

VINE™ Gymnastic Rings

User Guide

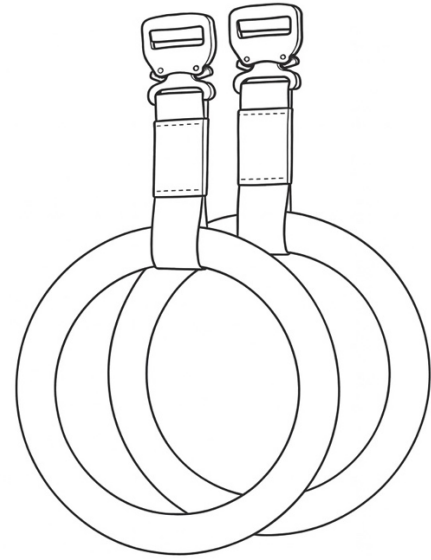
Product Description

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.

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 120 kg (265 lb)



Safety Instructions

Please read these safety instructions carefully before setting up or using this product. Improper setup or use may result in product failure, property damage, serious injury, or death. Retain this user guide for future reference.

- **Proper attachment.** This product must be securely attached to a structurally sound, load-bearing attachment point, like a pull-up bar.
- **Space requirements.** Ensure there is sufficient space around you to perform exercises safely. Keep the area clear of obstacles, sharp objects, and tripping hazards. Use the product only on a flat, stable surface. Use an exercise mat to reduce the risk of injury.
- **Indoor use.** This product is designed for indoor use and storage only (relative humidity 40-60%). Keep the product away from direct contact with liquids. Failure to follow these guidelines may cause the product to deteriorate and become unsafe.
- **Modifications.** Do not modify the product in any way. Any alterations, additions, or attachments not approved by the manufacturer are not permitted. Use the product only as designed and supplied.
- **Repairs.** Do not attempt to repair the product yourself unless you are a qualified professional with the necessary knowledge and skills. Only use original manufacturer parts for any repairs or replacements.
- **Inspection.** Before each use, thoroughly inspect the straps, buckles, and attachments. Do not use the product if any parts are damaged, loose, or missing.
- **Weight limit.** This product is designed for users weighing up to 120 kg (265 lb), including any additional weights or accessories.
- **Adult use.** Children under 14 years should only use this product under adult supervision. Not suitable for children under 36 months.
- **Health precautions.** Ensure that you are in good physical condition before exercising. Consult a physician before beginning any new exercise routine, especially if you have pre-existing health conditions. Stop exercising immediately if you feel unwell.
- **Proper technique.** Learn proper technique before using the product. Always use common sense and be aware of your personal limits.
- **Shared use.** Do not allow anyone to use the product unless they are capable, responsible, and properly informed of all safety instructions. Only one person should use this product at any given time.

Legal Disclaimer

The manufacturer shall not be liable for any injuries or damages resulting from improper setup, maintenance, or use of this product. Use of this product is at the user's own risk. Always follow the instructions and safety guidelines outlined in this user guide. Consult a qualified professional if you are unsure about proper setup or use.

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Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning setup or use.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully set up.
- Verify that all parts have been delivered by checking the parts list. If any parts are missing or damaged, contact the manufacturer.

Parts List

Reference	Name	Quantity
A	Main strap	2
B	Gymnastic ring	2
C	Foot strap (<i>optional</i>)	2
D	Trapeze bar (<i>optional</i>)	1

Hanging the Main Straps

1. Throw one end of the main strap (A) over a stable, load-bearing anchoring point (e.g., a pull-up bar). Ensure that the strap cannot slip off the anchoring point while using the product.
2. Feed the buckle end of the strap through the loop on the opposite end.
3. Pull the strap until the loop tightens securely around the anchoring point.
4. To remove the straps, disconnect all attachments and feed the loose end of the strap back through the loop.

Connecting the Attachments

1. Insert the male part of the buckle on the attachment (B/C/D) into the female part on the main strap (A) until you hear a click.
2. Pull firmly on the rings or other connected attachments to ensure they are securely fastened.
3. To disconnect, press both clips on the buckle simultaneously to release the attachment from the strap. *Note: The buckles feature a safety mechanism that prevents them from opening while under tension. Always release tension before attempting to disconnect.*

Adjusting Strap Length

1. To lengthen the main strap (A), hold the buckle, tilt it 90°, and pull the strap downward.
2. To shorten the main strap, hold the buckle with one hand, tilt it 90°, and pull the shortening loop upward with the other hand while keeping the strap under slight tension.

Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique. Always follow the safety instructions provided at the beginning of this user guide.

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Product Care

Please visit [this page](#) for product care guidelines.

Support

Please [contact the manufacturer](#) if you need help with the setup or use of this product or have any other questions.