

***POWER
MONKEY***
FITNESS



RING THING

RING THING®

//Introduction

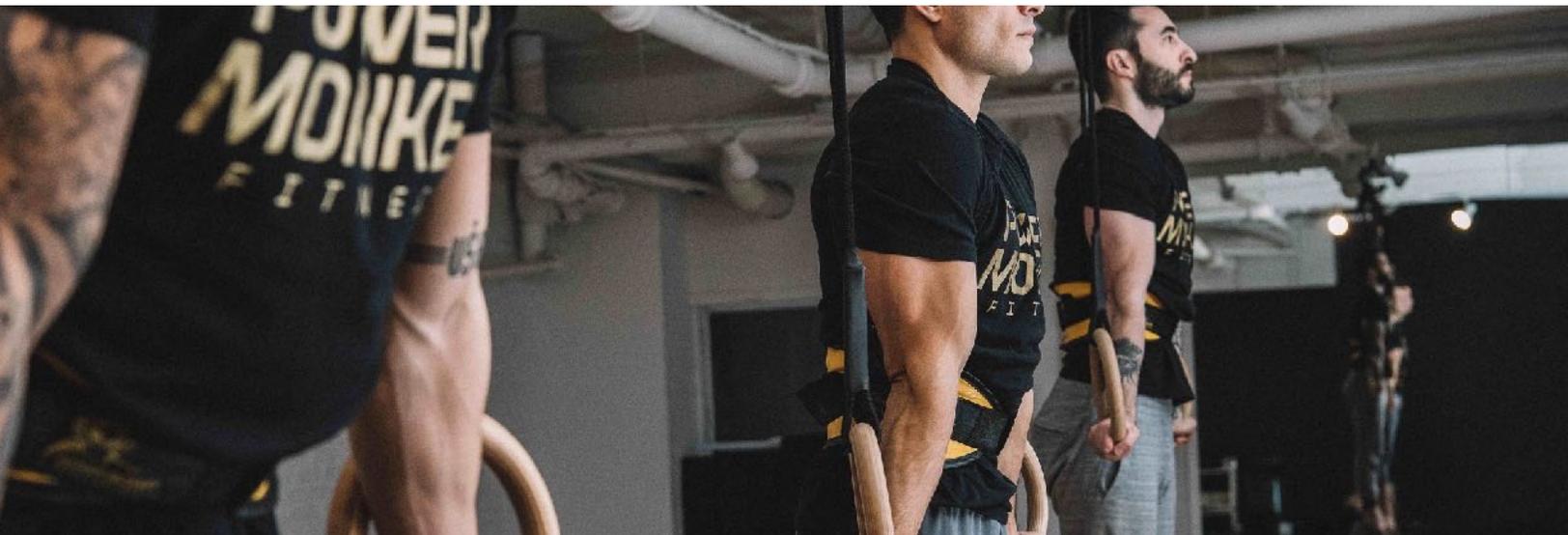


THE RING THING®

The RING THING® is an updated version of a gymnastics training tool (the “dream machine”) made specifically for technical ring skills. Designed by US National Champion gymnast, David Durante, and former elite gymnast turned stuntman, Shane Geraghty, the device uses a specialized pulley system to reduce body weight by 50%. This allows users to train ring skills—getting into positions otherwise not possible—while safely developing strength, stability, and proper technique. It’s an exciting and easy tool to use to train a variety of skills and progressions.

RING THING®

//Features & Caution



FEATURES

The RING THING® can easily be hung from heights ranging from 8-15ft and has a quick set-up and take-down process, making it an ideal tool for Crossfit boxes, gymnastics gyms, or even as a home training machine.

The RING THING® was designed with Harken (rated) Pulleys with swivels, allowing the user to move freely through forward and backward movements without the webbing above tangling. It also has a Cobra (military-grade) quick release belt, ensuring safety and quick attachment for moving through WODs. The harness material was designed to give a comfortable, non-slip surface while contacting skin. The RING THING® is a must have for anyone looking to improve their skills on rings.

