

# Black Mountain Products®

## How to Adjust Straps

Open buckle by pressing down on top of lever where “press” is indicated. Once buckle is open, insert loose end of strap from the bottom and middle of buckle. The strap should enter beneath where “press” is indicated. Once strap is through, release lever. Grasp the end of the strap and pull to desired length. Before any exercise, test the buckle to make sure strap was entered correctly and holds securely. Once the strap is secured, there should be no movement of strap or buckle while exercises are being performed.

## Workout instructions:

1. **WARNING-** DO NOT wrap B.M.P.® gym ring straps around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.
2. Consult your physician before beginning any regular exercise.
3. Always examine your B.M.P.® gym rings, straps and buckles, for any defects, cracks, cuts, tears, or imperfections before use. If there any imperfections, stop using gym rings immediately, and contact B.M.P.® support.
4. Do not use B.M.P. ® gym rings for any use other than exercise.
5. Warm up before starting any exercise routine.
6. When exercising, be careful not to let B.M.P.® gym rings to loosen on you.
7. When starting to exercise, start slowly.
8. Use B.M.P.® gym rings only as directed.
9. Children below the age of 18, use only under adult supervision.

## Warranty:

1. All gym rings are fully warrantied for life
2. Inform Black Mountain Products® by telephone or e-mail if there is any missing, damaged, or defective products.
3. Warranty does not cover any incidental damage.
4. Void, where limited or prohibited by law.
5. B.M.P. reserves the right to alter the warranty at any time.

## Warranty Support:

Warranty@blackmountainproducts.com

Telephone: 224-655-5955

Office hours: 8-4 CST M-F

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Black Mountain Products®

Reach Your  
Peak Performance!

**B.M.P. MULTIPURPOSE  
GYM RINGS**



All gym rings include a lifetime warranty.

Visit us at: **Blackmountainproducts.com**

### Stabilizing Push Up

1. Adjust straps to approximately 6-12" off of workout surface.
2. Grasp each handle on the bottom and center of the rings.
3. Extend legs fully out with toes on the floor and heels up.
4. Slowly move upper body down to floor, until arms bent to 90 degrees.
5. Keep core tight throughout movement.
6. Push up with chest and arms, returning to the neutral starting position.

### Reverse Pull Up

1. Adjust straps approximately 3-4 feet off of ground.
2. Grasp handles in a neutral position on bottom of exercise ring.
3. Extend legs fully out with heels on ground, toes pointed up.
4. Slowly pull your upper body until chest reaches bottom of gym rings.
5. Keep core tight throughout the movement.
6. Slowly lower your body to beginning position to complete a repetition.

### Standard Pull Up

1. Adjust straps approximately 1-2 feet above head.
2. Grasp handles with a neutral grip on the center and bottom of gym rings.
3. While keeping core tight, begin to slowly pull upward until shoulders reach bottom of gym rings.
4. Once top is reached, slowly lower body in a controlled manner, avoiding any swaying.
5. Arms will be fully extended out to complete one repetition.

### Handing Leg Raise

1. Adjust straps approximately 1 foot above hip level.
2. Grasp handles in a neutral position on inside and bottom of exercise ring.
3. Slowly raise and hang your feet off the ground, keeping arms extended and close to your body.
4. While hanging, slowly raise your legs to a 90 degree angle, keeping core tight throughout out movement.
5. Once top is reached, slowly move legs down to beginning position, avoiding any swaying movements.
6. For beginners, bring knees to chest rather than full extension of legs.

### Standing Bicep Curl

1. Adjust straps approximately shoulder height.
2. In a standing position, grasp handles on bottom of ring with an underhand grip.
3. With feet shoulder width apart, slowly lower upper body backwards until arms are full extended out.
4. While keeping core tight, start pulling upper body back towards rings simulating a bicep curl.
5. A full repetition has occurred once body is back to neutral standing position.

