

## Birch Wood Gymnastic Rings

RRP: \$114.95

Build your core strength and tone your upper body to perfection. Gymnastic rings activate your muscles in a coordinated way. The flexibility of gym straps allow you to focus on specific areas. This means you can develop the muscle mass and definition you want. Combining push ups, pull ups, dips, rows, muscle-ups and chest flies on gymnastic rings will improve fitness too.

These birch wood gym rings have been crafted with convenience, durability and safety in mind. Get started quickly with easy-to-install gym straps crafted from heavy duty material. Avoid injury with a non-slip design and safety buckles keep your grip on the rings steady.

### Specifications:

Diameter: 235mm, Inside diameter: 180mm

Ring thickness: 25mm

Strap length: 4.5 meters

Nylon Webbing Straps (W x L): 2.5cm(0.98in) x 15ft Length

Weight: 1.2kg

Maximum Load: 700kg

### Package Content:

2 x Gymnastic Rings

2 x High-strength Nylon Webbing Straps with quick lock buckles

