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Te-Rich JR158

Te-Rich Weighted Jump Rope with Counter JR158 User Manual

Model: JR158

INTRODUCTION

Thank you for choosing the Te-Rich Weighted Jump Rope with Counter. This manual provides essential information for the proper setup, operation, and maintenance of your jump rope. Please read it carefully before use to ensure optimal performance and safety.

Better Results, Less Time



Calorie-burning in 1 hour compared to other activities

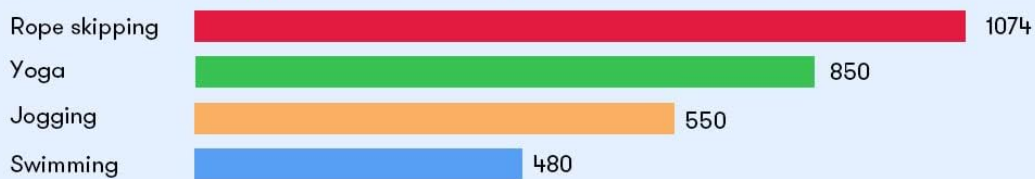


Image: Te-Rich Weighted Jump Rope with Counter, showcasing its design with a digital display on the handle.

Key Features:

- **Integrated Digital Counter:** An LCD screen on one handle displays calories burned, jump count, and workout duration.
- **Weighted Handles:** Provides additional resistance for an enhanced workout.
- **Adjustable Rope Length:** The PVC rope can be easily adjusted up to 3 meters to suit various user heights.
- **Cordless Mode:** Includes short leashes with weighted balls to simulate jumping without a full rope, ideal for confined spaces.
- **Durable Construction:** Features high-performance ball bearings and anti-slip silicone grips for smooth, comfortable, and long-lasting use.



Image: Collage showing children, adults, men, and women using the Te-Rich jump rope, highlighting its suitability for all ages and genders.

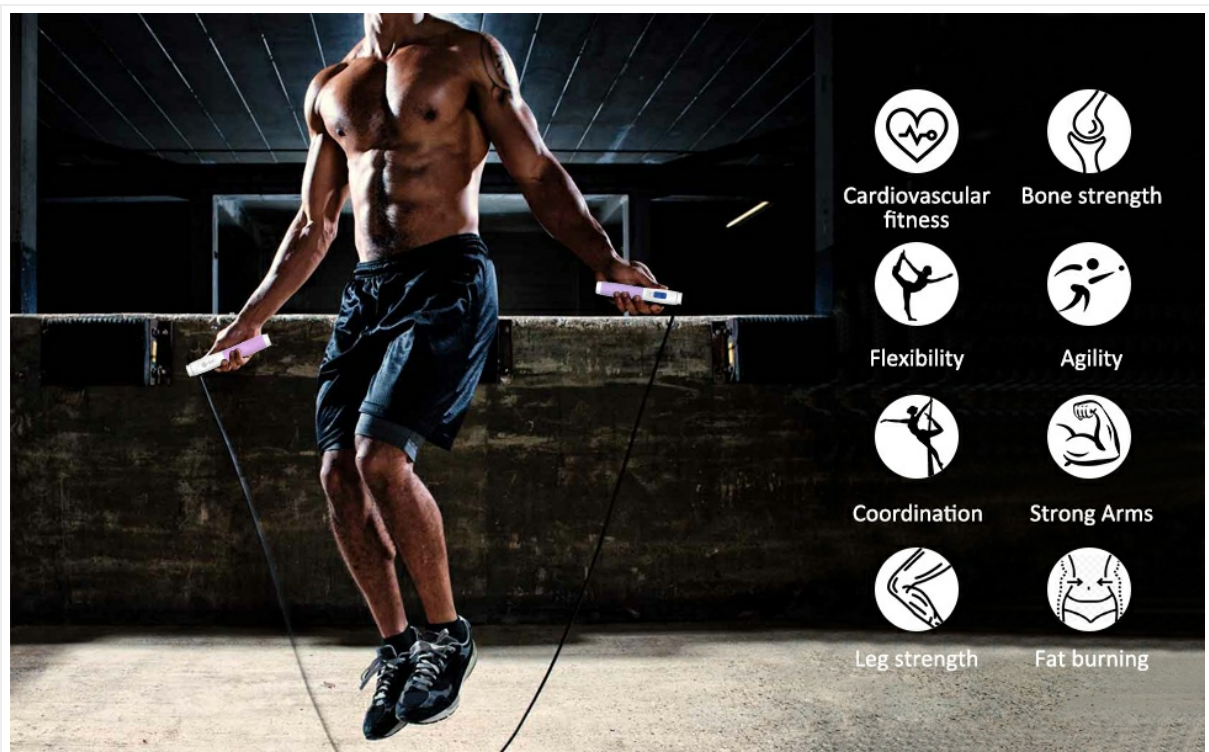


Image: Diagram illustrating muscles worked during jump roping (brain, shoulders, arms, thighs, knees, calves, ankle joints) and a bar chart comparing calorie burn of rope skipping to other activities.

SETUP

1. Rope Assembly

To assemble the rope for traditional jumping:

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 (see 'Adjusting Rope Length' below).

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