

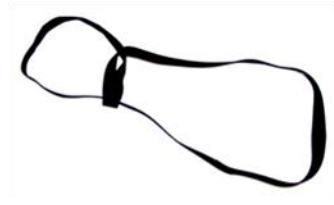
Alpha Loop Configurations



Single Loop



Double Loop



Mat Strapping Loop



Triangle Loop



Single - Single Loop



Figure Eight Loop



Double - Single Loop



Triple Loop



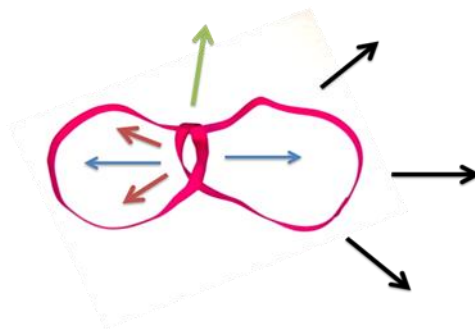
Quadruple Loop

How to Configure Alpha Loop

1. Alpha Loop has a close loop design with an internal knot



2. Open the knot at the **black** arrows (1 above) to form a Foot Hold and Hand Grip



3. Pulling at the **black** arrows (2 above) will give the Mat Strapping Loop



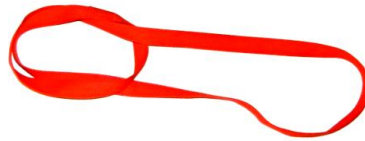
4. Pulling at the **blue** arrows (2 above) will give the Double Loop



5. Pulling at the **green** arrow (2 above) will give the Triple Single Loop (2 Foot Holds and 1 Hand Grip or vice versa)



6. Pulling at the **brown** arrows (2 above) will give the Double – Single Loop



7. Each configuration will potentially change the length and the size of Alpha Loop to meet the need of the user.