The RING THING® is available in:
Adult (Yellow 26"-36" waist sizes)
Adult XL (Yellow 32"-40" waist sizes)
Kids (Blue 20"-30" waist sizes)

CAUTION

Any activity involving motion or height creates the possibility of accidental injury, including permanent paralysis and even death. The RING THING® is meant to be used **ONLY** by properly trained participants under supervised conditions. The use of the RING THING® without proper supervision can be **DANGEROUS** and **SHOULD NOT** be undertaken or permitted.

Before use, **KNOW YOUR OWN LIMITATIONS** and the limitations of this device. If in doubt, always consult the manual and resource guide before attempting movements.

Inspect the RING THING® prior to and after use for damage, defects or wear, including tears in belt and attachments points and/or fraying or ropes/webbing. Damaged product should be repaired or replaced immediately. If in doubt, do not use this product.

RING THING®

//Safety & Caution



SAFETY

- Never let go of the rings when performing a skill.
- Belt should be snug and secured with velcro prior to use. The belt should sit across belly button area. Belt can be adjusted from the front and back to allow for a large range of waist sizes.
- Leg straps are included for extra support and stability. Using the legstraps is not required, but recommended to help keep belt in place during movements. Avoid over-tightening leg straps which could decrease circulation.
- With legs being in close contact with pulleys on inversion skills, there is the possibility of skin or baggy clothes getting pinched by pulleys. When doing inversion skills, use pulley covers to protect skin or pants from being caught in the ropes/ webbing.

**We encourage users to wear clothing that covers the backs of their shoulders when using the RING THING®. This will help avoiding chaffing caused by friction with the straps.

IMPORTANCE OF WARM UP

Taking the appropriate time to warm up prior to a RING THING® class is critical to being fully prepared for the movements you will be performing. The purpose of any good warm up is to raise core temperature and get the blood flowing to the muscles. In conjunction with the raising of core temp, stretching the muscles and connective tissue is very important to allow for maximum preparation. Therabands are an important tool for almost all gymnasts. They are used as a warm up tool for shoulders, elbows, and wrists prior to training sessions.

COMMON IRRITATIONS

You will hear some clients comment about a few potential issues:

1)Wrist Pain: false grip is worked on quite a bit as part of the pulling and lever exercises. For many new athlete the false grip is a very weak position and can be uncomfortable on the rings. If clients mention this discomfort, suggest wearing some athletic tape or wrist bands to create a barrier between the skin and the ring. Another suggestion is to work more frequently on wrist and forearm strength and flexibility. Please refer to the Power Monkey video database for additional wrist exercises. If an athlete is feeling pain (not just skin irritation) in the wrist/forearm, have them stop the exercise. Attempting with a neutral wrist position can sometimes be used as an alternative to performing with false grip.

2)Skin Irritation: if wearing sleeveless shirts, the rope can sometimes create some friction on the back part of the shoulder for some athletes. Recommendation #1 would be to wear long sleeve shirt during class, especially on workouts heavily focused on pulling exercises and muscle ups. Also, keeping the rings in tight to the body during any pulling will decrease the amount of rubbing against the ropes. Work on keeping the arms/hands in tight to midline when working on pulling exercises.

RING THING®

//Locked Out Elbows, Spotting, & Emergencies



LOCKED OUT ELBOWS

Many of the exercises you will be working on and teaching in the RING THING® are to be done with straight arms. Straight arm strength is critical when learning proper gymnastics technique. Most athletes unaccustomed to straight arm work will require a slow and gradual learning curve with elbow preparation. The connective tissue around the elbow will take longer to develop than the musculature around the shoulder/upper arm. Please be advised that extensive warm up is always recommended prior to working on straight arm skills. Take the time to build connective tissue strength prior to working on new movements.

