

ULTIMATE BODY PRESS

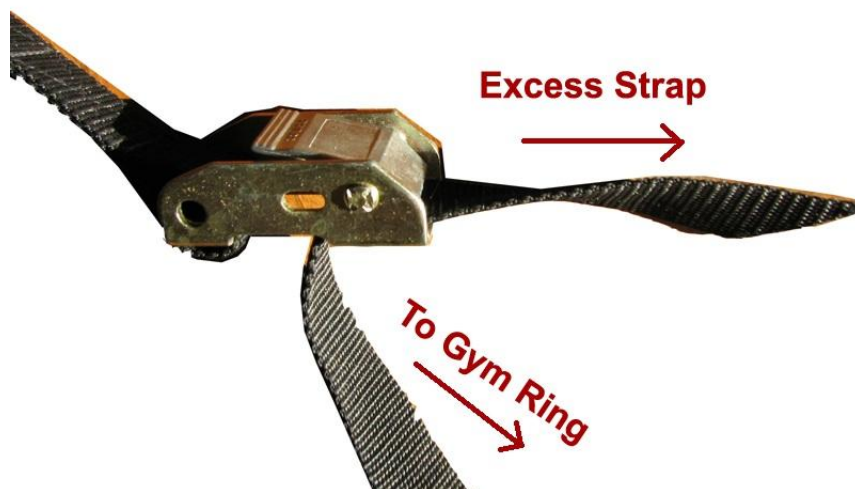
HARDWEAR EDITION

Gymnastic Rings

FOR YOUR SAFETY:

The Gymnastic Rings are designed to reduce the risk of injury, however the potential for injury or property damage does exist. It is the users responsibility to choose a secure location and properly install the Gymnastic Rings. Carefully examine your installation and test the Gymnastic Rings before using.

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.



INSTALLATION:

1. The Gymnastic Rings, Strap and Buckle are designed to support up to 300 lbs.
2. The strap should go through the ring and then through the back of the buckle and into the clamp.
3. If the strap is slipping it is threaded through the buckle in the wrong direction.
4. Always test that the strap and buckle are secure by tugging on the rings before each use.

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