



**Cardio-Intense, Muscle-Carving
Workout, with Deluxe Grip Handles**



ProSpeedRope

Get intense cardio training, while carving muscle definition with GoFit's Pro Speed Rope. Smooth, ball bearing action and solid PVC rope mean faster rotation for a non-stop fat-burning workout. Deluxe grip handles provide no-slip comfort and control. This is a great tool to elevate your MMA training, cross training, or simply improve overall fitness results. *Train. Recover. Repeat. GoFit.*

- Smooth, Ball Bearing Action
- Deluxe Grip Handles
- Ergonomic Design
- Solid PVC Rope
- Adjustable Length



Rope Length Adjustment

How to determine the correct length for 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.



1. Remove the end cap from one of the handles. Push the rope through the end of the handle.



2. Separate the retaining clip and plastic clip collar. Push the smaller clip down the rope to predetermined length.



3. Cut the rope approximately 1/2" to the outside of the clip. **CAUTION:** It is better to cut too long if uncertain.



4. Pull the plastic collar back over the clip and pull the rope into the handle. Place the handle end cap back on.