

Training Rings



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They're not just for gymnasts! One of the hottest pieces of alternative training equipment is the Training Rings. Challenge your fitness level and your body weight training like never before. Perform pull-ups, rows, muscle-ups and other suspended exercises on the independently hanging rings. This unstable environment will call in muscles to assist in almost every exercise. Includes (2) easy-to-grip durable ABS material rings, Ring thickness: 1 1/8"; Ring Diameter: 7 1/8" inside dia., 9 3/8" outside dia.; (2) 1Wx14" straps with 2 heavy duty secure buckles.