

Slim Rings Mini User Guide

Visit slimrings.com/user-guide or scan QR below to get started.

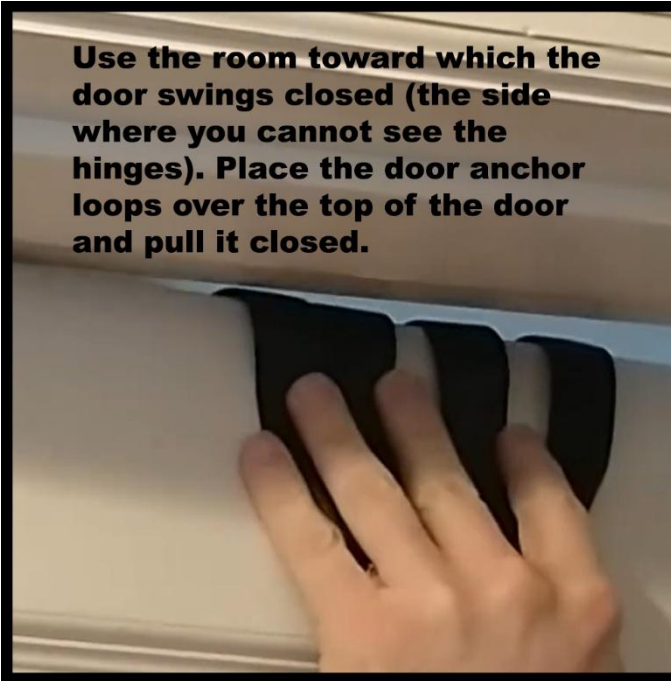
- ❖ Your Slim Rings Mini come with a 10-year warranty against factory defects.
- ❖ Select an **anchor point** that:
 - Can hold your weight several times over.
 - Does not have sharp edges, which can weaken or cut your Mini.
 - Is located above a non-slip surface.
- ❖ For use on a door, use the room toward which the door swings shut (door hinges not visible). Slide anchor loops closer to the hinge side for extra strength.
- ❖ Knots, abrasion, and other types of damage can reduce the strength of your Slim Rings Mini and make them unsafe. Inspect your Mini prior to each workout and discontinue use if damage is present. Some wear and tear should be expected with frequent use. Consider wrapping rough surfaces, like tree branches, with a thick towel or pad to protect both the anchor point and your Mini.
- ❖ Take your Mini outdoors whenever you like for your workout but store them indoors. Sunlight and weather can damage even the strongest materials over time.
- ❖ Bodyweight exercise offers many advantages but requires careful attention to technique at all times. Seek the advice of a qualified professional when in doubt.
- ❖ Loops and handles can pose a choking hazard to children and pets. Please store your Mini in a safe location when not in use.

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Hanging Your Slim Rings Mini on a Door

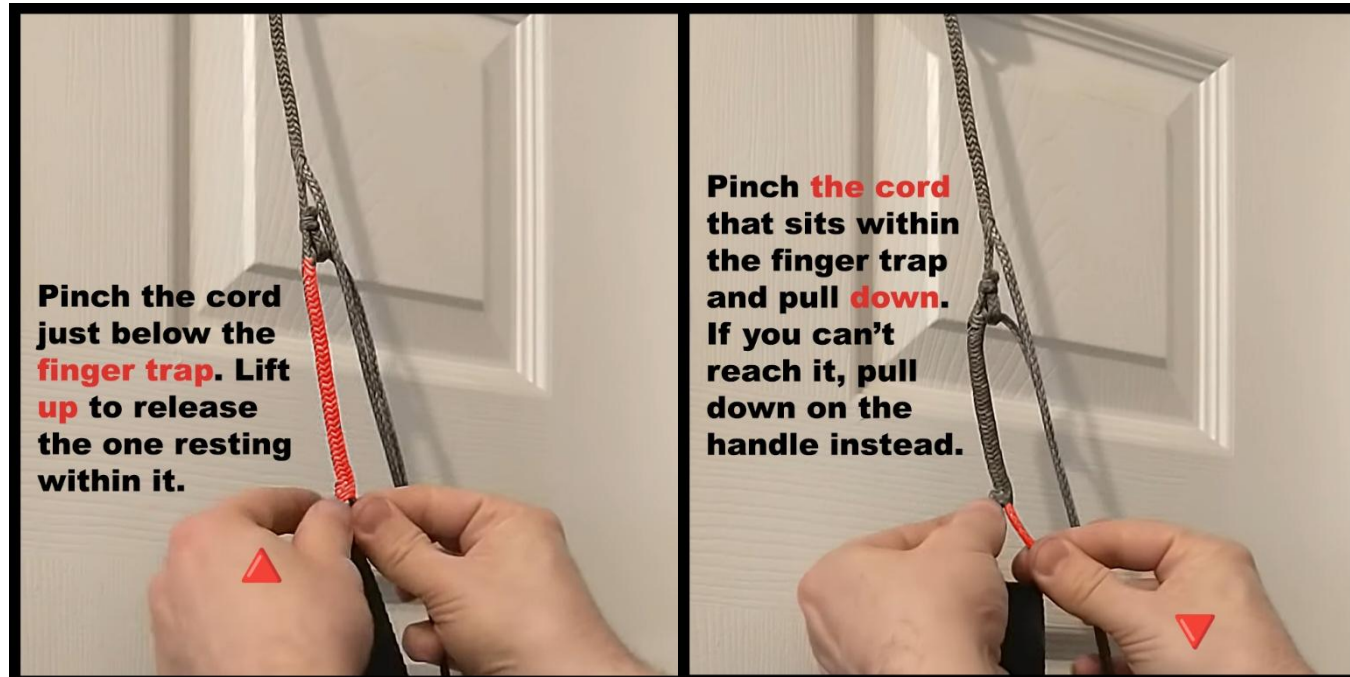
Use the room toward which the door swings closed (the side where you cannot see the hinges). Place the door anchor loops over the top of the door and pull it closed.



Pull down on both sides to make sure they're firmly seated in place.



Lengthening your Slim Rings Mini



Shortening your Slim Rings Mini

