

WORKOUT RINGS



PREMIUM EQUIPMENT BY **GORNATION**

THANK YOU FOR YOUR ORDER!

OUR TEAM

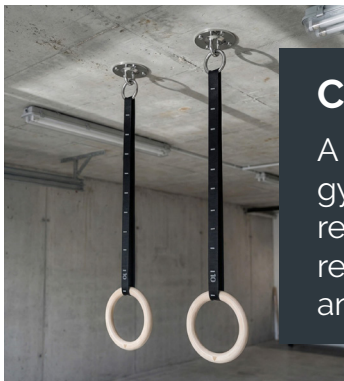
We are **GORNATION**, founded in 2015 in Germany with the goal to support calisthenics athletes worldwide in their training. With your purchase you support our vision to connect people through passion for calisthenics and functional fitness.



Learn more about
our mission:



MATCHING ACCESSORIES



Ceiling Anchor

A secure mounting solution for attaching gymnastic rings, suspension trainers, or resistance bands, providing a stable and reliable base for versatile upper body and core workouts.

Elbow Sleeves

Comfortable compression for elbow, forearm and upper arm for more performance in planche, handstand & basics.



Weight Vest

Want to take your workout to the next level? The Weight Vest offers a new challenge in training by increasing difficulty in Skills & Basics.

Discover this and more helpful equipment on:
www.GORNATION.com



BASIC EXERCISES

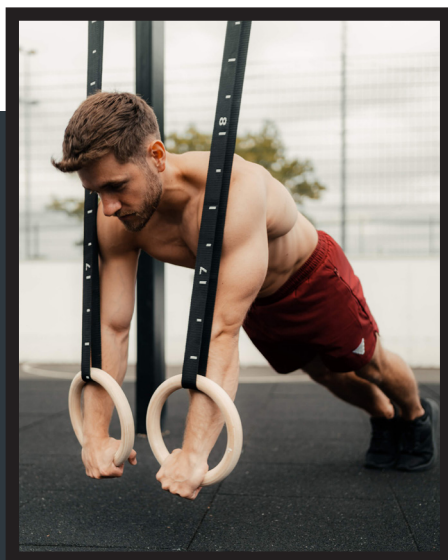


Ring Rows

Attach gymnastic rings to a Pull Up Bar or Ceiling Anchor and lean back with your body in a straight line. Pull your chest toward the rings while keeping elbows close and core engaged, lowering yourself under control each rep.

Ring Push Ups

Set the rings at a low height and assume a push-up position with hands inside the rings. Lower your chest between the rings while keeping your body straight, then push back up with control, engaging chest, shoulders, and core.



The training content is for informational and inspirational purposes only and does not replace medical or individual advice. Training is at your own risk. If you have any health concerns, please consult a doctor in advance. **GORNATION** accepts no liability for injuries or damage.

BASIC EXERCISES



Ring L-Sit

Hold onto the rings with arms straight and lift your body off the ground. Extend your legs forward to form an "L" shape, keeping core tight and shoulders stable as you hold the position.



Common Mistakes

- Setting the rings unevenly or too wide, leading to poor alignment and instability
- Using momentum instead of slow, controlled movements
- Performing partial reps or rushing through sets
- Letting the rings drift too far away from the body, reducing control and effectiveness

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OUR TIPS

English

TIP

When you train on rings for the first time, make sure you get used to the load gradually. The balancing movements to stabilize the rings will require your muscles to work harder and more intensely.

TIP

Please make sure not to leave your rings outside in the rain or overnight to preserve the wood.

TIP

Make sure to maintain a firm, non-slip grip and use liquid chalk or grip tape if needed. A secure hold gives you more control during your exercises.



You can find more tips and inspiration for your workout with the Workout Rings at:

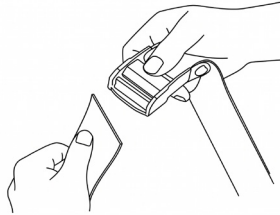
www.GORNATION.com/blogs/news/exercises-gymnastics-rings

ASSEMBLY

English

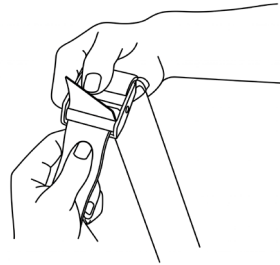
1

Push the buckle down.



