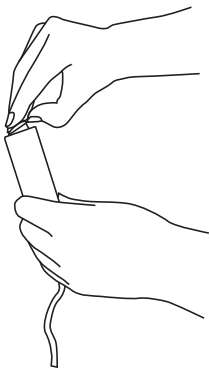
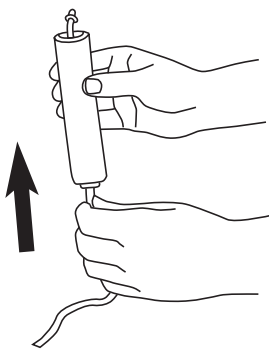


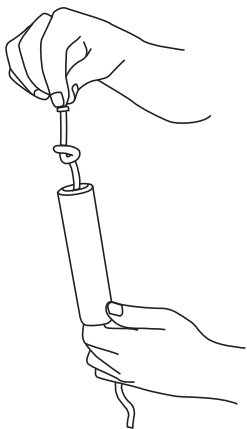
How to Adjust Jump Rope Length



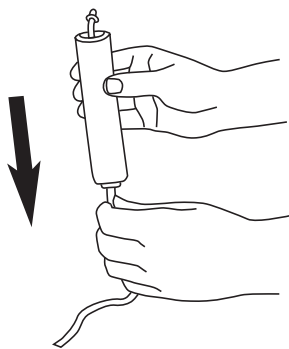
Step 1) Remove end cap from rope handle.



Step 2) Push rope up through open end of handle.



Step 3) Tie a **tight** knot in rope at desired length.



Step 4) Pull rope down until knot is secured inside handle.

Step 5) Cut off excess rope if necessary. Replace end cap.