A NOTE ON SPOTTING

Spotting in gymnastics takes a great amount of experience and understanding. The RING THING® is a great tool for coaches to understand when, where, why, and how to spot ring movements. It's much easier because the athlete is already being spotted by the RING THING®. It is recommended that coaches start spotting movements that they're familiar and comfortable with. Like anything else, the more you practice, the better you will get. Spotting in the RING THING® is a great skill set to have as a strength coach. It allows for a hands on approach which is otherwise very difficult for 'non-gymnastics' coaches. The better the spotter is, the more an athlete can get out of whatever skill or routine they are working on. Once a coach understands where, why, and how to spot, it will give them insight into weak points not only of the specific skills, but the structural balance of the athlete.

EMERGENCY PROTOCOLS

First and foremost, if an injury should occur during a class or training session please follow the safety protocols for your own individual studio or gym. Assess severity of situation and contact medical staff if needed. DO NOT require athletes to push through an injury or continue training if something does occur. Allow medical professional to provide determination as to whether athlete can and should continue.

RING THING®

//Waist Belt, Rack Storage, & Rigging



ADJUSTING THE WAIST BELT

Start adjusting the RING THING® by tightening the back. Use the velcro to adjust the back of the belt so that it will fit tightly around your waist without slack.

Back up into the belt so that you can fasten the buckle across your midline. You should hear two clicks as the top and bottom parts of the buckle fasten. Adjust the front Velcro of the belt so there is no slack and the belt will not ride up as you start to use the rings. Center the belt so that the black metal loops are even by your sides.

Thread the leg strap around the back of upper thigh, through your center, and buckle in front of the leg. Pull down to tighten as needed, and make sure they are even on both sides.

EFFICIENT RIGGING & RACK STORAGE

For the RING THING® Class, store the apparatus on a clothing rack to make for a quick and easy setup and take down.

Have the strap length preset from the height of the studio's ceiling so that once the straps are coiled and fastened, they can remain set to that height for each use. Make sure when hanging, the apparatus is forward facing and the leg straps are facing down.

Use carabiners around the straps for an easy clip-in to the ceiling's rigging points. Flip carabiners to hang as prescribed by the manufacturer.

To take down, drape the ropes over the rack and fasten the carabiners together, hooking on to the circular piece. Store the rack into a closet or nearby storage room.

SETTING THE HEIGHT & WIDTH

Set the straps so that when the belt is pulled all the way down, it hangs at user's waist height. In a group fitness class, it is recommended to have a few options (one set a few inches higher/one set a few inches lower) to accommodate different student's height.

Line up pulleys so they are at the exact same height making sure the rings are perfectly even. Distance between the rings should approximately equal to the shoulder width to the user.

RING THING®

//Set Up Guide



VIDEO GUIDES

[1\)RING THING® Set Up Video](#)

[2\)Adjusting the Waist Belt](#)

[3\)Easy Rack Storage Video](#)

RING THING® SET UP

To set up the RING THING®, start by releasing the velcro and uncoiling the straps.

The RING THING® uses Harken Pulleys with swivels to allow for forward and backward movements without web tangling. Check the swivel to make sure the pin is tightly in place. The RING THING® includes a zip tie through the pin and shackle to secure the pin doesn't loosen. This pin should be checked and tightened every time the apparatus is used. If a zip tie breaks or has fallen out, please replace to ensure pin security.

Newer models include pulley covers to prevent any loose clothing from getting caught in the pulleys. Secure cover around pulley by using the 4 velcro strips, then pull down to ensure it is tightly in place.