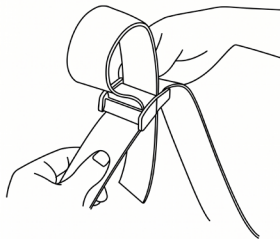
2

Insert the band from underneath the buckle.



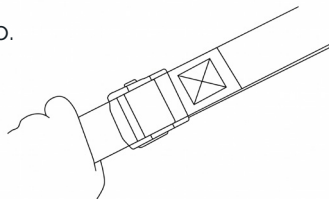
3

Put the band through the top hole of the buckle.



4

Adjust the band to the desired length. You can fix the overhanging band with the help of the Velcro.



Content of delivery:

- 2 birch wood workout rings
- 2 heavy duty straps with buckle closure
- 1 premium zip bag to transport the complete set

Material:

Rings: 100% birch wood

Straps: 95% polyester, 5% iron

Zip bag: 45% cotton, 55% polyester

Care Instructions:

Store in a dry, warm place away from the environment. Use a cloth moistened with water for cleaning. Do not use chemical cleaning agents. After contact with water, treat immediately with a dry cloth.

Safety instructions:

- The product is suitable for sports use only.
- Maximum load capacity: 150 kg per ring when used according to the instructions.
- Before each use, all visible parts must be checked for damage or wear.
- The device is only to be used by one person at a time.
- Before use, check that the product is free of defects and properly assembled.
- Please note that incorrect and excessive training may endanger health.
- The product is not suitable for children under 14 years of age. Children may only use the product with appropriate physical development and only under the supervision of an adult responsible person.

Warranty: 2 years

UNSERE TIPPS

Deutsch

TIPP

Wenn du das erste mal an Ringen trainierst, stelle sicher, dass du dich an die Belastung schrittweise gewöhnst. Durch die Ausgleichsbewegungen zur Stabilisierung der Ringe müssen deine Muskeln intensiver und stärker arbeiten.

TIPP

Bitte achte darauf deine Ringe nicht im Regen oder über Nacht draußen zu lassen, um das Holz zu schonen.

TIPP

Achte auf einen festen, rutschfreien Griff und nutze bei Bedarf zusätzlich Liquid Chalk oder Grip Tape. Ein sicherer Halt gibt dir mehr Kontrolle bei deinen Übungen.

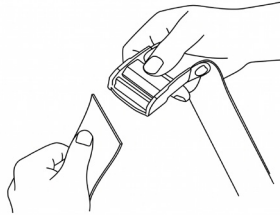


Weitere Tipps und Inspiration für dein Training mit den Turnringen findest du unter:

www.GORNATION.com/blogs/news/exercises-gymnastics-rings

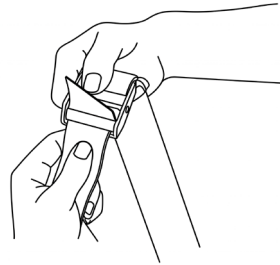
1

Drücke die Schnalle herunter.



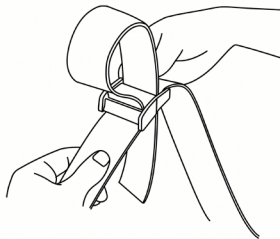
2

Führe das Band unter der Schnalle hindurch.



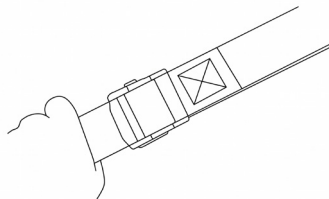
3

Stecke das Band durch das obere Loch des Verschlusses.



4

Stelle das Band auf die gewünschte Länge ein. Das überstehende Band kannst du mithilfe des Klettverschlusses fixieren.



Lieferumfang:

- 2 Workout Ringe aus Birkenholz
- 2 Schwerlastbänder mit Schnallenverschluss
- 1 Premium Zip Beutel um das komplette Set zu transportieren

Material:

Ringe: 100% Birkenholz

Bänder: 95% Polyester, 5% Eisen

Reißverschluss tasche: 45% Baumwolle, 55% Polyester

Pflegehinweis:

Trocken, warm und vor Umwelteinflüssen geschützt lagern. Zur Reinigung ein mit Wasser befeuchtetes Tuch nutzen. Keine chemischen Reinigungsmittel verwenden. Nach Kontakt mit Wasser unverzüglich mit einem trockenen Tuch behandeln.

