

# BENCHWORKS

THE BODYWORKERS BENCH



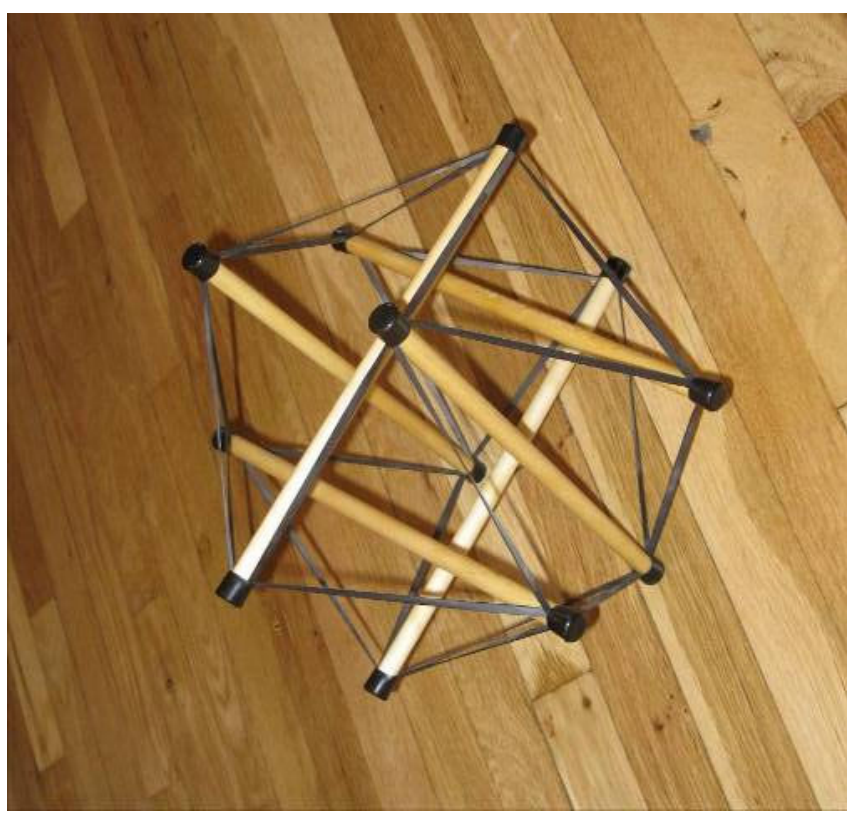
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# TENSEGRI-TEACH

ASSEMBLY INSTRUCTIONS



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1. Your Tensegri-Teach model should include the following items: 6 sticks, 6 bands, 14 caps (2 are extras), this assembly instruction, and a post card.



2. Place one band on each stick. The bands should be flat on the stick and the loops should not be twisted.



3. Place three sticks in the shape of a plus '+' sign. Place the center of the band of the vertical stick into the slot of each horizontal stick and firmly push a cap onto the end to lock both bands into the slot.



4. Add another vertical stick to the free end of the left horizontal stick of the plus '+' shape. Place the band into the slot and push the cap on firmly.



5. Fold the loose horizontal stick over the structure to create the shape of an 'H'. Place the remaining band of the new vertical stick into the slot of the folded horizontal stick and firmly push a cap on to secure it.



6. Place two more vertical sticks at each side of the bottom horizontal stick at its center. Insert the band into the slot of each stick and firmly secure them with a cap.



7. Fold the loose end of each of the new vertical sticks upright and attach them to the bands of the top horizontal stick. The structure will become 3-dimensional as the two horizontal sticks spread apart. Ensure that the bands are flat in the slots and cap them firmly.



8. Attach the top and bottom ends of the left vertical stick of the original 'H' to the bands on the left side of the new upright sticks. Firmly place caps on their ends.



10. You have completed the assembly of your Tensegri-teach. Above is another view of the model. Your model is inherently balanced and dynamically stable but it may not be evenly aligned. Take a minute to align your model now.

## Aligning your Tensegri-Teach model

Remove all the caps from the model. Check each stick end to make sure the bands are untwisted and the stick is attached at the bands center. Once you have aligned each sticks placement, replace the cap firmly to secure it.