

Gym Rings Instruction for use

Congratulations!

We congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarize yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

Failure to observe the safety notes can lead to serious injuries.

Scope of delivery

2 x Wooden rings
2 x Straps with cam buckle
1 x Instruction for use

Technical data (Metric)

Rings: \varnothing 23.5 x 3 cm (thickness)
Straps length: 500cm
Max. user Weight: 100 kg

Technical data (Anglo-American)

Rings: \varnothing 9,2" x 1.2" (thickness)
Straps length: 16'4"
Max. user Weight: 220 lbs

Material: Canadian Maple / American Walnut, Steel, Polyester.

Correct use

This product was designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

! Warning !

Danger to life and danger of accidents for infants and children! Always keep children away from the product. This product is not a toy! No more than one user per ring set. The maximum user weight is 100 kg (220 lbs). Do not adjust when in use. If possible only use this product on floors with shock-absorbing properties such as carpet in order to minimize the risk of injury in case of falling down.

! Caution !

Do not leave children alone and unsupervised! The product is not a climbing frame or toy!

! Caution! Risk of injury !

Make sure that all parts are undamaged and correctly assembled. Improper assembly may result in injury. Damaged parts could adversely affect safety and function.

! Caution !

Never undertake any changes to the device while exercising. Children or persons who lack the knowledge or experience to use the device or whose physical, sensory or intellectual capacities are limited must never be allowed to use the device without supervision or instruction by a person responsible for their safety. Before beginning training, have your doctor carry out a general medical check-up and clarify any possible heart, circulatory or orthopedic problems. Wrong and excessive training can endanger your health. If you feel any pain while exercising, you should stop immediately and consult a doctor.

! Caution !

Never overload the product. The user's body weight should not exceed 100 kg (220 lbs). This could result in injuries and / or damage to property. Do not use the product in areas that can be freely accessed by anyone at any time. Check that the product is correctly mounted. Prior to every use, check carefully for any possible damage or loose connections. On no account should you use the product if there is any damage. Loose connections must be tightened



immediately. Damage to your health cannot be excluded if the device is used improperly. Do not use the device if you suffer from illnesses, cramps, nausea or chest pains. Do not use the device during pregnancy.

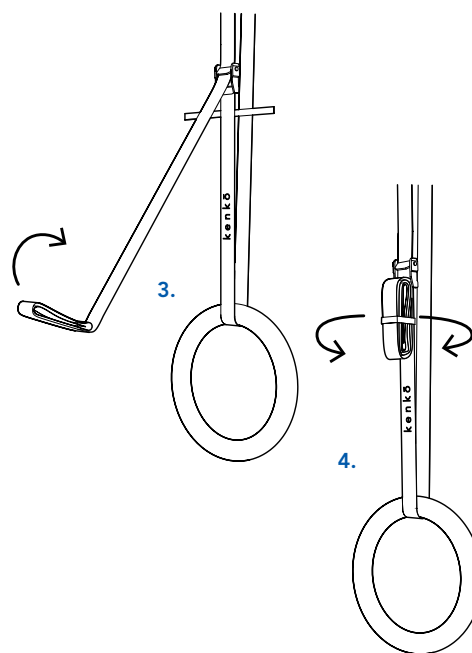
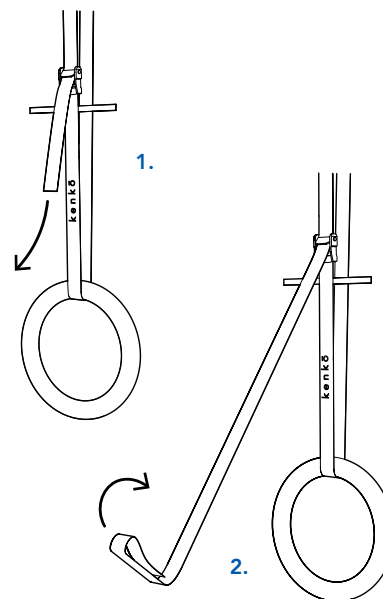
! Warning !

No more than one user per ring set. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. the straps, rings and connection points. To replace defective components immediately and/or keep the equipment out of use until repair. Only use original replacement parts. To set it up, choose a place that provides enough place for assembly and exercising. The area chosen should measure at least 2 x 2 m / 6' x 6' and should be well ventilated. The subsurface must be level and even. Check that it has a secure footing. A free area of not less than 0.6m / 2' shall remain around the training area in the directions from which the equipment is accessed.

