



Cardio Pumping
Workout Tool



Approximate Rope Length

Beaded Jump Rope

Get intense cardio training and carve muscle definition with GoFit's Beaded Jump Rope. The GoFit Beaded Rope is a great rope to begin your cardio training. The 9-foot rope is adjustable in length and the beaded segments make this a very rugged and dependable tool.



- 9-Foot Beaded Rope
- Heavy-Duty Beads for Faster Rotation
- Comfortable, Lightweight Handles

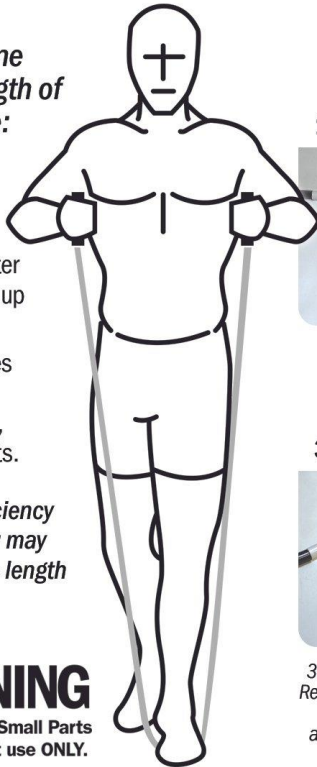
How to Determine the Correct Length of your Jump Rope:

STEP 1— Grab each handle individually.

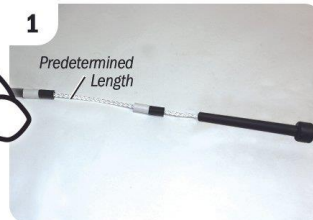
STEP 2—Place one foot on the center of the rope and pull up on the handles.

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.



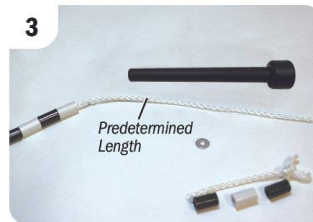
Beaded Jump Rope Adjustment



1. Pull rope tight and mark your predetermined length.



2. Cut the rope at least 3 inches above your predetermined length. **CAUTION:** It is better to cut too long if uncertain.



3. Remove excess rope from the handle. Remove both washers and as many beads as necessary for rope adjustment according to your predetermined length. Put one washer back on the rope.



4. Properly dispose of excess beads and rope. Pull the rope through the handle. Put the other washer back on the rope and tie a secure knot at your predetermined length.

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