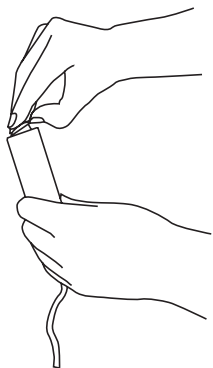
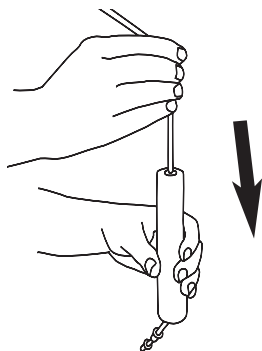


How to Adjust Jump Rope Length

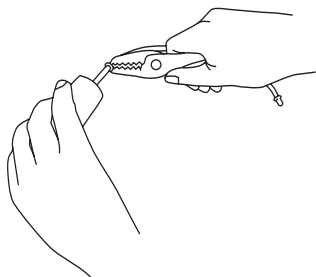


Step 1) Remove end cap from rope handle.

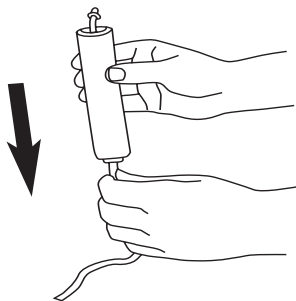


Step 2) Push rope down through open end of handle so both metal crimp pieces are visible.

Step 3) Pull rope out to desired length.



Step 4) Crimp loose metal piece with pliers at desired length.



Step 5) Pull rope down until it is seated inside handle.

Step 6) Cut off excess rope if necessary. Replace end cap.