

European 4-in-1 Sheet – Basic Directions

Aspect ratio: 3.5

Class exercise ring size:

- 18 gauge (1.02mm) 0.141" (3.6mm)

1. Close a blue ring and put it on a tail wire. Close two red rings through the blue ring.



2. Close a blue ring through the red ring that is on top of the other. In this case it is the red ring from the left.



3. Close a blue ring through the 1st and 2nd red rings so that this ring lies on top of the 1st blue ring.

Note: The new ring always ends up on top of the previous ring.



4. Close a blue ring through the last red ring so that this ring lies on top of the previous blue ring.



5. Start the next row by closing a red ring through the blue ring in the previous row that is on top. In this case it is the blue ring on the right.

Note: The new row always starts with the last ring added to the previous row.



- Continue the next row by closing a red ring through the 1st and 2nd blue rings so that this ring lies on top of the 1st red ring. Close a red ring through the 2nd and 3rd blue rings so that this ring lies on top of the 2nd red ring. Close a red ring through the last blue ring so that this ring lies on top of the 3rd red ring.

Note: To increase the size of a row, close the first and last rings of the new row through the single end ring in the previous row.



- Continue making alternating rows until the row at the bottom of the triangle is as wide as you want it. (7 rings for the class exercise.)



- To decrease the size of a row, do NOT close a ring through only the 1st ring. Close a ring through the 1st and 2nd rings of the row above, one through the 2nd and 3rd rings, etc. to the end of the row. Do NOT close a ring through only the last ring in the row.



- Continue making alternating rows until you end with a single ring.



