

# GrippeRCiseR Instructions

## Open Package

Items in the re-usable package

**1 Strip with handles**

**2 Tension Strips**

**1 Cleaner sponge (need to wet and squeeze)**



## Adding tension Strips

1. Unroll one of the strips included in the package
2. Rinse the 2-1 Cleaner Sponge under water and squeeze out excess.
3. Clean the ends of the strips with the white part of the sponge (when it squeaks it's clean)
4. Clean the ends of the basic strip with handles on the Velcro side and the inside edge
5. Wipe off cleaned areas with the blue part of the sponge and let dry.
6. Loop the tension strip through the handle so the end will be on the Velcro side.
7. Line strip up with the tab and press them together
8. Next line up the other handle repeat the above
9. Note: It will seem the new strip will be shorter than the handle strip.
10. The length will equalize after a short time with some usage
11. Next, clean about 2 inches of the inside of the strips at the mid point of the strips
12. Then press the strips together and they will be attached.

