

ABS Plastic Olympic Gym Rings (Set)

£55.43

Product Images



Short Description

Whether you want to focus on muscle strength with fully suspended exercises or not, these ABS plastic gym rings could be perfect. As the original suspension training system, Olympic rings have been used for over a hundred years for gymnastic training. Now you can use for pull ups, dips or iron cross drills (as your muscles will allow!). These rings have a diameter of 240mm and a band width of 25mm. They come with an adjustable band length. Also comes with one year warranty.

Description

Olympic Gymnastic Training Rings - ABS

A classic piece of gym equipment that is all about muscle strength and core strength. The Olympic rings have made a comeback in quite a few gyms as they offer superb strength training for biceps, triceps, upper and

lower back and core.

You can choose to either focus on fully suspended exercises like the pull ups or dips, or you can go for more advanced exercises like the iron cross or 'muscle ups'. Either way the Olympic rings show true strength and a great core.

Product Information

- A pair of ABS plastic rings
- The diameter of ring is 240mm, band width 25mm
- Comes with an adjustable band length

Perfect For

- Performing fully suspended exercises such as the pull up or dips
- Advanced exercises to perform muscle ups and iron cross drills

Additional Information

| | |
|-----------------|---|
| SKU | JLGR |
| Weight | 4.000000 |
| Equipment Usage | Home Use |
| Warranty | Standard limited 12 month warranty from the original date of purchase |