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wooden gym ring

Increase your crossfit or strength training workouts with these authentic wooden gym rings featuring classic gym styling and designed for frequent use. Built to handle Olympic-style exercises, these wood gym rings are perfect for ring dips, muscle-ups, back and front levers, pull-ups, ring rows and more. Each set of wooden Gymnastic Rings comes with adjustable black nylon strapping and a

durable, adjustable buckle system for hanging the rings from crossfit racking or any strong, stable surface for completing your workouts. Designed for indoor or outdoor use, set them up in a home gym or take advantage of their easy portability to keep them in your workout bag and take with you to a training location of your choice. Please note, however, that wood rings should be stored in a dry place indoors and should not be used in the rain.

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