

SAFETY ON! Toe-Exercising Towel



Goal!



That' s the spirit!



Keep at it!



Get set, start!



St. Luke's International University, Tokyo, Japan.



How to Use This Towel

- Straighten the towel out flat on the floor.
- Place your feet on the start line.
- Get set! Pull the towel towards yourself with just your toes. Do this three times or so.
- Once you have reached your goal, grasp the towel with your toes and lift it up. Doing this three times or so is the aim.
- Massage your toes on finishing.



St. Luke's International University, Tokyo, Japan.

