

## ASSEMBLY INSTRUCTIONS FOR 16A4017 RONDO RING

To Open

Use caution when opening rings. Rings are spring loaded and will abruptly open. Warn bystanders before opening velcro straps.



1. Place ring on ground and hold in place with knees.



2. Loosen velcro straps.



3. Lift top ring off pile.



4. Fully open and adjust shape of circle.



1. Position yourself outside of the ring. Grasp the ring with both hands.



3. Fold figure 8 to create overlapping circles.



2. Cross arms to form a figure 8.



4. Repeat steps 2 and 3.



5. Repeat steps 2 and 3 a second time.



6. Secure with attached velcro.