



single with Rings

Design 2
8 minutes
easy

1. Remove rubber up

2. Place and pull ring down to bottom plate

4. Repeat steps 1 & 2 for each band

single chain

Design 1
8 minutes
easy

1. Remove rubber up

2. Place and pull ring down to bottom plate

3. Place and pull ring down to right bottom plate

4. Repeat steps 1 & 2 for each band



Roll Loom Bands Kit Instructions

Jin-Ying Zhang



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