

# RING STRAP INSTRUCTIONS

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CORRECT

1



Feed the strap numbers down through the back of the buckle.

2



Continue pulling the strap through until the ring is at desired height.

3



Roll up the excess strap and use the velcro bands to secure it.

INCORRECT

Feeding the strap from front to back of the buckle.



Excess strap is then on the wrong side and cannot be secured.

**More Importantly:** The teeth on the buckle are only made to grab hold when the strap is pulled through the correct way and will not securely hold weight if pulled from the other direction.

*DISCLAIMER: Resistance Training, gymnastics training, and other fitness activities are potentially dangerous and may lead to severe injury or even death. Use common sense when training - obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons or under the direct and visual control of a competent and responsible person. You assume all risks and responsibilities for all damage, injury, or death which may occur or following the use of this equipment in any matter whatsoever.*