Sicherheitshinweis:

- Das Produkt ist ausschließlich für Sportzwecke geeignet.
- Maximale Belastung: 150 kg pro Ring bei Nutzung nach Anleitung.
- Vor jedem Gebrauch müssen alle sichtbaren Teile auf Beschädigungen oder Verschleiß geprüft werden.
- Das Gerät ist nur von einer Person gleichzeitig zu benutzen.
- Überprüfe vor dem Gebrauch, ob das Produkt fehlerfrei und ordnungsgemäß aufgebaut ist.
- Bitte beachte, dass falsches und übermäßiges Training die Gesundheit gefährden kann.
- Das Produkt ist für Kinder unter 14 Jahren nicht geeignet. Kinder dürfen nur mit entsprechender körperlicher Entwicklung und nur unter Aufsicht eines erwachsenen Verantwortlichen das Gerät nutzen.

Garantie: 2 Jahre

NOS CONSEILS

Français

CONSEIL

Si tu t'entraînes pour la première fois sur des anneaux, assure-toi de t'habituer progressivement à la charge. En raison des mouvements de compensation pour stabiliser les anneaux, tes muscles doivent travailler plus intensément et plus fortement.

CONSEIL

Veille à ne pas laisser tes anneaux dehors sous la pluie ou pendant la nuit afin de préserver le bois.

CONSEIL

Assure-toi d'avoir une prise ferme et antidérapante et utilise, si nécessaire, du magnésium liquide ou du grip tape. Une bonne prise te donne plus de contrôle pendant tes exercices.



Tu trouveras d'autres conseils et de l'inspiration pour ton entraînement:

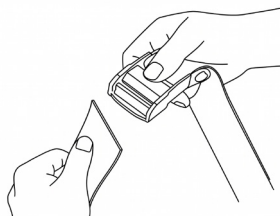
www.GORNATION.com/blogs/news/exercices-gymnastics-rings

MONTAGE

Français

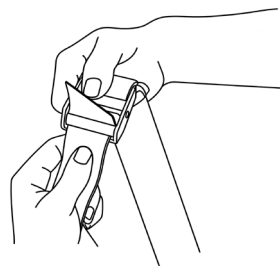
1

Pousse la boucle vers le bas.



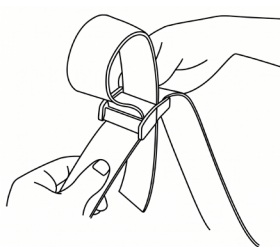
2

Passe le ruban sous la boucle.



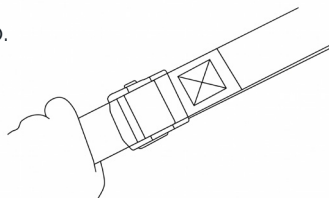
3

Passe le ruban dans le trou supérieur du fermoir.



4

Ajuste le ruban à la longueur souhaitée.
Tu peux fixer le ruban qui dépasse à l'aide du velcro.



Contenu de le livraison:

- 2 anneaux d'entraînement en bois de bouleau
- 2 bandes pour charges lourdes avec fermeture à boucle
- 1 sac zip premium pour transporter le set complet

Matériau:

Anneaux: 100% bois de bouleau

Bandes: 95% polyester, 5% fer

Sac à fermeture éclair: 45% coton, 55% polyester

Conseils d'entretien:

Conserver au sec, au chaud et à l'abri de l'environnement. Pour le nettoyage, utiliser un chiffon humidifié avec de l'eau. Ne pas utiliser de produits chimiques. Après un contact avec l'eau, traiter immédiatement avec un chiffon sec.

Conseil de sécurité:

- Le produit est exclusivement destiné à des fins sportives.
- Charge maximale : 150 kg par anneau lorsqu'ils sont utilisés conformément aux instructions.
- Avant chaque utilisation, vérifier que toutes les parties visibles ne sont pas endommagées ou usées.
- L'appareil ne doit être utilisé que par une seule personne à la fois.
- Vérifie avant l'utilisation que le produit est sans défaut et correctement assemblé.
- N'oublie pas qu'un entraînement incorrect ou excessif peut être dangereux pour la santé.
- Le produit ne convient pas aux enfants de moins de 14 ans. Les enfants ne peuvent utiliser l'appareil que s'ils ont un développement physique approprié et sous la surveillance d'un adulte responsable.