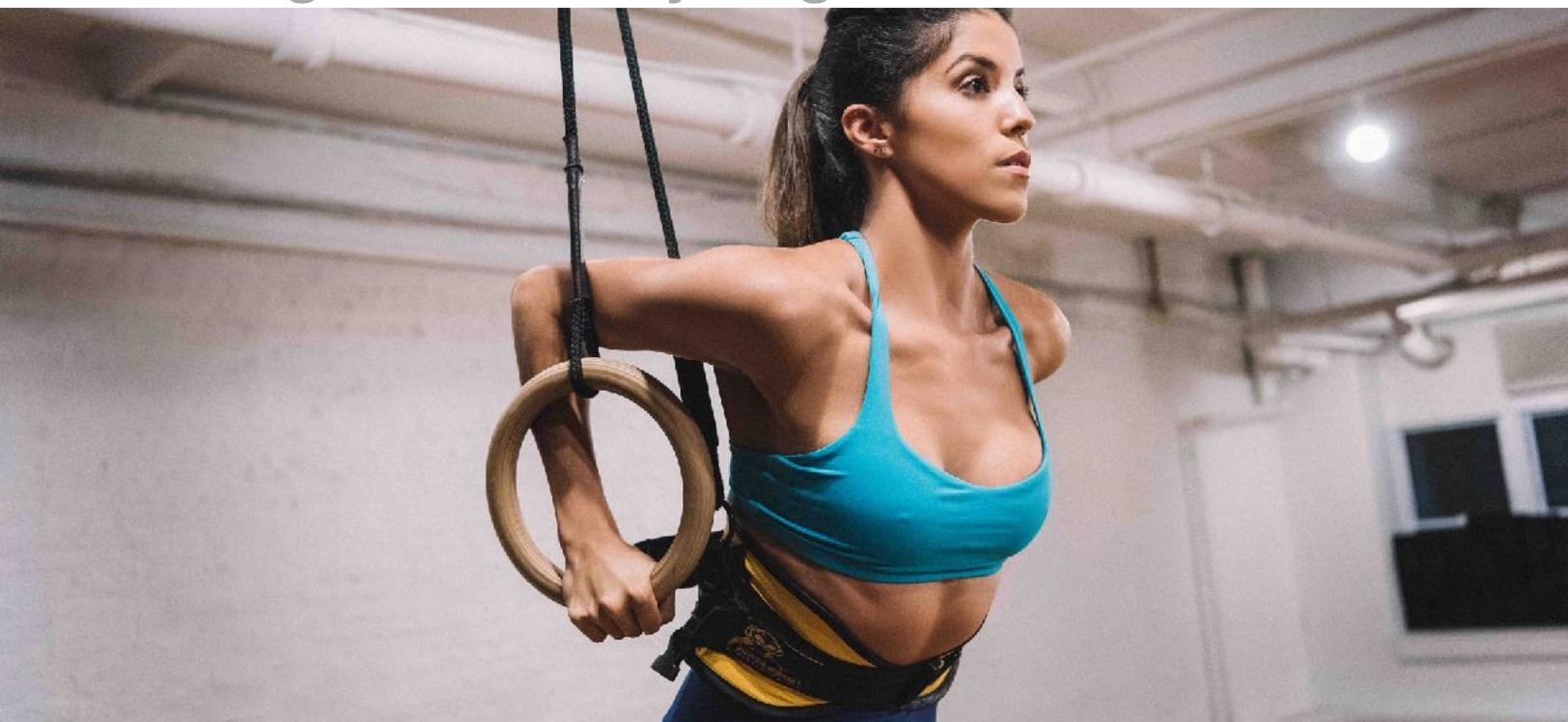
Thread the strap over beam clamp and through the buckle. Pull down aggressively on the strap to make sure it is threaded in the correct direction, there should be no movement. Provided webbing allows for hanging of the RING THING® for heights ranging from 8-15 feet.

Coil up the remaining slack and velcro in place to keep out of the way. Using carabineers helps streamline the rigging process, enabling you to keep the strap preset to any given height. When using carabineers, always make sure the end position hangs correct direction according to the manufacturer's instructions.

RING THING®

WHY TRAIN WITH THE RING THING®?

//Training at 50% bodyweight



MANAGING INTENSITY LEVEL

First off, the intensity is always relative to the athlete and the skill(s) they're performing. If an athlete can hold a back lever for 3 seconds in the RING THING®, they are working at a near max intensity. So even though the skill is "assisted," the intensity is very high. For this example we would recommend the athlete lower the intensity of the movement slightly (tuck & straddle variations) to increase the duration of the holds for training purposes.

The next question is usually, "How is the RING THING® beneficial for the athlete that can hold the ring back lever for 3 seconds without the RING THING®?"

