USING “SOLDER TYPE” BANANA PLUGS WITHOUT SOLDERING.
By Monoprice, Inc. (http://www.monoprice.com)

Step 1: Strip the jacket off the tip of the wire to expose the bare wire.

Step 2: Unscrew and remove the back of the banana plug.
Step 3: Insert the bare wire through the hole in the back of the piece you just removed until it pokes out the other side.

Step 4: Spread out the strands of the wire and bend them over the gap at the tip of the screw making sure not to cover the actual threads of the screw.
Step 5: Reinsert the back piece into the plug and screw down firmly.

Step 6: Give a slight tug to make sure the wire is securely fastened.

Step 7: Repeat for all ends of the wire.
Step 8: Plug into speakers and amp giving proper regard to polarity.

You’re done.