

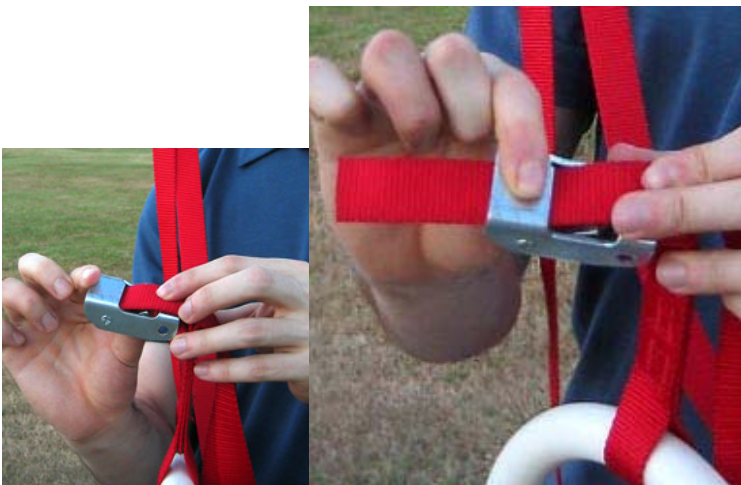
Mounting Guide for Elite Rings (item #3605)

Mounting the Power Ring Training System is a very simple process that only takes a minute or two. All you need is a beam that you can hang the rings from or a pair of I-bolts through which you can run the webbing straps.

Step 1: Place the strap over whatever surface you are mounting the Power Rings on. Make sure that it is secure enough to hold your bodyweight. Pullup bars, swing sets, power racks, beams, floor joists, eye bolts and even sturdy tree limbs are great places to hang the Power Rings.



Step 2: Now you must thread the webbing through the buckle. Fully depress the lever on the buckle to allow the webbing to feed through. You need to depress it almost all the way down for the webbing to easily slide through. Once you have fed a small amount of strap through the buckle, it is easiest to pull the rest through from the other side. Grab the piece of webbing protruding from the buckle and pull through. If you thread the webbing in backwards, the rings will slide up and down with very light pressure. The buckles are rated to hold 4000 lbs and should never slip under normal training circumstances.



Step 3: Adjust the rings to the proper height and you are ready to go.

Checklist:

1. Test each ring with your full bodyweight to make sure it is safe to exercise.
2. Make sure your workout area is free of anything that could distract you or that you could fall on and damage.
3. Make sure that your rings cannot slide out of place. If they are set on beams, make sure that the straps cannot slide out on wide grip movements. If they are set on parallel beams, make sure that they cannot slide forward.
4. If you install I-bolts in a ceiling make sure that you use a stud finder to make sure that you install them into solid wood. Do not install I-bolts into dry wall!

Tips:

1. When you find a height you like for pull-ups, dips and pushups, mark it with a Sharpee pen so that you can return the rings to that exact position quickly during a workout. Simply make a marking using the top edge of the buckle as a ruler. Make sure that your rings are level before you make any markings.
2. Place the rings 50 cm apart or at slightly outside shoulder width.
3. For muscle-ups, find the highest thing you can find to hang them from. A greater distance between the ring and the beam means that the rings will move more smoothly. This is not important for most exercises, but for the muscle-up and Iron Cross, it makes them much more comfortable.