

GYMNASTIC RINGS



 **DAY1**
FITNESS

**100% SATISFACTION
GUARANTEED!**

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- 1** Day 1 Fitness heavy duty gymnastics rings were designed and crafted with the finest solid wood for a beautiful non slip comfortable grip. They are easy to install with 1.5" heavy duty straps that will not fray or tear when used and installed properly.
- 2** Your rings can be used on a secured rod or pull up bar, from a wall or ceiling using an x-mount anchor bracket supported to a 2x4, or outside secured to a tree or secured bar. If used outside we suggest that you don't leave your rings outside as the elements of rain, sun, or extreme exposure to cold, or heat, can deteriorate your rings or straps. Make sure the apparatus is strong and will hold your body weight. 10-13 feet height is ideal. Set your rings approximately shoulder width apart or slightly wider than shoulder width. Make sure the area is large enough to accommodate your exercise routine with plenty of space in front and in back of you.
- 3** It is also important to secure the straps correctly, so they do not slide or break your buckle. Please refer to the diagram for proper strap threading.
- 4** The strap is placed through the ring and then through the back of the buckle and into the clamp. If the strap is slipping, check that you have done this step correctly.
- 5** The buckle should never be resting on the apparatus holding your rings or the rings themselves. The buckle should be adjusted with plenty of space above your rings so as not to interfere with the rings or the apparatus holding your rings. A smooth surface is best so that the rings do not shear back and forth, when hanging from a tree or outside, it is best to hang with a smooth bark.
- 6** Always check that your straps are secure and tight before using by tugging on the rings.
- 7** Exercising with rings force your muscles to fight harder for control, creating greater strength gains.

TRICEP HOLD

- 1** Standing in between the two rings, grasp one in each hand, with rings at about waist height. Jump up and hold your arms straight next to your body. With chest lifted keep shoulders down and away from your ears. Hold. This is a great exercise to start your routine to wake up for your upper body and core for the following exercises.

RING PUSH UP

- 1** Start with your hands in the rings, body in plank position. While performing your push-up it is important that you do not let your arms flare out or go wide and do not let your shoulders drop below your hands. Keep your core engaged to keep your hips from dropping (you do not want to sag your back), and slowly and controlled raise to start position.

RING ROW

- 1** Grab the rings with both hands. Step away from the holding apparatus, with feet solidly planted, lean back so your body is at an angle (your knees can be slightly bent), arms fully extended. Simultaneously pull the rings to your chest while raising your body in one fluid motion. Keep your core engaged and elbows close to your body.

HANG L-SIT

- 1** Holding a ring in each hand and mount the rings similar to performing a hold.
- 2** Once balanced raise your legs out in front of you and hold. Rings and arms are held steady close to your sides.
- 3** If you cannot keep your legs straight start by tucking your legs and slowly straightening them as you perfect the move.



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DIPS

- 1 Hold a ring in each hand and mount the rings similar to performing a hold. Lift your body off the ground. From here, the elbows are bent until a slight stretch is felt in the front shoulder. Then, the arms are fully extended while the body is kept stiff.
- 2 If you cannot perform this exercise, the feet can be placed on a bench or a platform for added support.

PULL UPS

- 1 Grabbing a ring in each hand perform a pull-up, keeping the ring straps as still as possible. Use a grip you are comfortable with.
- 2 Your legs should be straight and slightly in front of your body. This allows your rib cage and pelvis to remain neutral.
- 3 Concentrate on pulling the rings down, not pulling your body up. This allows your body to use your muscles verses momentum.
- 4 As you lower yourself back down reach toward the ground with your toes. If proper form is used your body will not sway and you are ready for the next rep.