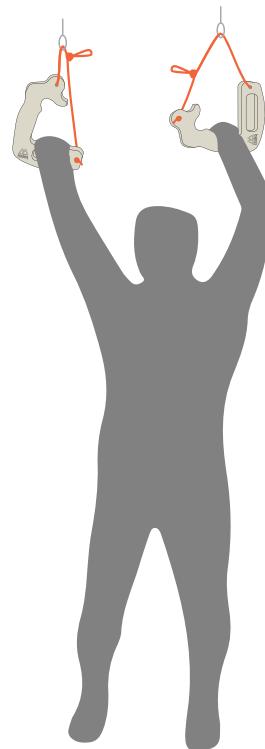


DUCK RINGS

Duck Rings™ training grips are the climbers' version of traditional gymnastic rings. They are designed to provide a compact, lightweight and stable means of rock and alpine climbing specific training.

Portable

functional as a hang-board and with the size of a gym ring.



Versatile

a wide variety of grips allows to train almost any grip position.

Natural

the high-quality plywood gives a unique natural look and feeling.

Stable

The grips self-stabilize, so the more load you apply, the more stable they get.

Instructions

Connect the grips to solid anchor points (such as carabiner or hooks) that can withstand the desired load. Positioned them near the height of your total body extension, shoulder width apart from each other.

To simulate a diverse range of climbing situations and to adjust resistance, consider using different grip positions on each arm.



WARNING

READ AND UNDERSTAND BEFORE USE!

Training with Duck Rings, like every other training device, carries the risk of injury to your fingers, arms and shoulders. Do not hang upside down in case you lose your grip or something else fails. Remember that training may lead to injury. So, carefully warm up before the use and always listen to your body. Any user of this equipment is personally responsible for learning its correct usage. The user assumes all risks, and unconditionally accepts full responsibility for any damage and/or injuries that may result from using this equipment. BLIMS AS (manufacturer) and retailers deny any liability in the event of misuse and improper use or handling. Do not leave the device unattended to avoid others from misusing the device. The product is designed to withstand loads generated by the weight of a human body. The product might break if load limit is exceeded, or if the device is misused or not properly maintained. This user instruction explains some of the correct and incorrect ways to use the rings. Remember that there are more incorrect ways to use the equipment than what is shown here. Seek qualified instruction if you are unsure on how to use this equipment. Any and all disputes are governed by Norwegian laws and Trondheim tingrett is the proper legal venue.

Care and maintenance

Keep in mind that everything wears over time. Before and after each use, check for damages to the rings, cords, and anchor points. Check that rope sheath has no fraying. If signs of wear replace the cord. If there is any concern about the condition of this product, stop using it immediately.

Keep your V-Rings in a dry environment and not exposed to direct sunlight or heat. Avoid all contact with chemicals which can destroy the product. Cleaning can be performed with soap and water if you dry it immediately upon finished cleaning. Cleaning can also be done by lightly sanding the rings with sandpaper.

Each ring is supplied with a 750mm long 4mm accessory cord, conforming to the requirements of UIAA and EN564.

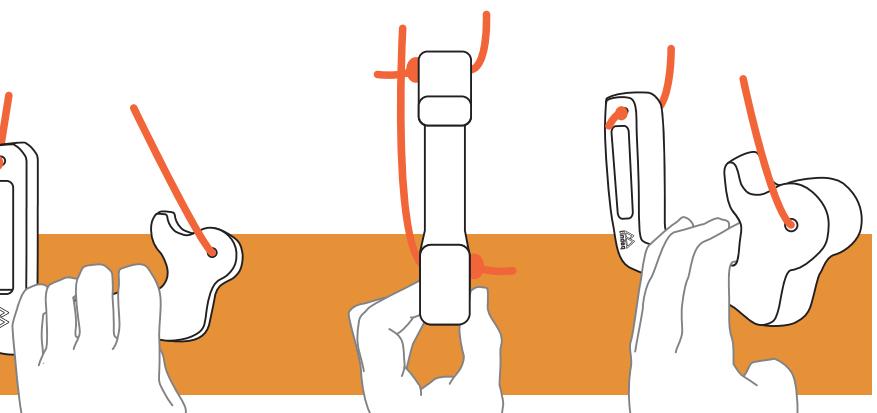
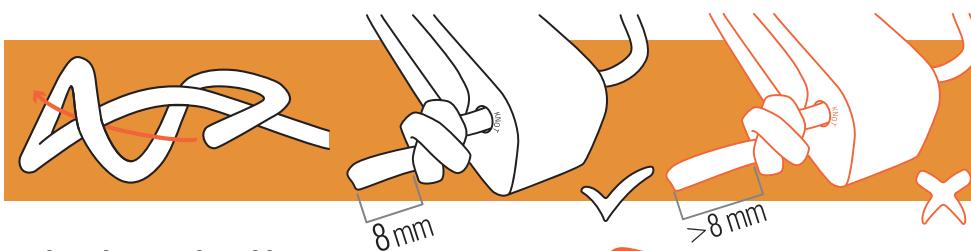
Questions or comments?

