

WOODEN GYMNASTIC RINGS WITH METAL CORE

EQUIPMENT INSTRUCTION MANUAL

Before starting training you should check whether:

1. The buckles of the bands are properly tightened, so that they prevent the bands from sliding off.
2. The element on which the bands will be hanged is strong enough to ensure safe training.

RULES OF SAFE TRAINING WITH THE KIT:

1. The equipment should be used according to its intended use.
2. When training high above the floor level, you should use a mattress or a different base surface that will ensure safety in case of a potential fall.
3. When training high above the floor level, you should use special gear for health and life protection.

The manufacturer is not responsible for any potential effects of training without keeping to the safety rules indicated here.