

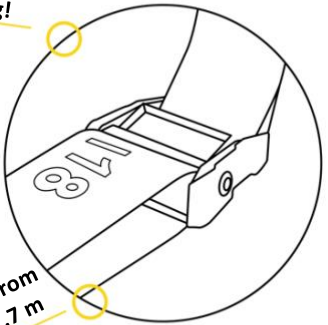


**Step 1:**  
Find a sturdy place to hang your gymnastic rings

**Step 2:**  
Loop your straps through the gymnastic rings and over the pull-up bar

**250**  
kilogram

Can handle 250 kg!



**10**  
centimeter  
↓  
**2.7**  
meter

Adjustable from 10 cm to 2.7 m

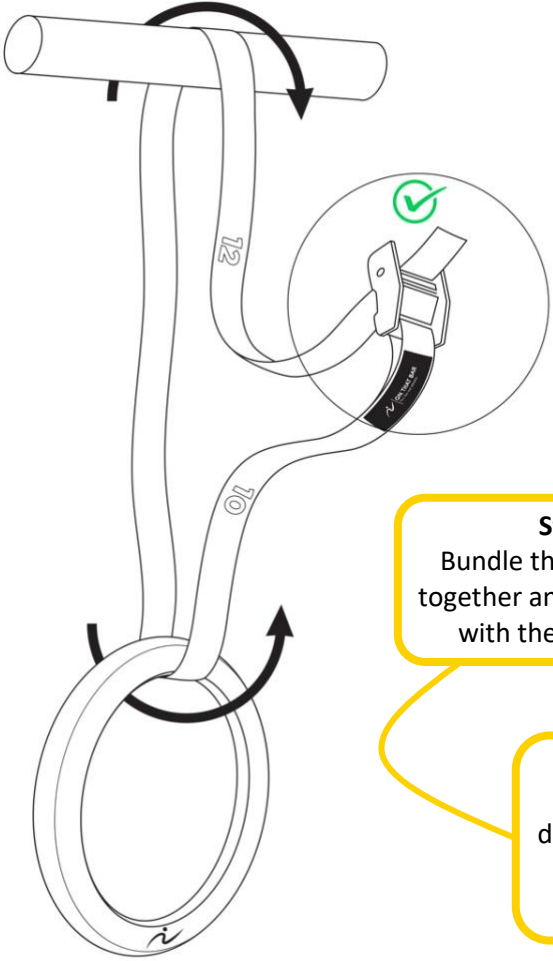
**Step 3:**  
Pass the strap through the buckle in the right direction

28 mm radius for the best grip

Solid birch wood

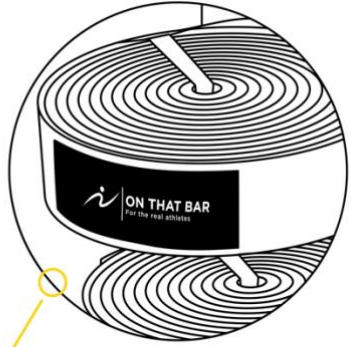
Laser engraved

**Step 4:**  
Adjust the straps to the right length for your workout. Use the adjustments numbers



**Step 5:**  
Bundle the excess strap together and tight them up with the velcro band

**Step 6:**  
Store your gymnastic rings in a dry environment. Do not let them hang or sit outside. Read next page for more info



3D rubber logo

Easy to roll-up and carry with you

Numbers for precise adjustments



### **USING & STORING EQUIPMENT**

ON THAT BAR equipment is designed for indoor & outdoor use, but it is not waterproof or moisture resistant. Avoid exposing our equipment to damp or wet conditions, as this may cause damage to the equipment and compromise its performance.

Equipment from ON THAT BAR can be used for outdoor training and physical activity. However, it is imperative that after each outdoor workout session, the equipment is properly stored in a dry environment to ensure its longevity and performance. Moisture and damp conditions can cause corrosion, and other forms of damage, which may lead to malfunctions, breaking, and decreased efficiency. By taking the necessary steps to store the equipment in a dry place after every use, you can protect your investment and ensure it operates at its best.

It is essential to read the user manual that belongs to each of ON THAT BAR's products. The manual provides detailed instructions on how to properly set up and use the equipment to ensure it's safe to use. Failure to follow the instructions outlined in the manual may result in violation of our return policy and may increase the risk of damage to you, others or the product.

ON THAT BAR cannot be held responsible for any harm or damage that occurs as a result of improper use or failure to follow the instructions provided in the user manual. To ensure the best possible experience with products from ON THAT BAR, ON THAT BAR strongly recommend that you carefully read and follow the instructions in the user manual. Attach/ place our equipment only to/ on sturdy objects to prevent damage or harm to any object, the equipment, yourself and others.

### **RETURNING PRODUCTS**

Enter our return page: <https://onthatbar.shipping-portal.com/rp/> Fill in the tracking number of your order and your postal code. Fill in the form and send your order/ product back to us. We'll review your return and you will hear from us a.s.a.p.

Read our return policy carefully: <https://www.onthatbar.com/terms-conditions> before returning a product.

### **FREE TRAININGS PROGRAM**

Do you want to get the most out of your workout with your new ON THAT BAR product? Download our FREE calisthenics training program on: <https://www.onthatbar.com/training-programs>

Find out even more tips and tricks on our calisthenics blog on:

<https://www.onthatbar.com/calisthenics-blog>