Garantie: 2 ans

NUESTROS CONSEJOS

CONSEJOS

Cuando entrenes en anillas por primera vez, asegúrate de acostumbrarte a la carga gradualmente. Los movimientos de equilibrio para estabilizar las anillas harán que tus músculos trabajen cada vez más.

CONSEJOS

Ten cuidado de no dejar los anillos fuera bajo la lluvia o durante la noche para preservar la madera.

CONSEJOS

Asegúrate de tener un agarre firme y antideslizante y utiliza, si es necesario, magnesio líquido o cinta de agarre. Un agarre seguro te da más control durante tus ejercicios.

Español



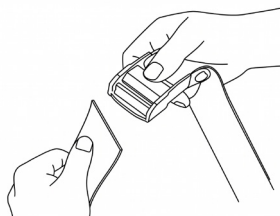
Puedes encontrar más consejos e inspiración para tu entrenamiento:

www.GORNATION.com/blogs/news/exercises-gymnastics-rings

MONTAJE

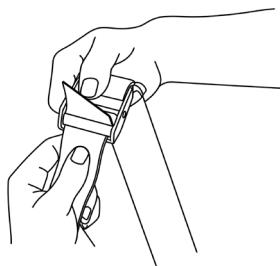
1

Presiona hacia abajo la hebilla.



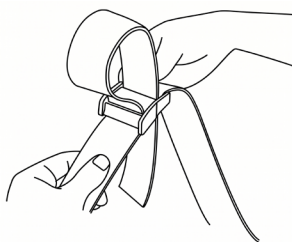
2

Pasa la cinta por debajo de la hebilla.



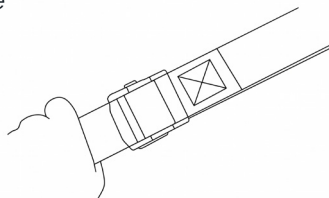
3

Introduce la cinta por el agujero superior del cierre.



4

Ajusta la banda a la longitud deseada. Puedes fijar la cinta que sobresale con el velcro.



Volumen de suministro:

- 2 anillas de entrenamiento de madera de abedul
- 2 correas resistentes con cierre de hebilla
- 1 bolsa con cremallera para transportar el conjunto completo

Material:

Anillas: 100% madera de abedul

Tirantes: 95% poliéster, 5% hierro

Bolsa con cremallera: 45% algodón, 55% poliéster

Instrucciones de cuidado:

Guárdalo en un lugar seco, cálido y protegido de las influencias ambientales. Utiliza un paño humedecido con agua para limpiarla. No utilices productos de limpieza químicos. Después del contacto con el agua, trátalo inmediatamente con un paño seco.

Instrucciones de seguridad:

- El producto sólo es adecuado para fines deportivos.
- Carga máxima: 150 kg por anilla cuando se utiliza según las instrucciones.
- Antes de cada uso, hay que comprobar que todas las partes visibles no estén dañadas o desgastadas.
- El aparato sólo debe ser utilizado por una persona cada vez.
- Antes de utilizarlo, comprueba que no tiene defectos y que está correctamente montado.
- Ten en cuenta que un entrenamiento incorrecto y excesivo puede ser peligroso para la salud.
- El producto no es adecuado para niños menores de 14 años. Los niños sólo pueden utilizar el aparato con un desarrollo físico adecuado y bajo la supervisión de un adulto responsable.

Garantía: 2 años

I NOSTRI CONSIGLI

CONSIGLI

Quando ti alleni per la prima volta sugli anelli, assicurati di abituarti al carico gradualmente. I movimenti di equilibrio per stabilizzare gli anelli faranno lavorare i tuoi muscoli sempre più duramente.

CONSIGLI

Fai attenzione a non lasciare gli anelli all'aperto sotto la pioggia o durante la notte per preservare il legno.

Italiano

CONSIGLI

Assicurati di avere una presa salda e antiscivolo e, se necessario, usa magnesio liquido o grip tape. Una presa sicura ti dà più controllo durante gli esercizi.



