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› Te-Rich Jump Rope User Manual

Te-Rich JR158

Te-Rich Jump Rope User Manual

Comprehensive instructions for setting up, operating, and maintaining your Te-Rich Weighted Jump Rope with Counter.
Designed for fitness enthusiasts of all ages and skill levels.

PRODUCT OVERVIEW

The Te-Rich Jump Rope is a versatile fitness tool equipped with a digital counter to track your workout progress. It features weighted handles for enhanced training and offers both traditional rope and cordless jumping options, making it suitable for various environments.



Image: Te-Rich Jump Rope with its main components including handles, rope, and cordless balls.

WHAT'S IN THE BOX

Your Te-Rich Jump Rope package includes the following items:

- 2 x Weighted Handles
- 2 x Rope Balls (for cordless mode)
- 2 x Cable Ties
- 1 x Rope (9.8ft)
- 1 x Replacement CR2032 Battery
- 1 x Screwdriver (for battery changing)

SETUP AND ASSEMBLY

1. Assembling the Rope

To use the jump rope in traditional mode, you will need to attach the rope to the handles. The rope can be adjusted to your desired length.

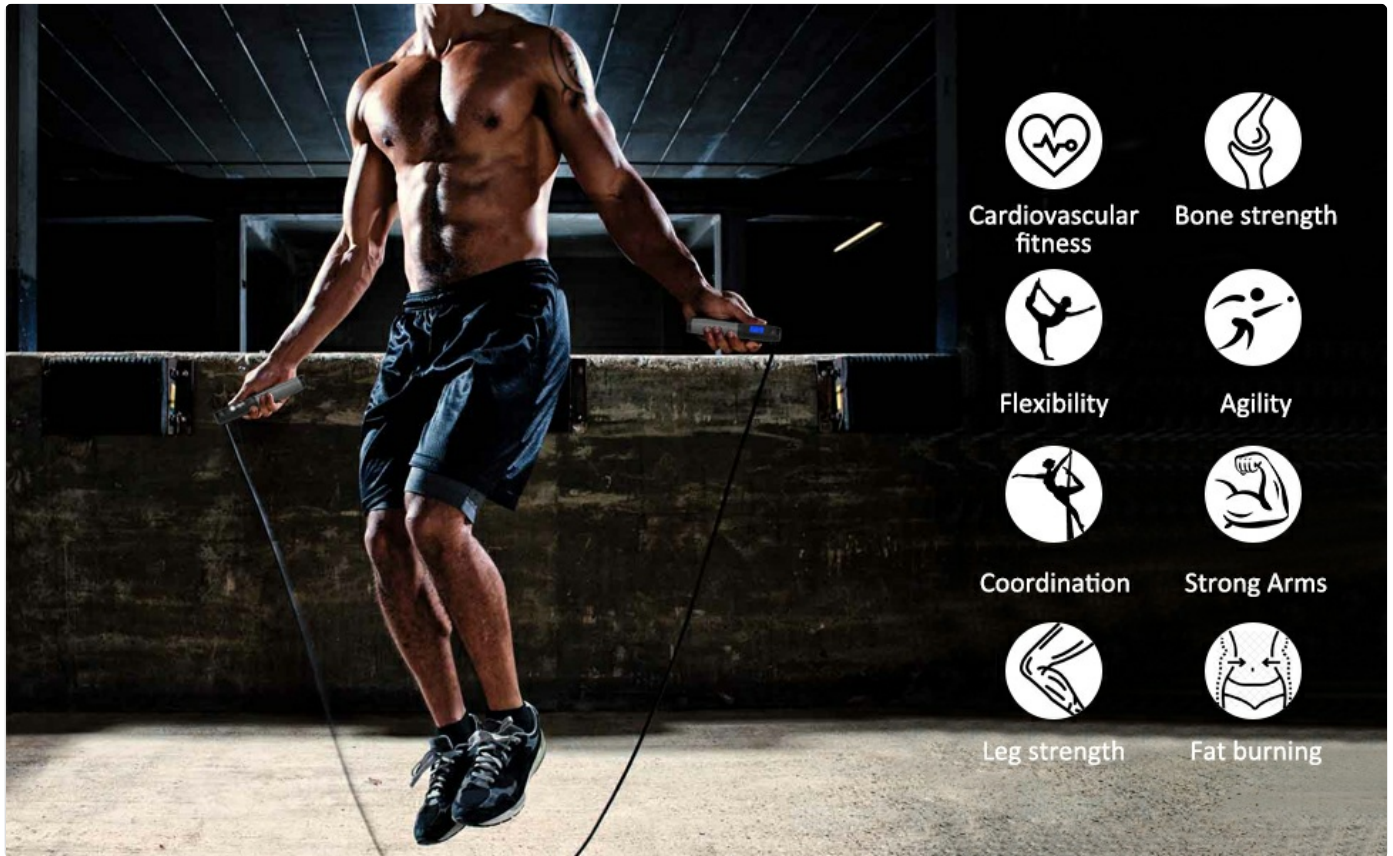


Image: Steps to assemble the rope by threading it through the handle openings.

