

Omega Loop Configurations



Single loop



Single - Single loop



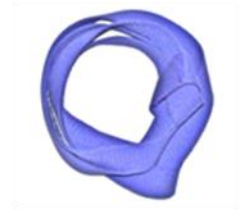
Mat Strapping loop



Double loop



Triple loop



Quadruple loop

Foot hold/hand grip Variations



1



2



3