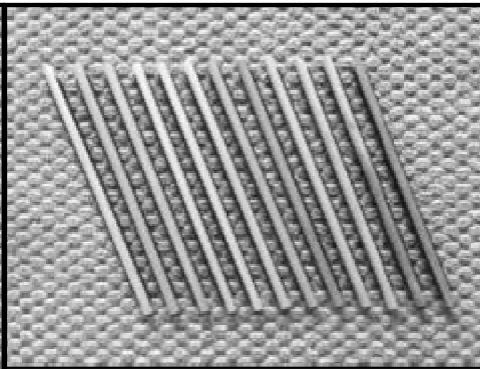
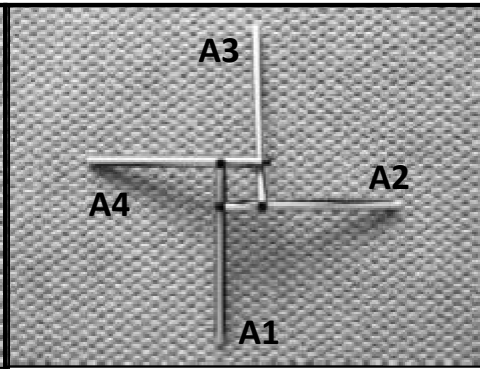


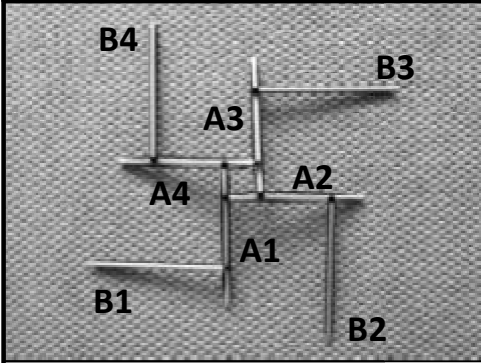
1. Your Tensegri-Teach model should include the following items: 12 sticks, 12 bands, 26 caps (2 are extras), and this assembly instruction.



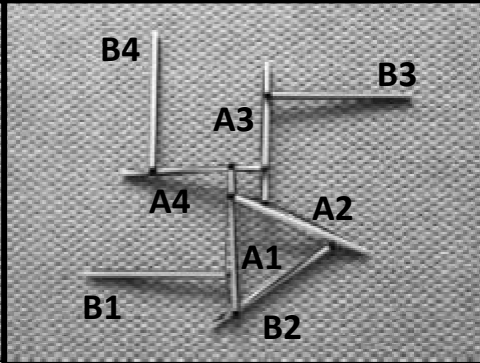
2. Place one band on each stick. The bands should be flat on the stick and the ends should not be twisted. Make sure the bands are equally tight on both sides of the stick by pulling the bands apart. They should pull equally far.



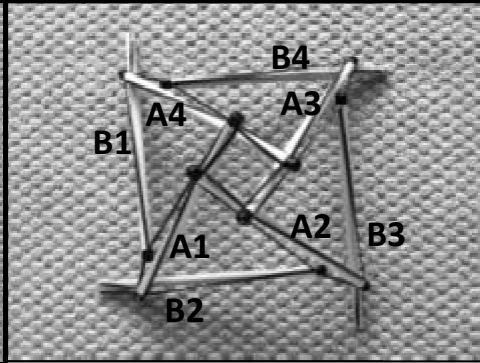
3. Place four sticks in the shape above. Place the band of stick A1 into the slot of stick A2 and firmly twist a cap onto the end to lock the band into the slot. Repeat this for the band of A2 into stick A3, A3 into A4, and finally A4 into A1.



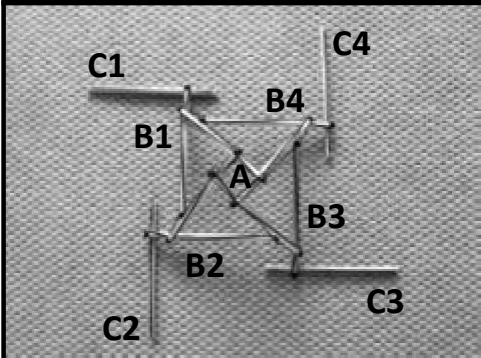
4. Place four more sticks to create the shape above. Place the unused band of stick A into the slot of stick B and firmly twist a cap onto the end. Repeat this for the bands of the remaining stick As into stick Bs.



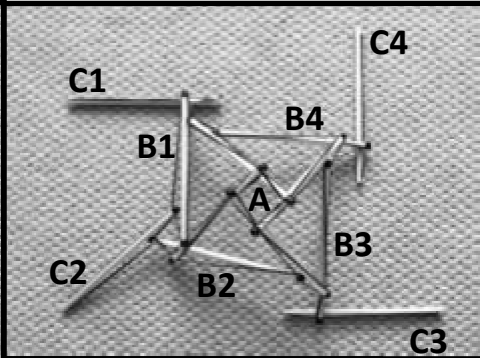
5. Place the band of stick B2 into the free slot of stick A1 and firmly twist a cap onto the end.



