

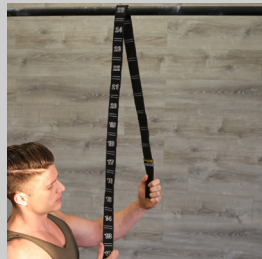


XD™ Kevlar® Gymnastic Wood Rings

INSTRUCTIONS:

1. Remove straps and components from packaging. Discard packaging.

2. Secure the competition ring straps to a bar: Place the strap over the bar and then loop the strap through the hole on the strap end that has the logo. Pull tight as shown.



3. Attach the carabiner to the bottom loop, opposite side of the logo.



4. Slide the ring over the carabiner onto the strap.



5. Secure the carabiner in the desired loop on the strap to create a closed loop containing the ring.



6. Replicate this process with the second strap, carabiner and ring ensuring the carabiner is connected on the same numbered loop on both straps.

