



Approximate Rope Length

Speed Jump Rope

Cardio-Intense, Muscle-Carving Workout

Get intense cardio training and carve muscle definition with GoFit's Speed Jump Rope. The smooth action ball bearings and solid PVC rope provide faster 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.

- Smooth Action Ball Bearings
- Ergonomically Shaped Thumb-and-Finger Holds
- Comfortable, Non-Slip Foam Handles
- Solid PVC Rope



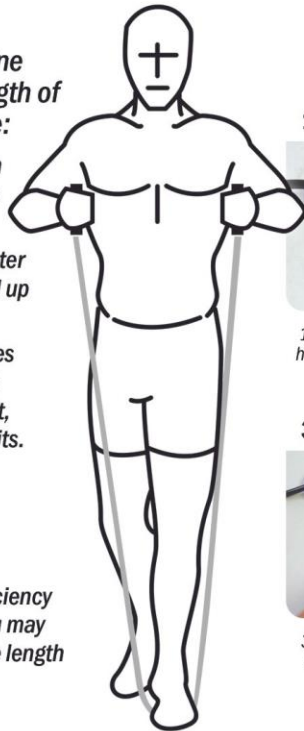
How to Determine the Correct Length of your Jump Rope:

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.



Speed Jump Rope Adjustment



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 re-insert the end of the rope into the handle. Place the handle end cap back on.