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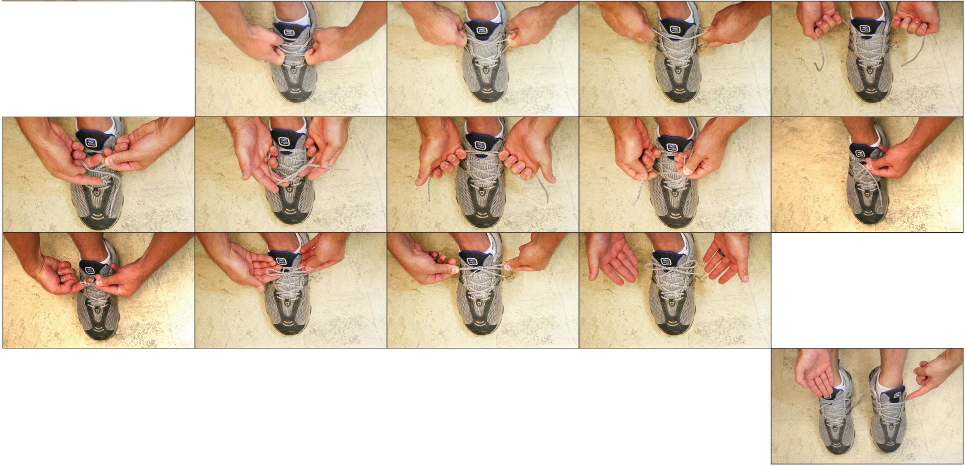
Tying your shoe laces



For this exercise, you will need two feet, two hands and a pair of lace-up shoes. Start with one shoe at a time, with your feet inserted into the corresponding shoes, and firmly planted on the ground or another solid substrate. Curl both index fingers around the lowest row of laces, closest to your toes, until you have a firm grip. Your left finger should grasp the left lace, while the right finger the right lace. Pull up on the laces, away from the lace holes, tightening the lowest row of laces. Tighten to comfortable level. Repeat for each row of laces, moving toward the top of the shoe. When you get to the last row, instead of the inside lace, grasp the loose ends of the laces, and pull away from the shoe. At this point, all rows of laces should be snug, distributing pressure equally over the top (dorsum) of your foot. While maintaining outward pressure on the lace ends with your index finger and thumb, twist your hand so that you are able to curl your pinky finger around the lace. Once you are able grip the lace with your pinkies sufficiently to maintain outward pressure, wrap the right lace over the left and, using the fingers of your other hand, pull the loose end through on the underside. (If you are left handed, you may find it easier to reverse the sides discussed herein) Grasp the loose end of the respective laces and pull to create a snug cross. Wrap your pinkies around the laces

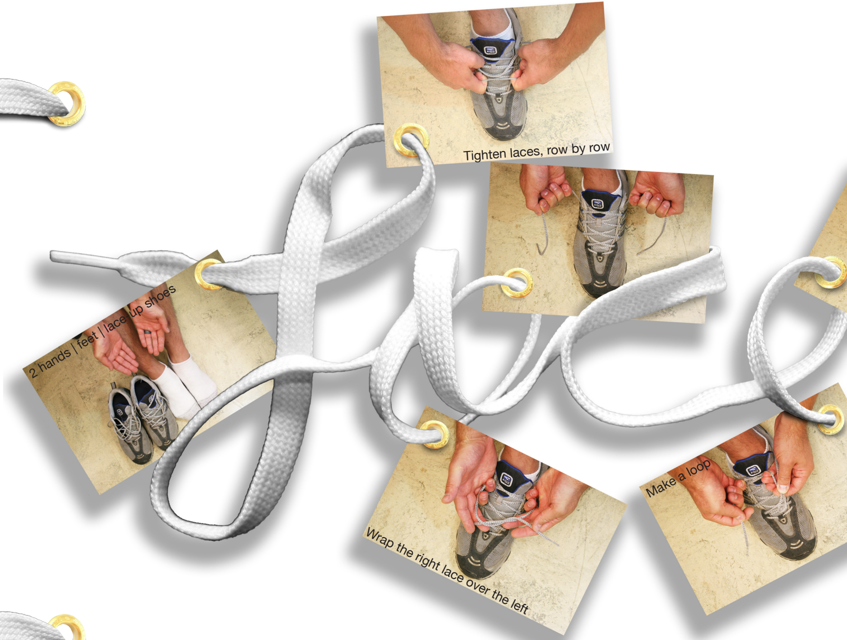
de the loose end of the left lace into halves and create a loop. Using your right index finger and thumb, lap the right lace end over the left loop. K

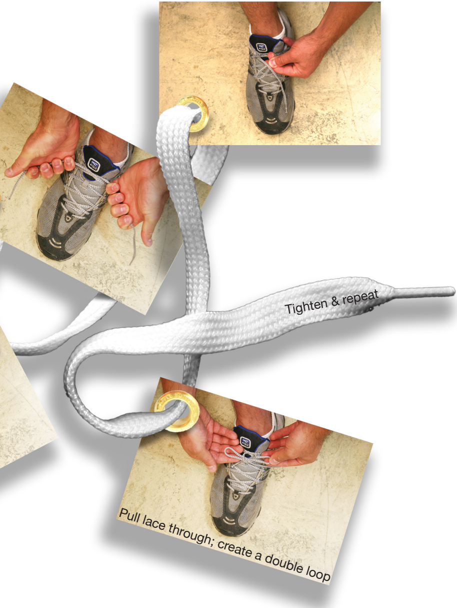
you should have two lace loops,

s, staying as close to the cross as you can. Use your left index finger and thumb to div

Keeping the right lace at your index finger tip, push over the left loop and curl under to create a similar loop with the right lace. At this point,

wrapped over and under one another. Grasp the loops with your respective index fingers an thumbs, and pull outward on the loops until tight. You are finished. Repeat process on other shoe.


Tighten laces, row by row
2 hands | feet | lace up shoes
Wrap the right lace over the left
Make a loop



Tighten & repeat

Pull lace through; create a double loop