Assembly

WARNING! Always test the load bearing capacity of the anchor points in order to ensure that there are sufficient safety reserves in place. There is a risk of serious injury if this is not observed. The minimum loading force of the anchor point is 500 kg / 1100 lbs. The recommended anchor point, for example, a pull-up system. Gym rings should be fixed around 50 cm / 20" apart to allow for comfortable training.

1. Inspect the rings and straps for visible damage and tears.
2. Hold the buckle in your hand while throwing / placing the loose end of the strap over your anchor point.
3. Thread the ring over the clamp buckle and attach the loose strap end as shown in figure 1-4.
4. Repeat this for the second ring.



General training instructions

Training procedure

Wear comfortable sportswear and trainers. Warm up before every training session and cool down gradually afterwards. Take sufficiently long breaks between each exercise and make sure to drink enough liquids. If you are a beginner, do not start exercising with too high of an intensity. Increase your intensity slowly. Perform all of the exercises steadily, not in an uncontrolled, fast manner. Focus on even breathing. Breathe out when you exert yourself, and breathe in when you relax. Focus on the correct posture when performing the exercise.

Warming up

Take enough time before every training session to warm up. In the following section we will describe some easy exercises.

Neck muscles

1. Turn your head slowly to the left and then to the right. Repeat this movement four to five times.
2. Move your head in circles, first in one direction and then in the other.

Arms and shoulders

1. Interlock your hands behind your back and pull them carefully upwards. Do this at the same time as bending your upper body forwards in order to warm your muscles up optimally.
2. Move both of your shoulders simultaneously in circles, first forwards for a minute and then backwards for a minute.
3. Pull your shoulders up towards your ears and then let them fall down again.

4. Rotate your left and right arms alternately in circles, first forwards for a minute and then backwards.

Important! Do not forget to continue breathing normally during the exercises!

Prepare surroundings

This product is intended for strength training and not for swinging exercises. However, you will need a sufficient amount of space to conduct these exercises unimpaired, safely and comfortably. A free area of not less than 0.6 m / 2' shall remain around the training area in the directions from which the equipment is accessed

The following exercises
are only a selection.
Further exercises can be found in
relevant technical literature.



Ring Row

A ring row is an excellent beginner drill to progress an individual toward pull-ups.

- Start with the rings at just below shoulder height.
- Grab the rings and lean back until your arms are straight, to place tension on the straps. Keep your body straight and tight and pull your shoulders to the rings. Repeat this exercise 3-4 times in 3 sets.



Pull-Ups

- Adjust the height of the rings so that you can reach them comfortably with your arms outstretched.
- Hold both rings with the palms facing forward. Tense the core and shoulder muscles and pull yourself up in one smooth movement until your shoulders are just below the rings.
- Hold this position for one second and then return to the starting position in a slow, smooth movement. Repeat this exercise 3-4 times in 3 sets.

Push-Ups

- Start with the rings at about waist height.
- Perform push-ups on the rings. As strength increases, lower the rings until they are just above the floor.
- To further increase difficulty, lean forward a little bit while you do the push-ups so that at the bottom of the push-up your hands are right next to your hips.



Chest Fly

- Start from the top position of push up, arms straight in front of you.
- Lower the torso to the ground by flaring the arms out to the side (with a slight bend at the elbow), keeping the movement slow and controlled.
- Lower yourself as far as you can and hold the exercise at the bottom momentarily.
- Squeeze your arms back together slowly to return to the starting position.



Ring Dip

- Start with setting the rings to a height where your feet will not touch the ground between repetitions. In the support position, you suspend your body above the rings with your arms straight.
 - Lower your body down by bending at the elbows and by keeping your shoulders close to your sides. Keep the movement steady and controlled; you should try to achieve a full range of motion by taking your shoulders down until they almost touch your hands.
- Once at the bottom of the move simply push your body back up to the starting position.



Knee Tuck

- The start position is a high plank position with the feet threaded into the rings. Make sure your abdominals are tight and the shoulder blades are drawn together. The arms remain extended throughout the exercise. Initiate the Knee Tuck by drawing the knees towards the chest.
- The abdominal muscles and hip flexors work at full speed while your shoulder and arm position stabilize you. From here move slowly back to the starting position in a controlled movement.

Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care and storage

- Do not use corrosive or abrasive cleaning agents as they may damage the product.
- Use a dry fluff-free cloth when you are cleaning or polishing the product.
- Using a damp cloth, remove any coarse dirt on the metal surface.
- Store in a cool dry place.

Disposal

The packaging is made entirely of recyclable materials, which you may dispose of at local recycling facilities. Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.



Have fun!
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[instagram.com/kenkostores](https://www.instagram.com/kenkostores)



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