. Continue adding to the chain by repeating the previous step until the chain is the desired length



4. To make a wider chain follow steps 5 through 7.



5. Insert the jump ring through the first two O-rings on the outside at the start of the chain. Make sure the jump ring goes through these two O-rings in the same direction as the other jump ring. Add two O-rings on an open jump ring, and close it.



6. Insert the jump ring through the first two O-rings on the outside at the start of the chain. Make sure the jump ring goes through these three O-rings in the same direction as the other jump rings, add an O-ring on an open jump ring, and close it.



7. Continue adding to the chain by repeating the previous step until the end of the chain is reached.



8. To make the chain wider return to step 5.