1. Loop the rope through one hole on the handle.
2. Fold the rope back through the other hole.
3. Adjust the cable length to fit your height.

The rope can be extended up to 9.8 feet and is easily shortened for different users. This adjustable length makes it suitable for all ages and heights.

2. Sizing Your Jump Rope

Proper rope length is crucial for effective and comfortable jumping. Follow these steps to determine the ideal length:

- Step with one foot into the middle of the rope.
- Bring your hands up towards your chest.
- Place your hands underneath your armpits (the rope should be semi-taut).
- The length of the rope measured from one hand to the other is the recommended rope length for your height.



How to Size A Jump Rope

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- Bring your hands up towards your chest
- Place your hands underneath your armpits (the rope should be semi-taut)
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Jump Rope Length Recommendations

Height of Jumper	Length of Rope
4ft up to 4'9"	7ft
4'10"-5'3"	8ft
5'4"-5'11"	9ft
6'0"-6'4"	10ft
6'4"+	11ft

Image: Visual guide and table for selecting the appropriate jump rope length based on height.

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3. Cordless Mode Setup

For indoor use or in tight spaces, you can attach the rope balls to the handles to simulate jumping without a full rope. This

prevents tangling and hitting objects.

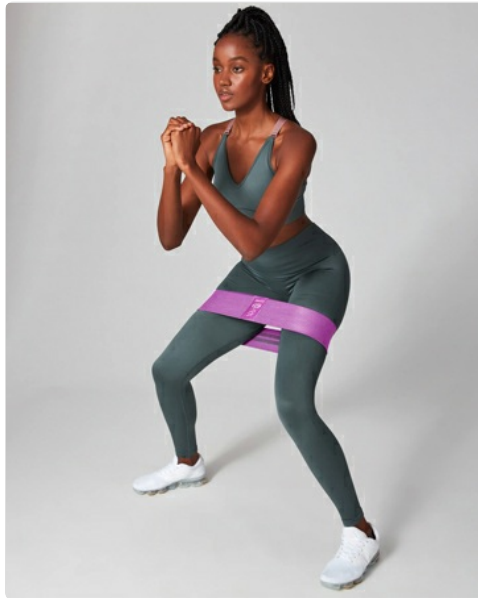


Image: Handle with cordless ball attachment for indoor use.

The cordless feature allows you to exercise anywhere without space constraints, making it ideal for home workouts.

