

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 a 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.



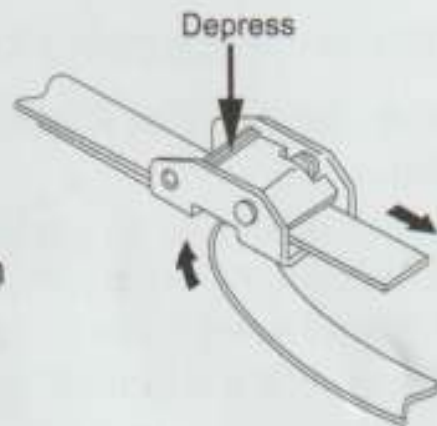
2. Grab one end of the webbing strap and put it through one ring

3. Push down on the buckle lever to open the buckle and thread the webbing 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 the webbing strap to the desired height

5. Repeat for the other ring

6. Tennis handle wrap or chalk can be used with the ring for a better grip



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