

VINE™ Gymnastic Rings

Specification Sheet

Product Description

VINE™ Gymnastic Rings are premium suspension training equipment designed for strength training. Each ring is crafted from laminated strips of solid wood, creating exceptional strength and a refined natural appearance. The adjustable strap system allows for smooth height changes and compatibility with optional accessories such as a trapeze bar and leather-padded foot straps.

Kit Contents

Main strap × 2
Gymnastic ring × 2
Foot strap × 2 (*optional*)
Trapeze bar × 1 (*optional*)

Materials & Finishes

Wood: Prime Walnut / Black Ash / Light Ash
Leather: Shadow Black / Saddle Brown / London Tan / Eternal Green
Finish: Natural oil and wax blend

Key Dimensions

Ring outer diameter: 24 cm (9.5")
Ring thickness: 3.2 cm (1.26")
Trapeze bar length: 95 cm (37.4")
Trapeze bar diameter: 3.6 cm (1.4")

Limitations

Environment: Indoor only, relative humidity 40-60%
Rated load: 120 kg (265 lb)

Packaging

Without bar: 30×30×10 cm (11.8×11.8×3.9") - 4 kg (8.8 lb)
With bar: 100×30×7 cm (39.4×11.8×2.8") - 6 kg (13.2 lb)

Related Resources

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[High Resolution Images](#)

[User Guide](#)

[Material Guide](#)

