



## Description

The Bench Fitness Gymnastic Rings provide a versatile and effective training tool for bodyweight exercises. Whether you're looking to improve your ring muscle ups, dips, pull ups, ring rows, or any other bodyweight exercise, these rings are a great investment for your fitness journey.

The rings are made from ABS plastic, making them durable and long-lasting, while the straps are made from 2.5cm wide nylon and are 4.5m long, providing ample space to hang the rings and perform a wide range of exercises. With their adjustable design, the straps can be easily set up to your desired height, providing a personalized workout experience.

Whether you're a beginner or an experienced athlete, the Bench Fitness Gymnastic Rings are a great option for anyone looking to take their bodyweight workout to the next level. They are compact and portable, making them suitable for use at home, in the park, or at the gym.

## Features

- Sold in pairs
- Rings made from durable ABS Plastic
- 2.5cm wide nylon strap, 4.5m long
- Suitable for various body weight movements

## Specifications

|           |         |
|-----------|---------|
| Material: | Plastic |
| Length:   | 230mm   |
| Height:   | 28.5mm  |
| Width:    | 230m    |
| Weight:   | 2.5kg   |

## Dimension

