

## Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury.

### How to Adjust Straps

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

### **Workout Instructions:**

1. **WARNING!** DO NOT wrap the B.M.P.® Gym Ring Straps around any part of your body including, but not limited to, neck, legs, wrists or waist. 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 are any imperfections, stop using the rings immediately, and contact B.M.P.® support.
4. Do not use B.M.P.® Gym Rings for anything other than exercise.
5. Warm up before starting any exercise routine.
6. When exercising, be careful not to let the Gym Rings loosen on you.
7. When beginning to exercise, start slowly.
8. Use B.M.P.® Gym Rings only as directed.
9. Children under the age of 18 should use only under adult supervision.

### **Warranty:**

1. All Gym Rings are fully warranted for life.
2. Contact B.M.P.® by telephone, e-mail or online if there are 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**

[blackmountainproducts.com/request-a-replacement](http://blackmountainproducts.com/request-a-replacement)

[warranty@blackmountainproducts.com](mailto:warranty@blackmountainproducts.com)

Telephone: 815-322-2028

Office hours: 8:00am to 4:00pm (CST) M-F

**Visit us at [blackmountainproducts.com](http://blackmountainproducts.com)**

**Like us on Facebook!** 

<https://www.facebook.com/BlackMountainProducts>



*Reach Your Peak Performance!*

Multipurpose Gym Rings



For new products and exercises scan the QR code  
or visit us at [blackmountainproducts.com](http://blackmountainproducts.com).

### Stabilizing Push Up

1. Adjust the straps to approximately 6-12" off the 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 your upper body down to floor, until arms are bent to 90 degrees.
5. Keep core tight throughout movement.
6. Push up with your chest and arms, returning to a neutral starting position.

### Reverse Pull Up

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

### Standard Pull Up

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

### Standing Bicep Curl

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

### Hanging Leg Raise

1. Adjust the straps approximately 1 foot above hip level.
2. Grasp the handles in a neutral position on the inside and bottom of the 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 your core tight throughout out movement.
5. Once top is reached, slowly move your legs down to the beginning position, avoiding any swaying movements.
6. For beginners, bring your knees to your chest rather than full extension of legs.

