



9'	2.74m	.5 LB	.23kg
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Approximate Rope Length

Approximate Weight Per Handle

Weighted Jump Rope

Intense Muscle Building Cardio Workout

Add another dimension to your training by using the GoFit Weighted Jump Rope. When working out with this rope, the 1/2 LB weights in each of the handles will help you develop the muscles in your wrists and forearms. It will also provide you with a great cardio workout.

- 1/2 LB Weighted Handles
- Smooth Action Ball Bearings
- Non-Slip Foam Handles
- Solid PVC Rope



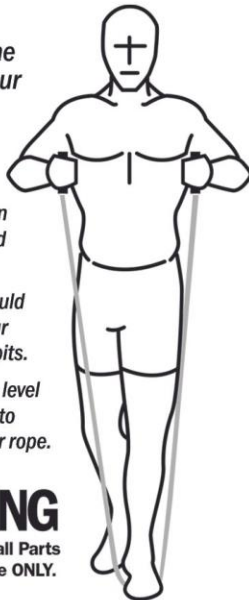
How to Determine the Correct Length of your Jump Rope:

STEP 1— Grab each handle individually.

STEP 2—Place one foot on the center of the rope and pull up on the handles.


STEP 3—The handles should come to the center of your chest, not past your armpits.


Note: As your proficiency level increases, you may want to shorten the length of your rope.





! WARNING
CHOKING HAZARD - Small Parts
Not for children. Adult use ONLY.

Weighted Jump Rope Adjustment

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1. Twist and separate the handle from its handle cap. Push the rope through the end of the handle.
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2. Separate the retaining clip and plastic clip collar. Push the smaller clip down the rope to predetermined length.
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3. Cut the rope approximately 1/2" to the outside of the clip. **CAUTION: It is better to cut too long if uncertain.**
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4. Pull the plastic collar back over the clip and re-insert the end of the rope into the handle. Twist the handle and handle cap securely back together.