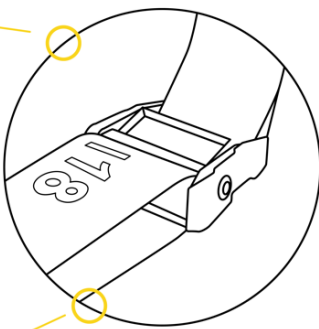




**Step 1:**  
Find a sturdy place to hang your gymnastic rings

**Step 2:**  
Loop your straps through the gymnastic rings and over your pull-up

250 kilogram



10 centimeter  
↑  
2.7 meter

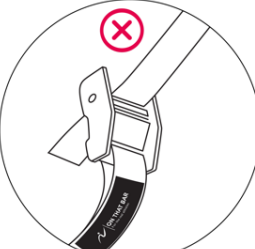
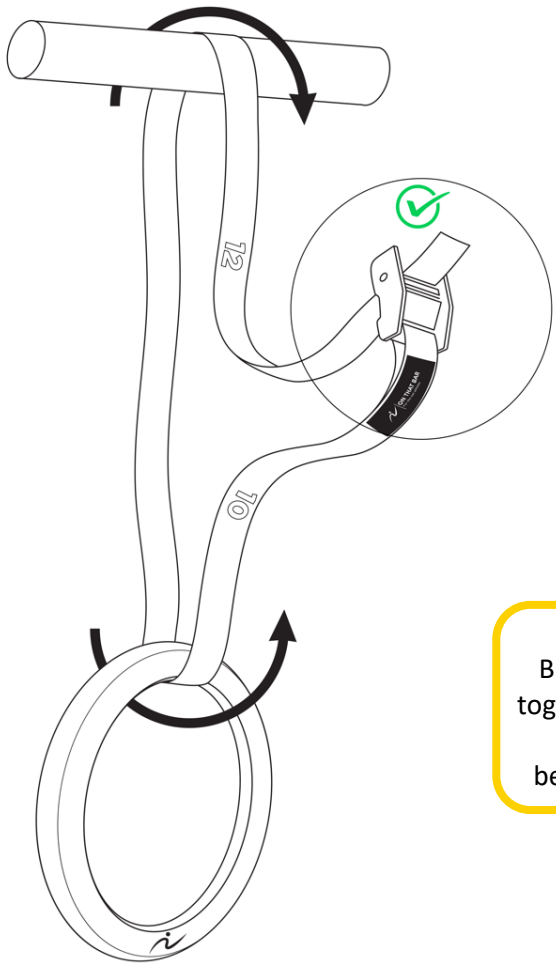
**Step 3:**  
Pass the strap through the buckle in the right direction

28 mm radius for the best grip

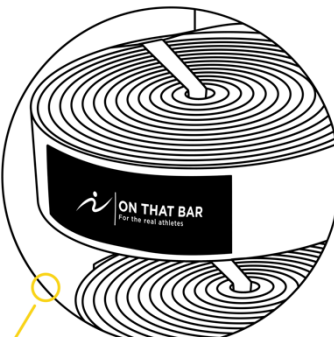
Solid birch wood

Laser engraved

**Step 4:**  
Adjust the straps to the right length for your workout. Use the adjustments numbers



**Step 5:**  
Bundle the excess strap together and tight them up with the velcro band beneath the rubber logo



3D rubber logo

Easy to roll-up and carry with you

Numbers for precise adjustments