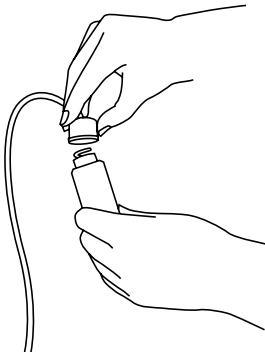
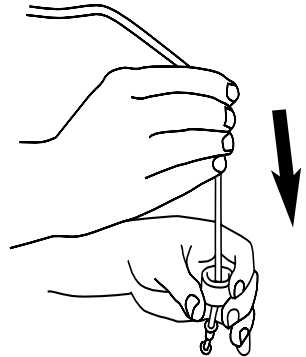


How to Adjust Weighted Jump Rope Length

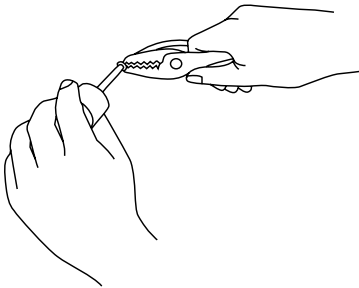


Step 1) Unscrew rope handle from black plastic cap. Set handle aside.

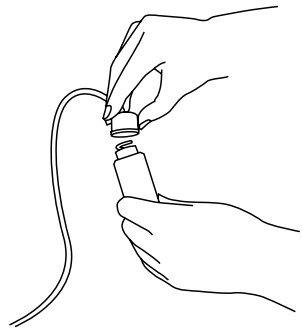


Step 2) Push rope down through end of cap so both metal crimp pieces are visible.

Step 3) Pull rope out to desired length.



Step 4) Crimp loose metal piece with pliers at desired length. Pull rope down until it is seated inside cap.



Step 5) Cut off excess rope. Screw cap on to handle, making sure spring and weight are inside handle.