

Instructions for Proper Fastening of Handle Straps Solutions Band

The Solutions Band is designed with the ability to easily and quickly change the handles on the ends of the band. This allows you to use the plastic handles, or take them off to fasten the band to a body part of fixed object. While this is a simple process, involving feeding the nylon webbing through the center of the handle and looping it through the double "D Ring" fastener, it is important to use the webbing and D Ring fastener properly. Failure to follow these instructions for tightening the webbing strap with or without the handle may result in a loosening of the nylon webbing in the double D Ring and possible injury.



Step 1

Start by holding the Double D Ring in one hand, and feed the end of the nylon webbing through the center of both D Rings.



Step 2

Loop the end of the nylon webbing over the first D Ring and through the second D Ring connector.



Step 3

Pull the end of the nylon webbing through the inside of the second D Ring connector. Then loop it back to create a circular loop. Feed the end of the nylon webbing back through the inside of the second D Ring connector.



Step 4

Pull on the end of the nylon webbing until the it is tight and does not slip.



Proper finish.