

PILATES POWER GYM®

Foot Strap Assembly Instructions



Locate cable clip that attaches the handles, shown here.

Ensure that the foot strap cable is attached to the foot strap as shown .



Clip the loop at the end of the foot strap cable to the clip attaching the handle to the headrest.



Remove the handle from the clip, then wrap the foot pad around your foot and begin the exercise.