Contact us at info@tindeq.com



Tying the double overhand stop knots

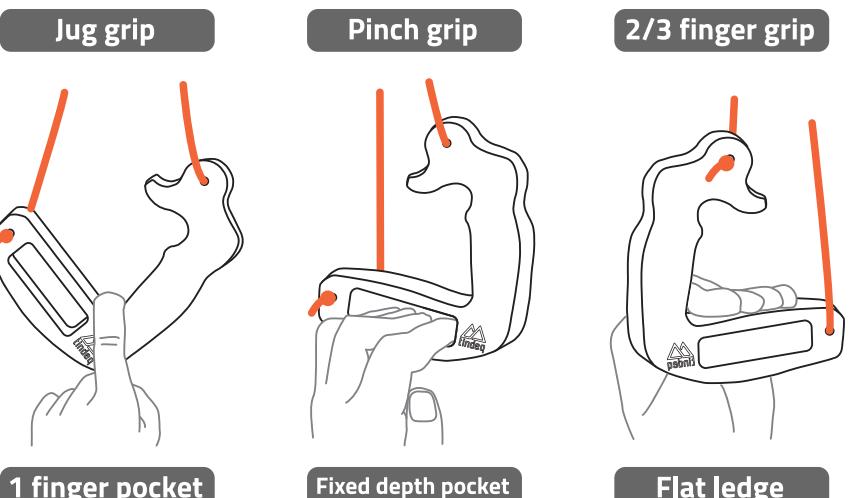
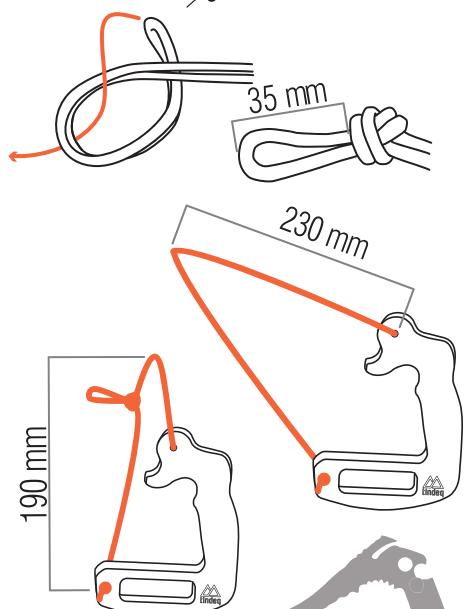
The rings have knot positions marked on the correct side of the holes. Tighten the knots by pulling with your body weight.



Tying the overhand loop

To set your Duck Rings up for using the ice tool grip, adjust the position of the loop and adapt the grip to various ice tool geometries. Here is illustrated the most common ice tools measure.

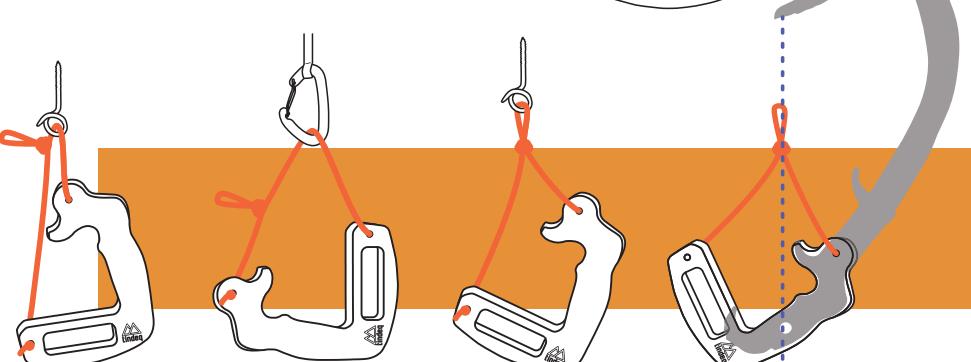
If you don't want to use the ice tool grip, shorten the cord accordingly.



Hang the Duck Rings

Connect the Duck Rings to solid anchor points by using carabiners and slings or hook them directly to pigtail hooks.

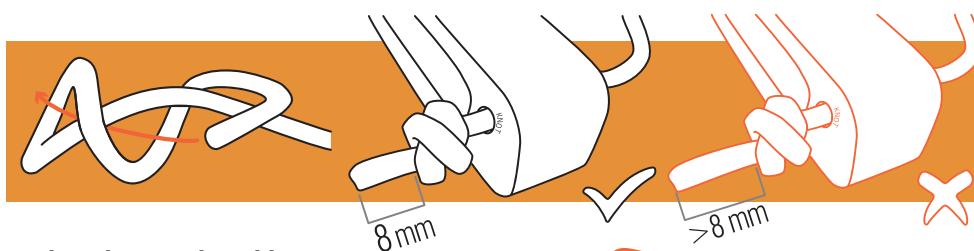
When using the ice tool grip the rings have to be connected through the overhand loop.