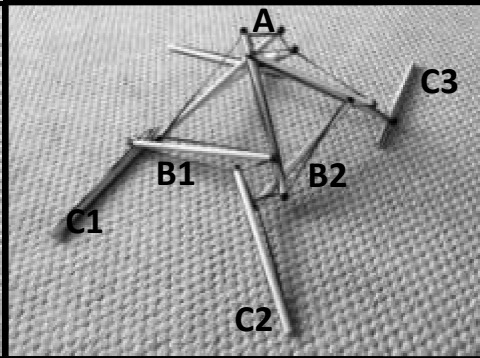
6. Repeat step 5 for the band of stick B3 into free slot of stick A2, B4 into A3, and B1 into A4. You should end with the above shape which has become a four sided twisting pyramid.



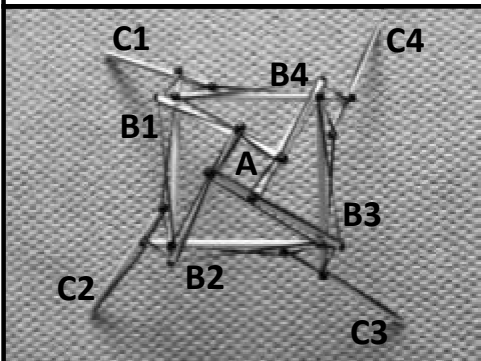
7. Place four more sticks to create the shape above. Place the band of stick C1 into the free slot of stick B1 and firmly twist a cap onto the end. Repeat this for the bands of stick C2 into stick B2, stick C3 into B3, and C4 into B4.



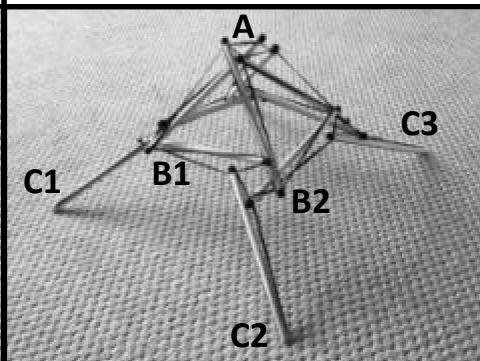
8. Place the slot of stick C2 closest to B1 onto the free band of stick B1 and firmly twist a cap onto the end.



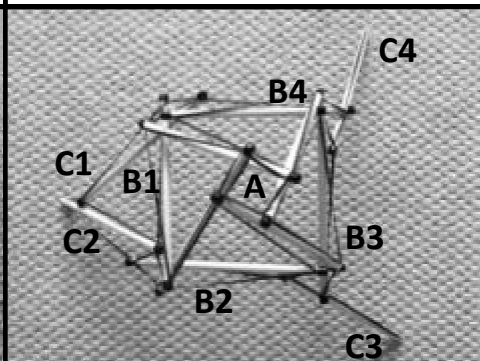
9. Here is another view of the result of step 8. Your structure should start to rise on that corner.



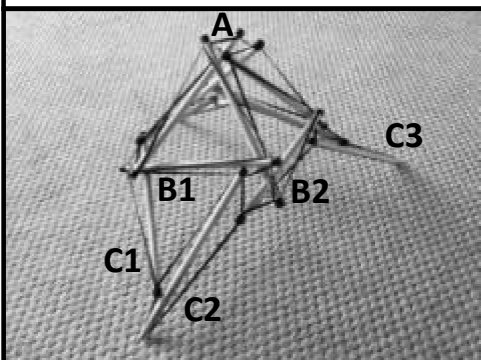
10. Repeat step 8 for the slot of stick C3 onto the unused band of stick B2, stick C4 onto the band of B3, and C1 onto B4, twisting a cap on all ends.



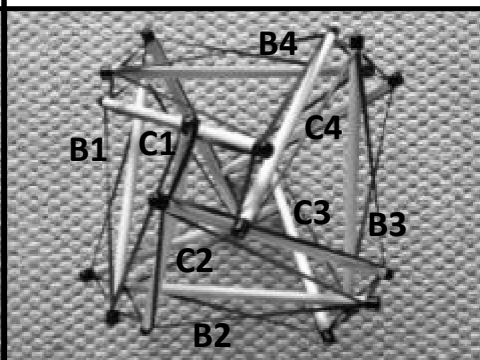
11. Here is another view of the result of step 10. Your structure should be up on four legs .



12. Place the free slot of stick C1 onto the unused band of stick C2 and firmly twist a cap onto the end.



13. Here is another view of the result of step 12. Your structure should be an odd shaped tripod.



14. Repeat step 13 for the slot of stick C2 onto the unused band of stick C3, stick C3 onto the band of C4, and C4 onto C1, twisting a cap on all ends.

### Aligning your Tensegri-Teach.

While the caps prevent the bands from falling out, they allow the sticks to be adjusted along them. It is best to pull the bands through the slots by grasping the stick end and pulling the band through in the direction you want lengthened. This creates a basic Octahedron.

You can also create an Icosahedron or Tetrahedron which use 6 dowels. Play and explore!

# BENCHWORKS

## THE BODYWORKERS BENCH



# TENSEGRI-TEACH

## ASSEMBLY INSTRUCTIONS

