

Setting up Gym Rings from www.danbakerstrength.com



Figure 1. You have a pair of 3 separate pieces – the ring, the webbing with cam buckle and a small velcro strap.



Figure 2. Loop one end of the webbing over a bar.



Figure 3. Cinch the velcro strap around the webbing – this stops webbing twisting while you complete the set-up.



Figure 4. Feed the webbing through the ring.



Figure 5. Feed the webbing into the cam buckle as shown.



Figure 6. Depress the “Press” portion of the buckle to allow the webbing to feed through & adjust the length of the webbing.



Figure 7. Adjust the webbing so the ring is at the height you want.

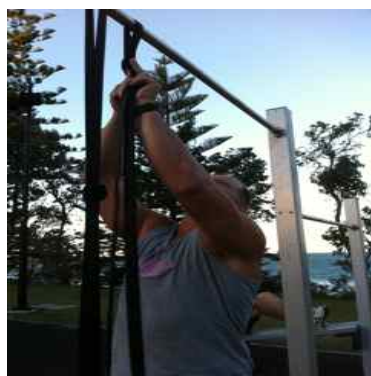


Figure 8. Repeat the process



Figure 9. Now you are ready to train – push-ups, pul-ups, rows, dips, muscle-ups & more!!!