

Wooden Gymnastic Rings

£68.00

Product Images



Short Description

If you're looking for pure strength from a workout, these wooden gymnastic rings could be just the thing. Using your bodyweight, you can do exercises like pull ups, dips, muscle ups and chest flyes by hanging from an A frame in the gym. With wood providing a superior grip, this is one for driving your upper body strength as well as working out that core to the maximum.

Why Choose Rings?

These wooden gymnastic rings come with 18 feet of 38mm nylon straps and can take a total weight of 680kg or 340kg per ring. This means they provide an incredibly secure foundation from which to workout. Why not add something a little different to your workouts by adding these wooden Olympic rings.

Description

Wooden Gymnastic Rings

Similar to the rings you'll see in gymnastics, gym rings provide an incredibly tough workout and use bodyweight as the resistance. Whether you're able to start with a full on exercise or not, they offer one of the most gruelling upper body workouts. Many gyms may not have the required ceiling anchors for straps, however these rings can be used from an A frame - which are much more prevalent in gyms thanks to the rise of suspension trainers like the TRX.

Key Features

- 12.5" diameter rings, 28mm grip
- Set of 2 rings
- Great for body weight exercises
- Wood provides a superior grip even when hands get sweaty
- 38mm nylon straps can hang from beams, eye bolts, ceiling mounts or trees
- Straps secure using height adjustable metal buckle
- Max Capacity weight 680kg (340kg per Ring)
- 18ft Gym straps

Additional Information

SKU	OWR
Weight	2.000000
Equipment Usage	Commercial Use
Warranty	One Year Warranty