

# GYM SIZING CHART



## FOR GUNNING™ GROUP TRAINING

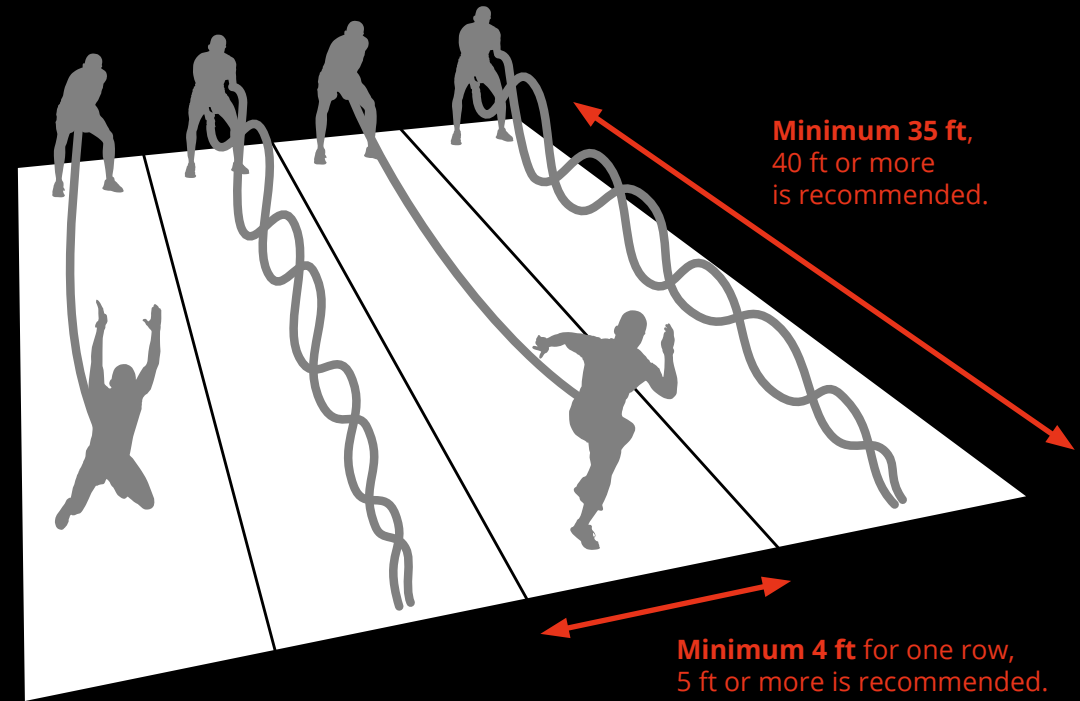
**How much space do you need for GUNNING group classes and how many ropes should you get for your gym?**

Length of your space should be at least 35 ft. We recommend 40 ft or more to accommodate for maximum length of the rope.

Each pair of ropes should have at least 4 ft wide strip available. We recommend 5 ft or more for trainees to feel comfortable and not crammed together.

Size of your group class depends on your available space. Assuming your open space is at least 35 ft long, divide your space's width (in ft) by 4 to get maximum amount of rows that you can have (divide by 5 to get optimal recommended amount of rows).

Each row = 1 pair of ropes = 2 people.



Gym width (assuming at least 35 ft length)	20 ft	25 ft	30 ft	35 ft	40 ft	45 ft	50 ft
Recommended number of ropes	4 pairs	5 pairs	6 pairs	7 pairs	8 pairs	9 pairs	10 pairs
Group class size	8 people	10 people	12 people	14 people	16 people	18 people	20 people