

Cuff Ring Tube Loop



**Cuff Ring | Sideways**

Attach the velcro cuff-rings to your ankles. Stand on one leg, pushing the other slowly outward. Keep a stable object nearby for support if needed.



**Cuff Ring | Sideways**

Attach the velcro cuff-rings to your ankles. Sit down, stretching your legs forward. Push both legs slowly outward at the same time and return to starting position.



**Cuff Ring | Foreward & Backward**

Attach the velcro cuff-rings to your ankles. Stand on one leg, pushing the other slowly forward. Keep it there for a second and push it backward. Keep a stable object nearby for support if needed.