For this example, the athlete would benefit greatly from lowering the intensity and accumulating more time under tension. Tucked variations can be helpful (out of the RING THING®) but incorporating the RING THING® into the training will allow for longer holds and training the ideal straight body position which incorporates the low back strength that isn't focused on in tucked variations. The RING THING® will also allow the athlete to work on perfecting the positions. Non-gymnasts tend to preface any bodyweight skill with "I'm not a gymnast" to which we offer the challenge, "so what? - it doesn't mean you can't learn to perform a skill with correct technique." *There is room for improvement at every level!*

The next aspect to consider is the structural balance of the athlete. For this example, improving the back lever may be the main goal but in order to train this position with integrity, maintaining balance is important. So, we'll work not only straight arm pulling like the front lever and a full range skin the cat, but also straight arm pushing in movements like the handstand and planche variations.

RING THING®

//Shoulder Extension & Muscle Endurance



SHOULDER EXTENSION

The RING THING® is an effective tool to safely progress shoulder extension mobility, stability, and control. To put it simply, if you lack range or control, an exercise as simple as a dip becomes a dangerous exercise. We never want to add stress to weak, immobile, or unstable positions - we want to build them up safely. The RING THING® is the perfect tool for progressing bent arm and straight arm shoulder extension (i.e. dips and skin the cat).

MUSCLE ENDURANCE

This speaks directly to those who are interested in fitness competition. So much of the focus nowadays deals with work capacity and muscle endurance. The muscle up has become a staple in the world of mixed modality fitness. The RING THING® is a great tool not only for beginners learning the false grip and transition for a muscle up, but it can also be utilized in building muscle endurance through the pattern. RING THING® muscle ups can be performed in high repetitions on their own, used as a “super set” to unassisted muscle up training, or used as a “finisher” at the end of a muscle up session.

RING THING®

//Frequently Asked Questions



FAQ's

Q: Are the belts interchangeable/detach from the rings?

The RING THING® belt is connected to the rings as one complete system. The different sized belts cannot be used interchangeably or detached from the rings to be hung independently.

Q: What is the breaking limit for RING THING®?

Though the breaking limit threshold is quite high, we don't recommend using more than a total of 400 lbs (body weight + added weight).

The buckle that adjusts the height of the straps is the weakest link. We recommend you tie a safety knot (half-hitch or two) with the additional webbing that's already run through the clip. Always keep an eye out for any signs of distress.

Q: How can I add more resistance to the RING THING®?

Our recommendation —only once you are strong and proficient technically within the positions— is to add additional body weight either with a weight vest or hanging weight to increase the difficulty. By adding weight, you'll be slowly working your way towards full body weight.

Also, you can try varying up your routine with pauses, tempo movements and high volume rep schemes.

Q: What is the length of rope from ring to belt?

The length of the rope from the rings to belt is 65" on the RING THING®.

Q: Why is it important and/or beneficial to train with the Ring Thing, at 50% bodyweight, even if the athlete has basic movements like strict pull-up/muscle up, inversion, front/back lever?

In the scope of bodyweight gymnastics strength, strict muscle ups, inversions, and levers (without the RING THING®) are entry level beginner to intermediate level skills. This is not meant to discourage athletes but to give some perspective on the spectrum of ring strength training. At the beginner/intermediate level, there is always another skill to work towards. At higher levels, the RING THING® is utilized to "grease the groove" allowing the athlete to work positions while keeping low stress on the joints.

RING THING®

//Additional Resources



OUR MISSION

At **Power Monkey Fitness**, our mission is to bring you top tier fitness education and expertise. We are the movement experts—committed to coaching excellence and technique mastery while making disciplines like gymnastics and weightlifting accessible to all. Power Monkey gives people of all levels the ability to train safely, confidently, and for the rest of their lives. Our courses, events, and equipment like the **RING THING®** create a methodical approach designed by world renowned coaches so you can go beyond and achieve your fitness goals.

PWRMNKY.COM

Find additional resources, free instructional videos, and more on our website — pwrmnky.com — and YouTube channel — youtube.com/powermonkeyfitness.

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