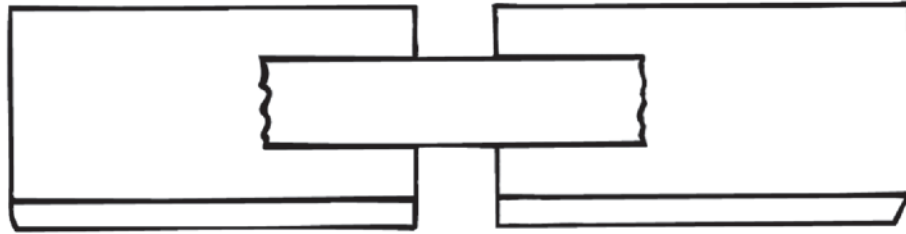
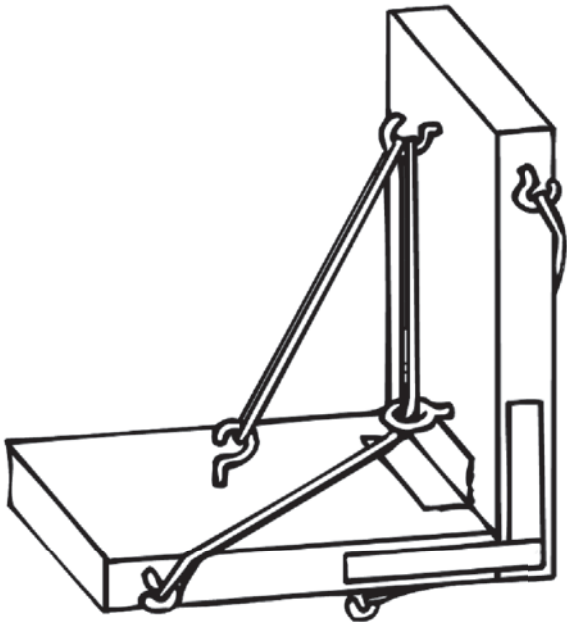


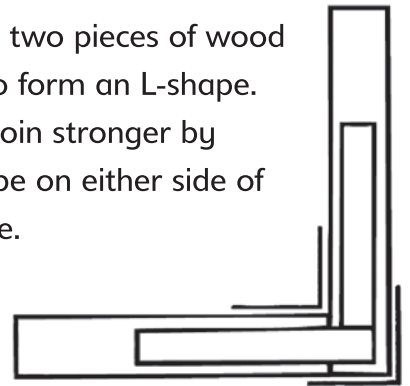
Moving muscles



1. Place two pieces of wood end to end and join together with sticky tape.



2. Fold the two pieces of wood together to form an L-shape. Make the joint stronger by sticking tape on either side of the L-shape.



3. Insert screw hooks and screw eyes into the wood. Thread rubber bands round the screw hooks and through the screw eyes. You may need to experiment with changing the distances between the screw eyes so that the rubber band stretches comfortably.

