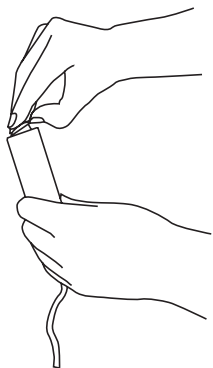
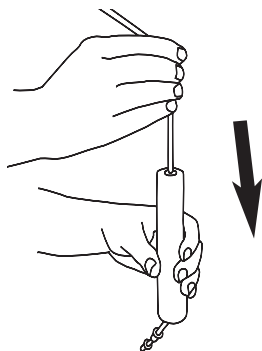


# How to Adjust Jump Rope Length

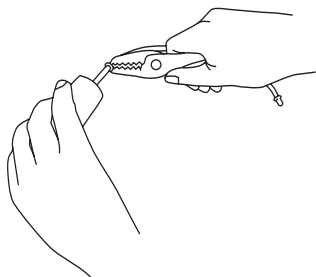


**Step 1)** Remove end cap from rope handle.

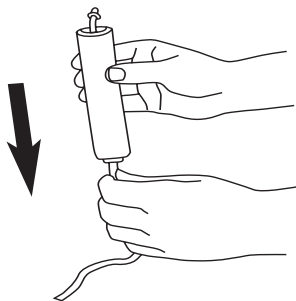


**Step 2)** Push rope down through open end of handle so both metal crimp pieces are visible.

**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.