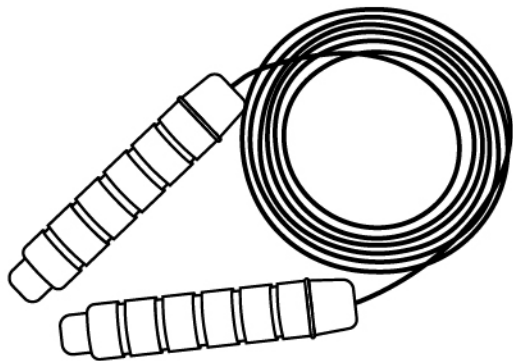


3DActive JUMP ROPE



USER GUIDE

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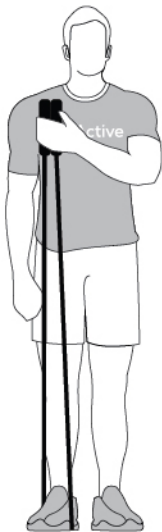
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SAFETY WARNING

Consult your healthcare professional before starting any type of exercise program. Do not take any risks beyond your level of experience and fitness.

- Before every use check for any damage on the jump rope and do not use if damaged.
- This product is not suitable for children under 3 years of age. To avoid entanglement, ensure that children are under close adult supervision. Store out of reach of children under 12 years of age.
- Use this product in an open area, free from hazards.

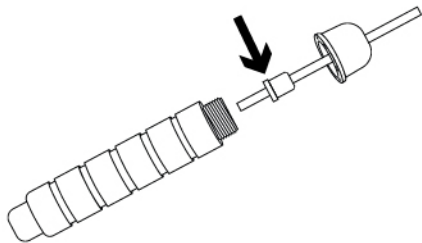
HOW TO MEASURE YOUR JUMP ROPE



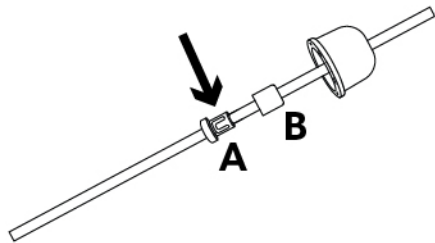
- Stand in the middle of the rope. Bring the ends of both handles up to the top of your shoulder. Shorten further if needed.
- When using the jump rope, the rope should only touch the floor lightly and should not hit the top of your head.

Choose the appropriate resistance level for you in accordance to your strength and fitness level. Individual needs will vary.

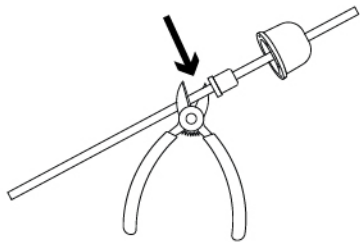
ADJUSTING YOUR JUMP ROPE



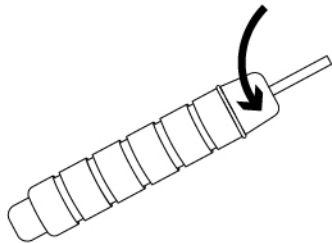
Unscrew the top of the handle and open/separate the plastic clip.



Adjust the rope to the measured length then slide the plastic clip (A) into place and close (B) to secure.






Use wire cutters to cut off the excess rope.



Screw the top of the handle back on.

CARE INSTRUCTIONS

-  Coil the rope when the jump rope is stored..
-  Use the jump rope on non-abrasive surfaces to prevent damage and maximize rope life.
-  Take care of the ball bearings by applying oil when needed.

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

www.3dactive.com/support



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3DActive Jump Rope

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