



Approximate Rope Length

# Leather Jump Rope

## Intense Cardio Workout

Get intense cardio training and carve muscle definition with GoFit's genuine Leather Jump Rope. The ball bearing action provides smooth, quick rotation for a non-stop, fat-burning workout. This is a great tool to elevate your MMA training, cross training, or simply improve overall fitness results.

- 9-Foot Genuine Leather Rope
- Smooth Action Ball Bearings
- Ergonomically Shaped Thumb-and-Finger Holds
- Comfortable, Non-Slip Foam Handles



### How to Determine the Correct Length of your Jump Rope:

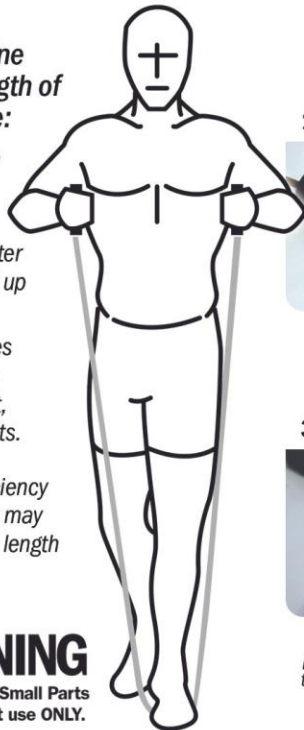
STEP 1— Grab each handle individually.

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.

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



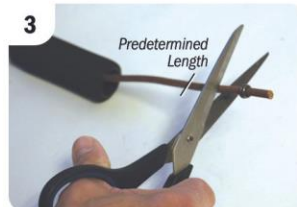
### Leather Jump Rope Adjustment



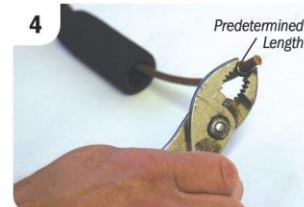
1. Remove the end cap from the specified handle. Pull out bag that contains 2 extra metal clips.



2. Push the rope through the end of the handle.



3. Cut the rope 1/2" above your predetermined length on the inside of the metal clip. **CAUTION: It is better to cut too long if uncertain.**



4. Slide 1 metal clip to predetermined length. With pliers, clamp down on metal clip until rope does not slide through clip. Pull the rope into the handle. Place the handle end cap back on.