Single & & & & & & & & & Triple Single



Band Placement

Place the born on the table with arrow pointing away from you. This bracelet ordy useds 2 rows of pins.

Stee x: Use your fingers to place a red band on the loom. Push &down on the pins.

Step 2: Add a white band and push it down on the pins.

Step 3: Continue to place red and white bands on the loom pins until you reach the top (see diagram).

Step 1



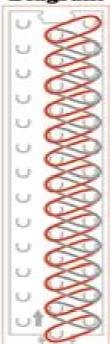




Place the Stretword branch

we built a bound

Diagram



Looping

Turn the form around so the arrow points toward you. Always use the pick tool to pick up and loop the bands.

Step 1: Use the pick tool to go down into the center pin hole.

Step 2: Keeping the band on the hook. loop the white band over the plin to the left.

Step 3: Go down into the next pin. hole on the left and pick up the red band. Pull it up and off the pin.

Step 4: Loop the red band over to the center pin.

Step 1

Step 2





band on the complete plan.

Large the white band to the bedfit prime

Step 3

Step 4





Greate One reed Description of Principles Bell Styles

Longo the red board to the comber pin

Step \$1 Continue picking up and looping the red and white bands until you've looped the last red Submid.

Step 6: Slide a C-clip over the red band loops.

Step 6



Milide a C-office on the ared based loops

Step 7: Carofully pull all the bands from the pins.

Step 8: Join the bracelet by slipping the C-clip through the loop at the beginning of the bracelet.

Band Placement

Place the loom on the table with arrow pointing away from you. Use your fingers. to place the bands on the loom. Follow the steps when placing bands. Push each band down after you place it on the pins.

Steps 1-to Place bands on each pin. row, starting with yellow and referring to diagram for color sequence.

Step 1

Step 2





Place bands on Ober Sedit moved antique has

Place bands on the poliddle cow self prime

Step 3

Diagram



Place bands on the right row antiques

Stone as Place. white bands in triangles as shown on the diagram.

Looping

Turn the loom around so the arrow points toward you. Always use the pick. tool to pick up and loop the bands.

Step 1

Step 2





Chevalle When Belleton band on the held plan.

Leopy the More busined activating better raps too tibes month price.

Step 3

Step 4





Grade the blice femaled our time: country with

Language Officer Bellemen based straight up to the next sin

Step 5

Step 6







Grab the blue band on the effected police

Lossop Use billion bound offereighet our to the sent pin

Step 7: Continue picking up and looping the bands until you reach the top of the loom. Finish the bracelet with a white extension and C-clip. (see reverse):



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society and down through the generations to the narrator whose creation takes him back in time and space to the moment of the Big Bang The Absolute is a monumental work about the creation of art and about family about spiritual traditions and

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okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay technically iasked but you get the point as lactic acid metabolites begin to flood the bloodstream this increases the overall acidity makes sense it s called lactic acid after all of the extracellular see more

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