FITWOOD®
OF SCANDINAVIA

A guide to your new product.

Guide for installing gym rings

The straps have a length of 5 meters (adjustable up to 2.5 meters) and can support up to 150 kg.
We recommend an installation width of approximately 50 cm.



1. Loop the strap around the rung twice to ensure it remains stable when bearing weight, preventing any lateral movement.



2. Grab the end of the strap and run it carefully through your fingers to ensure it remains untwisted.

3. Thread the strap's end through the ring.



4. Ensure you use the buckle properly:

   - Press down the button and guide the strap through the lower opening.

   - When inserted properly, it will be secure, with no risk of slipping.



5. Repeat all steps for the second strap.