



1. Feed the strap through the ring



2. prepare the buckle and strap



3. Strap starts from the bottom metal and through the metal



4. The force point is on the bottom metal of the buckle



5



PERFECT BODY WEIGHT TRAINING



ARMS

Add definition to your arms and improve your stamina



SHOULDER

Engage your shoulders and build upper body strength



BACK

Gym Ring Workouts target nearly all back muscles and help improve your posture



ABDOMINALS

Develop your abs fast with core-engaging vertical movements





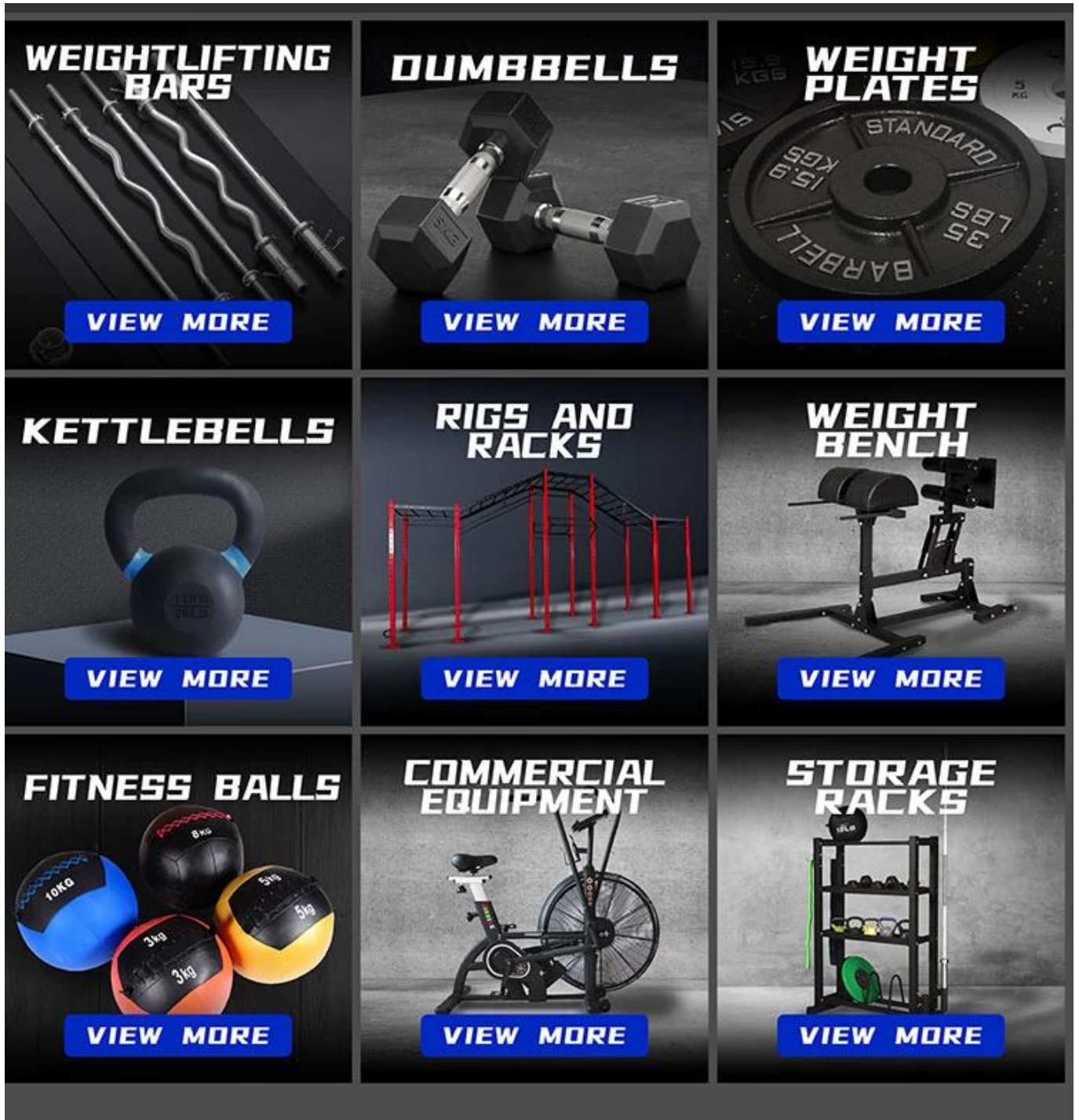
Adjustable strap: 16 FT in total length



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Xingya

Shandong Xingya Sports Fitness Inc. 20 years of experience in the fitness industry. We are a professional manufacturer and exporter of various fitness equipment. Our products are widely sold in more than 120 countries and regions. We have a complete quality control system and a professional R&D team. We are committed to providing high-quality fitness equipment to our customers.

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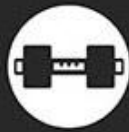
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YOUR RELIABLE SUPPLIER



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FITNESS



EQUIPMENT
FACTORY



OEM/ODM



MORE THAN
12 YEARS



INTERNATIONAL



TRADE
EXPERIENCE



