

How to Secure and Adjust Jump Rope Length



Step 1) Push one end of rope through hole on black end of handle



Step 2) Curl end back through second hole and pull to secure rope

Step 3) Repeat on other end

Step 4) Rope can be adjusted until desired length is reached

Step 5) Cut off excess rope if necessary

How to Turn On Digital Rotation Counter

Step 1) Prior to first use, pull clear plastic strip out of battery compartment

Step 2) Press reset button to turn on counter. Number 0 will show in display

For countdown mode, press and hold reset button for 3 seconds. Press reset button to increase number by 100 until desired number is reached.

Counter can be reset at any time by holding reset button for 2 seconds. Counter will shut off automatically after 3 minutes of rest.