

# FITWOOD®

OF SCANDINAVIA

## Gym Rings Installation

The strap length is 5 meters (adjustable up to 2.5 meters) and they support up to 150 kg. Recommended installation width is about 50 cm.



1. Throw the strap over the bar twice so when you put weight on it the strap will not move laterally.
2. Go to end of the strap and run it carefully through your fingers making sure it's not twisted.



3. Put the end of the strap through the ring.



4. Make sure you use the buckle properly:

- Press down the button and feed the strap through the bottom.
- When you put it in correctly it's extremely tight and not going to slip at all.



5. Repeat all steps for the second strap.