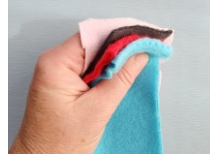


Spiral Fleece Tug



Preparation



Cut 4 Strips of polar fleece fabric 3-inch wide x 45-inch long.

Layer all strips one on top of the other and line up the short end.



Preparation

Wrap all four strips into one big knot



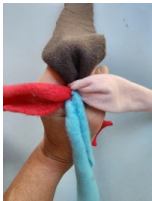
Preparation

PULL TIGHT!

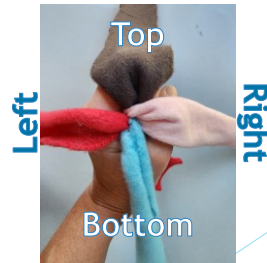


Make a Plus

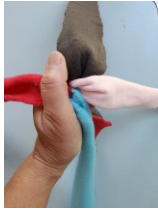
Hold Like an Ice Cream Cone



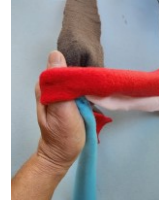
Identify Sides



Step 1
Thumb over Left Strip



Step 2
Left Strip over Thumb



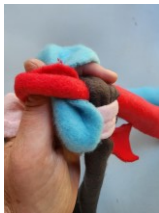
Step 3
Top Strip Down



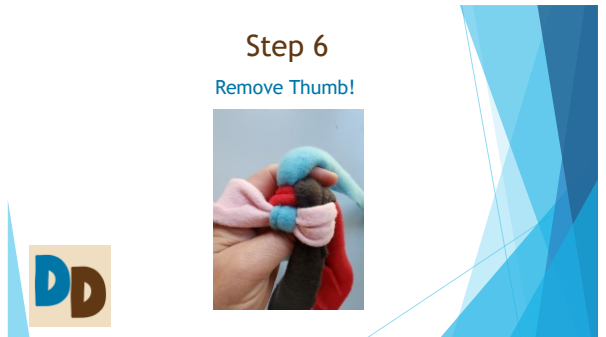
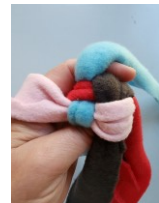
Step 4
Right Strip Across



Step 5
Bottom Strip Over & Through



Step 6
Remove Thumb!



Step 7

Pull Each Strip Tight in Turns

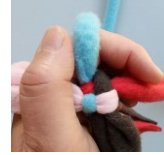


Identify New Sides

Top

Left

Right

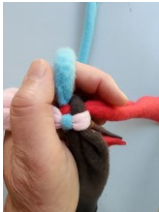


Bottom



Step 9

Thumb over Left Strip



Step 10

Left Strip over Thumb



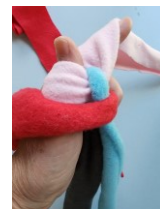
Step 11

Top Strip Down



Step 12

Right Strip Across



Step 13

Bottom Strip Over & Through



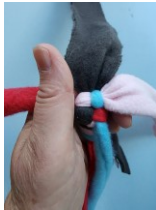
Step 14

Remove Thumb!



Step 15

Pull Each Strip Tight in Turns



Step 16

Repeat Pattern Until Desired Length is Achieved.

(Save about 7 inches to Tie Off)



Tie Off

Wrap all four strips into one big knot



The End

PULL TIGHT!