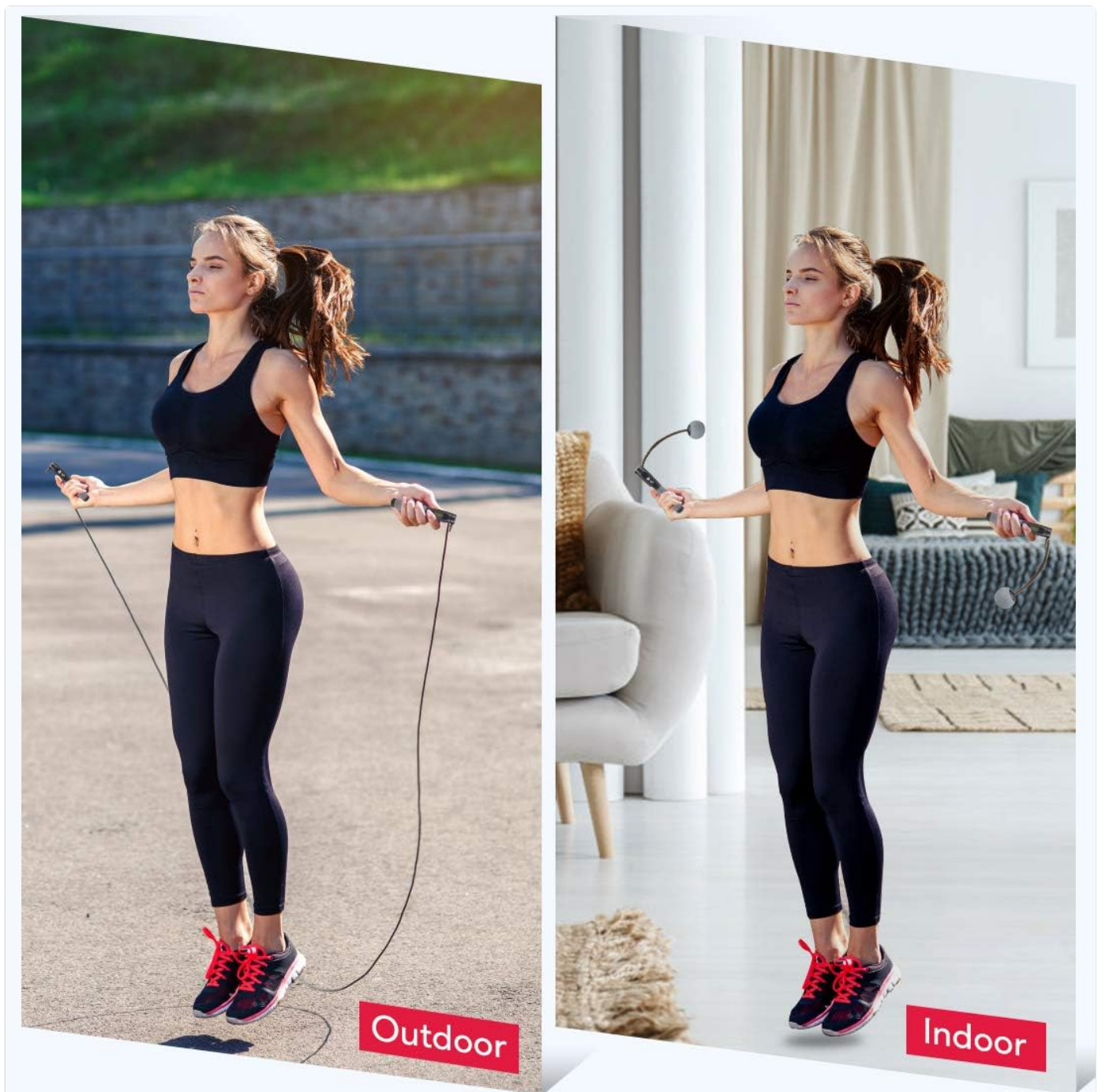


Image: Demonstrating the use of the jump rope both outdoors with the full rope and indoors with the cordless balls.

OPERATING INSTRUCTIONS

Using the Smart Counter

One of the handles is equipped with a backlit LCD screen that displays your workout data. This smart counter helps you track your progress effectively.



Image: Detailed view of the LCD screen and its indicators.

- **W (Weight):** Set your weight in kilograms (maximum: 120kg, minimum: 20kg). This setting is crucial for accurate calorie calculation.
- **T (Timer):** Tracks the duration of your workout, settable between 1-60 minutes.
- **L (Loop/Jumps):** Counts the number of jumps you make.
- **C (Calories):** Displays the estimated calories consumed during your training session, based on your set weight and workout duration/jumps.

To ensure accurate calorie counting, always remember to input your current weight in kilograms. If you use pounds, convert your weight to kilograms before inputting.



Image: Close-up of the handle showing the LCD screen and buttons.

MAINTENANCE

Battery Replacement

The jump rope's counter is powered by a CR2032 battery. When the display dims or stops functioning, it's time to replace the battery.



Image: Steps for replacing the CR2032 battery.

1. Open the battery compartment with the included screwdriver.
2. Insert the new CR2032 battery with the positive (+) side facing up.
3. Close the battery compartment door securely.

General Care

The Te-Rich Jump Rope is constructed from durable PVC material, designed to withstand daily use both indoors and outdoors. To ensure its longevity:

- Store the jump rope in a cool, dry place when not in use.
- Avoid exposing the rope to extreme temperatures or direct sunlight for prolonged periods.
- Clean the handles with a damp cloth if necessary. Do not submerge the handles in water.
- If using the rope outdoors, ensure the surface is smooth to prevent excessive wear on the PVC rope.

TROUBLESHOOTING

- **Counter Not Displaying or Dim:**
This usually indicates a low battery. Replace the CR2032 battery following the "Battery Replacement" instructions in the Maintenance section.
- **Inaccurate Calorie Count:**
Ensure you have correctly set your weight in kilograms on the device. An incorrect weight input will lead to inaccurate calorie calculations.
- **Rope Kinks or Bends:**
The PVC rope may develop kinks if stored tightly or improperly. To straighten, gently stretch the rope or hang it freely for a period. Avoid sharp bends during storage.
- **Rope Hitting Feet/Hands After Adjustment:**
When adjusting the rope for shorter lengths, excess rope may protrude from the handle. Ensure the cable ties are used to secure any excess rope neatly to prevent it from interfering with your hands or feet during jumping.
- **No Internal Memory for Previous Sessions:**
The device does not store long-term workout history. However, if the device turns off automatically, you can press the "Up" button upon turning it back on to recall the count from the immediately preceding session (short-term memory).

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Te-Rich
Model Number	JR158
Color	Black+Gray
Material	Acrylonitrile Butadiene Styrene (ABS) / Silicone (Handle)
Item Length (Rope)	9.8 feet (Adjustable)
Handle Length	7 inches
Special Feature	Counter, Weighted Handles, Cordless Option
Target Audience	Women, Men, Kids
Power Source	CR2032 Battery
Item Package Dimensions	8.11 x 5.31 x 1.65 inches

Feature	Detail
Package Weight	0.36 Kilograms

WARRANTY AND SUPPORT

Te-Rich is committed to providing high-quality products and excellent customer service. Your Te-Rich Jump Rope comes with a commitment to friendly customer care for its lifetime.

For any questions, concerns, or support needs regarding your product, please contact Te-Rich customer service through the official brand store or the platform where you purchased the product.

You can visit the official Te-Rich Store for more information and support:[Te-Rich Store on Amazon](#)

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This manual is for informational purposes only. Product specifications are subject to change without notice.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question