



### DIMENSIONS

**Rope:** 3 meters long x 2.3 mm thick (+/- 0.2 mm variable)

**Handle:** Conical 150 mm long x 17.5 mm larger diameter with 75 mm long and 13.5 mm smaller diameter

### WEIGHT

200g

### FEATURES

**Composition:** Rolled aluminum handle and ball with metal cable entry hole. PVC-coated steel alloy cable.

**Colors:** Black, gold and silver.

Handle with knurl 74 mm long and 0.2 mm high.

Possibility to adjust the handles on the cable with thumbscrews.

Includes PP (polypropylene) bag for easy carrying.

### PURPOSE

Rope jumping provides better coordination and cognitive function. Strengthens muscle groups such as twins, abs, shoulders, thighs and buttocks. Great high intensity workout by increasing your heart rate.

### MAINTENANCE

It is advised to be clean and sanitized after use. Regularly, as needed, the bearings and the ball should be oiled.

### WARRANTY

For end consumers: 2 years.

For business consumer: 1 year

Warranty Disclaimer: Not assured when misuse is verified; or when is not properly cleaned and serviced as described in maintenance. Wear in the center of the cable due to its use on rough surfaces.