

WOD RINGS.

The perfect addition to any Escape frame, these gymnastic rings offer a range of exercises from beginner to expert that improves flexibility and strengthens the whole body.

TECHNICAL INFORMATION.

WARRANTY: 1 year.

MATERIALS:

Ring ABS: moulded, textured.

Webbing: nylon straps, black.

Carabiner: aluminium, black anodised.

Hinged arm: type KN22 7.

COUNTRY OF ORIGIN: China.

DIMENSIONS:

Overall: 2000mm x 235mm / 78.7" x 9.25".

Ring: 235mm (OD), 28mm (DIA) / 9.25" (OD), 1.1" (DIA).

Strap: 2000mm (L) x 40mm (W) x 1.25mm (D) / 78.7" (L) x 1.5" (W) x 0.05" (D).

Carabiner: 110mm (L) x 58mm (W) 10mm (DIA) / 4.3" (L) X 2.3" (W) X 0.4" (DIA).

Hinged arm: 5mm / 0.2".

WEIGHT: 0.66kg / 1.46lbs.

DIMENSION TOLERANCE: +/- 2m².

WEIGHT TOLERANCE: +/- 3%.



KEY FEATURES.



Unique numbered anchor system.



Can be used for suspension training and a range of gymnastic exercises.



Fundamental training tool that every club should have.

TOP BENEFITS.

- **HITS EVERY MUSCLE GROUP.** Great way to condition a client's entire body.
- **LOW COST** and easy to install.
- **EASY TO INTRODUCE** and challenging for any ability.