



ANKLE CUFF

Step 1:

Wrap the lined/padded side of the Ankle Cuff around lower leg, just above the ankle and pull D-rings together.



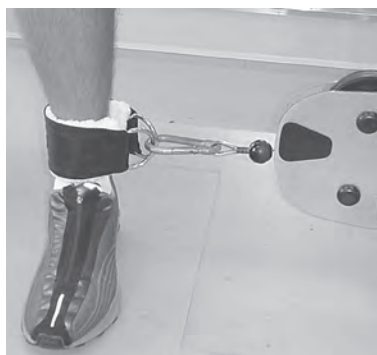
Step 2:

Attach cable machine clip to both D-rings.



Step 3:

Pull leg outward away from cable machine, making sure that both D-rings are securely attached to cable clip before beginning each exercise.



Consult your physician before beginning any type of exercise program.

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Instructions

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