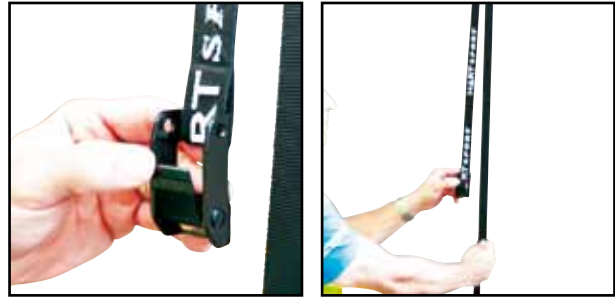


1. Hold cam buckle with the press lever facing you and loop the loose end of the webbing over the mounting bar from front to back, avoiding any twists in the webbing.

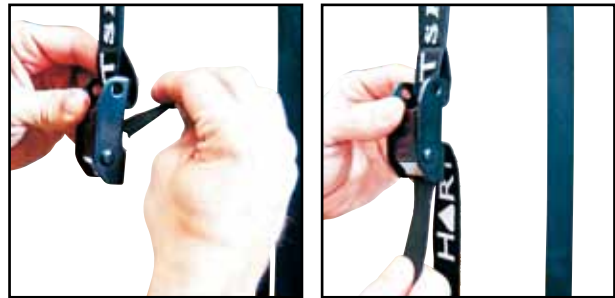
*Hint: The HART Sport logos on the webbing should always face outwards.*



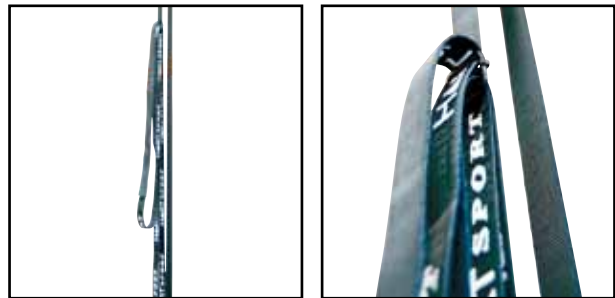
2. Feed the loose end through the Gym Ring



3. Bring the end of the webbing up behind the buckle, press the lever in fully and thread it down through the buckle. Release the lever to lock.



4. Depending on the hanging height, excess webbing can be threaded up through the metal clip to keep it out of the way when exercising.



5. Repeat for other Gym Ring. The HART logos on the webbing can be used as a guide for minor height adjustments to evenly match both rings.



## WARNING

- Use of this product can add substantial force and pressure to muscles and joints so always consult your health practitioner before undertaking any new exercise activities.
- A base level of physical strength and ability is required to perform exercises with this apparatus. We recommend that training is undertaken under the supervision of a qualified exercise professional.
- Before starting your workout, make sure this product is securely fastened to your designated fixing point and ensure the exercise area is clear of any obstacles.
- Before each use, check webbing, buckles and rings for signs of wear. If any signs of damage or wear and tear are present, do not use and replace immediately.
- This product is designed for strength training only and under no circumstances should it be used as a swing or any other activities.