



PowerTex[®]

HOW TO BUILD A FRAME

Matériel:

**2 metal cables 60 cm, 1 metal cable 40 cm
painter's tape, aluminium foil, wire cutter.**

1. Cut the cables to the desired length. Take the two cables of 60 cm in the middle and turn them over a length of 10 cm in each other. Pull the two ends open horizontally, so you have the length of the arms. Take the third cable, fold it in half and make a loop, twist it twice to open and fold the cable. Place it in the middle on the already previously formed arms. Turn 2 cm next to the neck, the cable twice down, do this on both sides. The shoulders and torso and head are now clearly visible. Paste with a piece of painter's tape the ends of the hull fixed. Pull both legs open and fold them back down, 1 to 2 cm next to the backbone, this creates the pelvis.
2. Take a piece of aluminum foil, make a ball of paper around the loop so to form. Tear aluminum foil strips to each so the body, arms and legs to give volume. Make the ends of arms and legs not too thick. Press the aluminum foil always firmly.
3. Bring the figure in the desired attitude and stick them with adhesive tape.
(See Powertex instructions for use)

