

GYM RINGS GUIDE

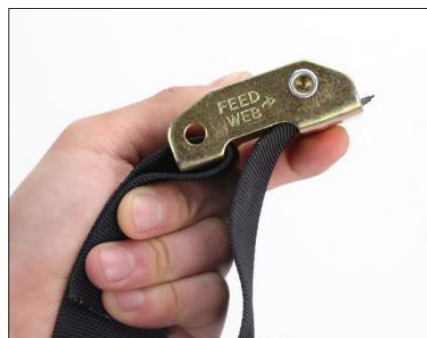
FITNESS RINGS SET-UP GUIDE

1. Place the webbing straps over an overhead structure such as a beam, bar or tree, where you would like to hang your rings. The straps can also go through an eye screw mounted to the ceiling. Make sure the overhead structure will support your weight and the exercises you perform. The straps should not be put over an abrasive surface as it will wear out the straps.
2. Grab one end of the webbing strap and put it through one ring.
3. Push down on the buckle lever to open the buckle and thread the web strap through the buckle. Make sure the webbing strap goes in the right direction. It should thread through from the back of the buckle on the front.
4. Adjust the length of webbing strap to the desire height.
5. Repeat for the other ring.

HOW TO USE



1. Push down the buckle and open it.



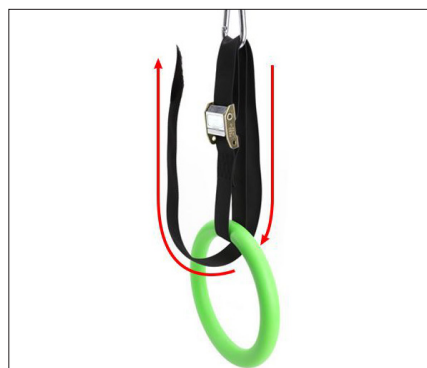
2. Insert the strap through the buckle from the bottom up.



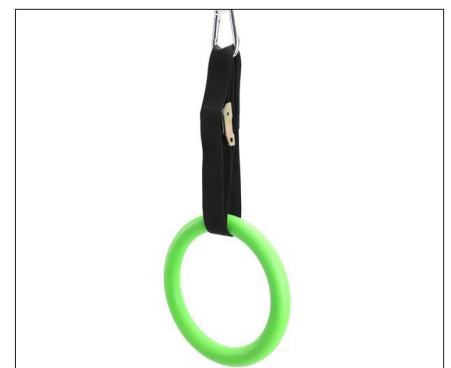
3. Adjust the length of strap to the desire height.



4. Hanging ring.



5. When hanging, if the strap is too long, it can be wrapped.



6. Use after wrapping.