

Installing the Gymnastic Rings

- 1) Install the rings to a supporting structure and ask for guidance from a professional constructor if needed. The rings can be installed to the ceiling or other supporting structure. Install a suitable hook where the straps can be placed. The straps can also be placed around a supporting beam or balk in which case no hooks are needed.
- 2) String the black strap through the rings and through the metal lock as shown in picture 1.
- 3) You can regulate the height of the rings by regulating the straps. Place both rings on same height. The excessive straps can be folded as shown in picture 2.
- 4) Place the straps to hang from hooks or balk.

Maintenance:

1. Wooden rings should not be left outdoors.
2. All intallments should be checked regularly and needed action be taken.

Use:

- 1) The rings can be used in play and bodyweight training.
- 2) All playing and training of children must be supervised by an adult.
- 3) You can find ideas for training by following Gymi Furniture in social media:

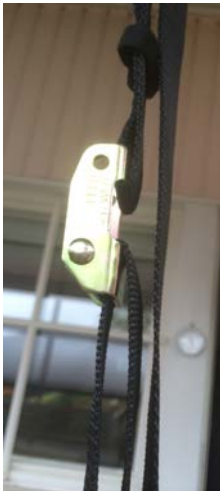
Facebook: Gymi Furniture

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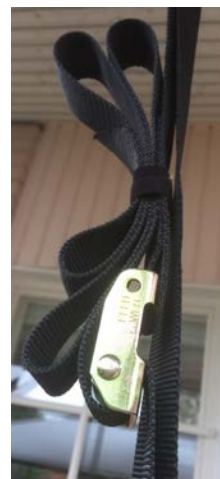
Twitter: @gymi4all

Questions or comments can be sent to shop@gymi.fi.
We are happy to help you! ☺

PICTURE 1



PICTURE 2



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