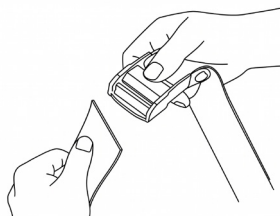
Per ulteriori consigli e ispirazioni per il tuo allenamento, vai su:

www.GORNATION.com/blogs/news/exercises-gymnastics-rings

ASSEMBLAGGIO

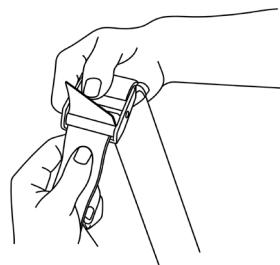
1

Premi la fibbia.



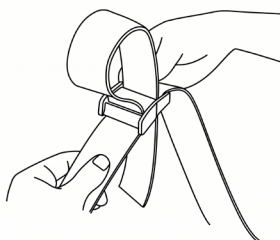
2

Fai passare la fascia sotto la fibbia.



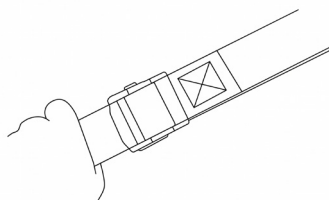
3

Fai passare il nastro attraverso il foro superiore della chiusura.



4

Regola la fascia alla lunghezza desiderata. Puoi fissare il nastro sporgente con il velcro.



Contenuto della consegna:

- 2 anelli di allenamento in legno di betulla
- 2 cinghie resistenti con chiusura a fibbia
- 1 borsa con zip per trasportare il set completo

Materiale:

Anelli: 100% legno di betulla

Spalline: 95% poliestere, 5% ferro

Borsa con zip: 45% cotone, 55% poliestere

Istruzioni per la cura:

Conservarlo all'asciutto, al caldo e al riparo dagli influssi ambientali. Per la pulizia, usa un panno inumidito con acqua. Non utilizzare detergenti chimici. Dopo il contatto con l'acqua, tratta immediatamente con un panno asciutto.

Avviso di sicurezza:

- Il prodotto è adatto solo per scopi sportivi.
- Carico massimo: 150 kg per anello se utilizzato secondo le istruzioni.
- Prima di ogni utilizzo, è necessario controllare che tutte le parti visibili non siano danneggiate o usurate.
- Il dispositivo può essere utilizzato solo da una persona alla volta.
- Prima dell'uso, controlla che il prodotto sia privo di difetti e correttamente assemblato.
- Ricorda che un allenamento errato ed eccessivo può essere pericoloso per la tua salute.
- Il prodotto non è adatto ai bambini di età inferiore ai 14 anni. I bambini possono utilizzare l'attrezzatura solo se hanno uno sviluppo fisico adeguato e sotto la supervisione di un adulto responsabile.

Garanzia: 2 anni



INSPIRATION

EXERCISE DATABASE

CALISTHENICS PULL EXERCISES



BEGINNER LEVEL
Australian Pull Up



INTERMEDIATE LEVEL
Pull Up



ADVANCED LEVEL
Weighted Pull Up



EXPERT LEVEL
Frontlever



ELITE LEVEL
Touch Frontlever



DISCOVER MORE
Pull Exercises



INSPIRATION

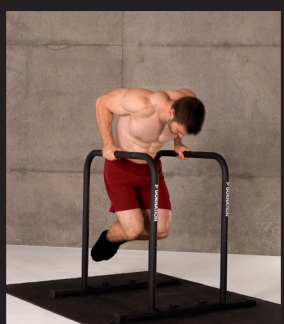
EXERCISE DATABASE

CALISTHENICS PUSH EXERCISES



BEGINNER LEVEL

Push Up



INTERMEDIATE LEVEL

Dip



ADVANCED LEVEL

Handstand



EXPERT LEVEL

Bent Arm Planche



ELITE LEVEL

Planche



DISCOVER MORE

Push Exercises

OUR PRODUCTS

CALISTHENICS
EQUIPMENT
BY **GORNATION**



PREMIUM DIP BARS



DIP BELT



PULL UP STATION



RESISTANCE BANDS



ELITE WEIGHT VEST



PREMIUM PARALLETES

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