


**Weighted
Jump Rope**



PURE Weighted Jump Rope User Guide

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PURE Weighted Jump Rope



Product Information

Product Specifications

- **Intended Use:** Training endurance, coordination, and strength
- **Optimum Length:** Handles should extend to armpits when standing on the mid-point of the rope
- **Usage:** Suitable for indoor and outdoor use
- **Material:** Durable and lightweight
- **Handle Material:** Non-slip grip for secure handling
- **Color:** Assorted
- **Length:** Adjustable

Product Usage Instructions

1. Checking Optimum Length:

Before using the jump rope, ensure it has the correct length:

- Stand on the midpoint of the rope.
- Both ends, including handles, should reach your armpits.

2. Adjusting Length:

If the rope is not at the optimum length:

- Locate the adjustment mechanism on the rope.
- Follow the provided instructions to resize the rope accordingly.

3. Training Guidelines:

Follow these guidelines for safe and effective training:

- Consult your physician before starting any training program.
- Base your training schedule on your current physical condition.

- Maintain correct posture during exercises.
- Wear appropriate footwear and clothing.
- Avoid nearby objects or individuals while exercising.
- Always perform a 10-minute warm-up before jumping.

Frequently Asked Questions

Q: Can the jump rope be used by children?

A: Yes, under adult supervision and ensuring proper adjustment of length.

Q: How do I clean the jump rope?

A: Use a damp cloth with mild soap to wipe down the rope and handles. Avoid soaking in water.

Q: Can the jump rope be used outdoors?

A: Yes, it is suitable for both indoor and outdoor use.

INTENDED USE:

The jump rope is intended for training your endurance, coordination, and strength.

SAFETY INSTRUCTION

Check before use if the jump rope has the optimum length. If you stand on the mid-point of the rope both ends including the handles need to extend to your armpits. Adjust the length if the rope doesn't have the optimum length according to the below instructions.


WARNING:

These operating instructions must be carefully read, followed up, and stored. Before undertaking a training program, consult your doctor first. Base the training schedule on your current physical condition. It is important to assume a correct posture during the exercise. Always wear suitable footwear and clothing. Stay away from any objects or other persons. Always do a warm-up (10 minutes of walking) and a cool down after each workout (full body stretch). Injury can occur due to incorrect or excessive training, or due to an incorrect warm-up. In case of physical complaints, immediately end your training. Importer and her distributors cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the buyer or by any other person. Use of this article is at your own risk.

Pregnant women should only exercise after consulting a doctor. The article should only be used by adults and never used as a toy. It is recommended to pause between the exercises. Check the article always before use for damage or wear. If this is found, the article may not be used. This item is exclusively intended for private use and cannot be used for commercial purposes. Store the article dry and clean in a space with a constant moderate temperature. Do not use cleaning products to clean the article, only clean with a damp cloth, afterward dry with a

cleaning cloth. Protect this article from extreme temperatures, sun, and humidity. Dispose of the item and packaging materials per local, current regulations at a collection point. When passing the product on to a third party, always make sure that the documentation is included. Always do the exercises as described in this instruction. Train only on a flat and non-slip surface. Make sure that your training range is clean and free of pointed objects. A free area of at least 100cm must be kept around your training area.

Documents / Resources

	<p>PURE Weighted Jump Rope [pdf] User Guide Weighted Jump Rope, Weighted, Jump Rope, Rope</p>
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References

- [User Manual](#)

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