Tying the double overhand stop knots

The rings have knot positions marked on the correct side of the holes.

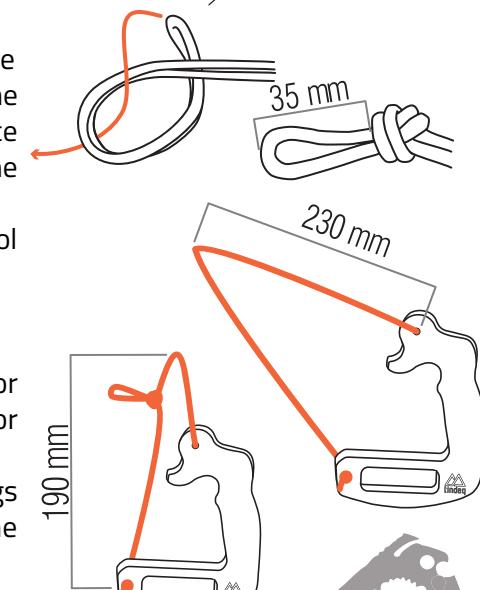
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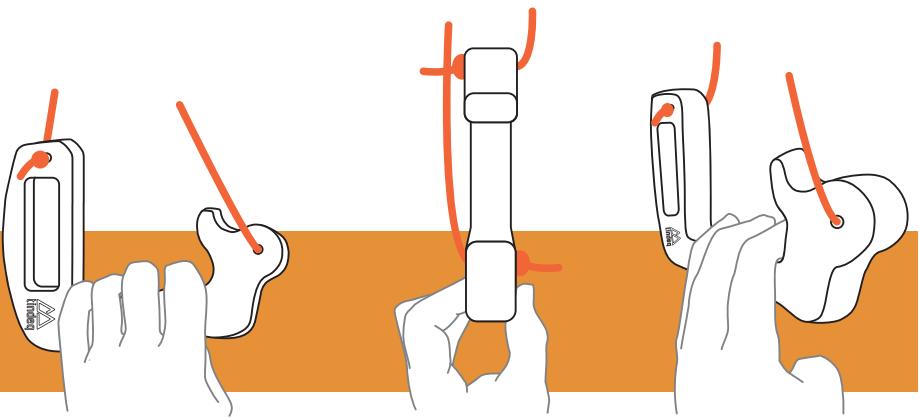
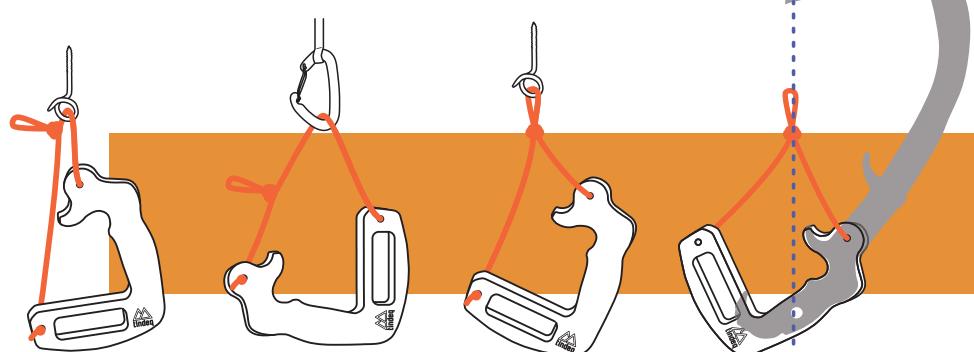
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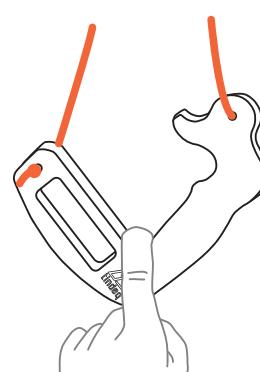
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Jug grip

Pinch grip

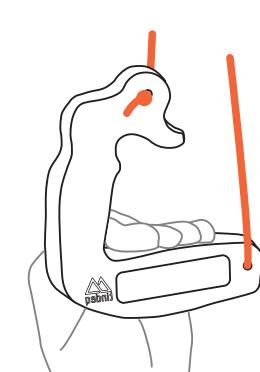
2/3 finger grip



1 finger pocket



Fixed depth pocket



Flat ledge



Slanting ledge



Ice tool grip

**DIFFERENT
GRIP
POSITIONS
& MORE**

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