

## CARE

- Do not store the Speed Jump Rope near sharp objects.
- Do not store the Speed Jump Rope near a heat source or in direct sunlight.
- Do not expose the Speed Jump Rope to extreme temperatures.
- Do not use any chemical to clean the Speed Jump Rope. Just wipe it clean with a damp cloth.
- We strongly recommend that you replace the Speed Jump Rope at least once a year. If you use the Speed Jump Rope more than three times a week, replacement is recommended every 6 months.



**INSANITY**

**THE ASYLUM**

# SPEED JUMP ROPE

## Care and Safety Instructions

### LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damages to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Speed Jump Rope.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.

© 2011 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404

Beachbody, LLC, is the owner of INSANITY, INSANITY: THE ASYLUM, Beachbody, Team Beachbody, and all related designs, trademarks, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at [TeamBeachbody.com](http://TeamBeachbody.com). For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to [Beachbody.com](http://Beachbody.com).

ASYINS1105

### IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Speed Jump Rope. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

## PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends you consult your physician before using this equipment or beginning this or any other exercise program. Using the Speed Jump Rope involves strenuous activity, so learning the proper use of this item is imperative. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

### ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Speed Jump Rope, do not use it until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Watch the Beachbody workouts first to familiarize yourself with the moves prior to attempting the routines. Read and follow these essential use and safety instructions for proper use of the Speed Jump Rope and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing or factory defective or damaged parts.
4. Always inspect the Speed Jump Rope prior to and after each use to ensure that there are no worn areas, discoloration, tears, nicks, abrasions, kinks, or cuts. If you find any flaw or defect, DO NOT USE the equipment, and contact Beachbody Customer Service for a replacement. Damaged equipment can be dangerous.
5. Prior to each use of the Speed Jump Rope, check to ensure that the rope is securely attached to the handles. Failure to ensure that the rope is securely attached to the handles may lead to significant and permanent injury to your eyes, face, and/or body.
6. **Do not attempt any movements, activities, or exercises with the Speed Jump Rope that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to the safety instructions may lead to serious and permanent eye injury, disfigurement, and/or other permanent damage.**
7. **Never pull any part of the Speed Jump Rope toward your face or head. As with any jump rope, always use extreme caution to protect your eyes when using the Speed Jump Rope. You may wish to wear protective eyewear, such as safety goggles, to prevent serious damage if you lose your grip on the handles, or if the rope breaks, snaps, or recoils. You may also wish to wear additional protective gear when using the Speed Jump Rope to prevent serious damage to other sensitive areas.**
8. **Never release the handles while in use. Release while in use can cause significant injury, disfigurement, or death.**
9. **Always store the Speed Jump Rope in a secure, childproof area.**
10. Clear your workout area of any obstructions, sharp objects, pets, people, and other distractions. You must perform all exercises on a clear, level, bare surface to avoid any risk of tripping, stumbling, or other harm or damage. Using the Speed Jump Rope near other people or objects could cause significant injury and/or damage.
11. Remove all jewelry, including rings, chains, and pins, before exercising or using the Speed Jump Rope.
12. Never wrap any part of the Speed Jump Rope around your feet, hands, mouth, head, neck, or shoulders.

13. Wear exercise shoes and proper exercise clothing (avoid loose or excess fabric).
14. Test the Speed Jump Rope carefully to ensure that the handles are securely attached to the rope.
15. Begin your workout slowly to build strength and stamina safely—this is especially critical if you are new to exercise or out of condition.
16. Begin each move slowly and with control to learn proper form, balance, and coordination.
17. Never perform an exercise move to the point at which you feel you may lose your balance or control.
18. Breathe normally; do not hold your breath during exercise.
19. Stop exercise immediately if you experience discomfort or pain.
20. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
21. Do not permanently or temporarily attach any part of the Speed Jump Rope to, or use the Speed Jump Rope with, any other equipment or materials of any kind.
22. Two or more persons should never use the Speed Jump Rope at the same time. Use by more than one person at a time could result in serious injury.
23. **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** This equipment is not recommended for children under 18 years of age.
24. The Speed Jump Rope IS NOT A TOY. If treated with care and seriousness, the Speed Jump Rope will give you fine service. Abuse can quickly ruin its usefulness.

### HOW TO JUMP ROPE

1. Make sure rope is the proper length (see below).
2. Hold handles gently but firmly with palms facing forward, holding hands slightly away from your sides.
3. Place bottom (middle) of rope so it touches floor behind feet.
4. Gently swing rope around up and over your back so it passes over your head from back to front.
5. As rope comes down in front of you, jump at least 1 inch off the floor so rope clears beneath your feet as it moves from front to back. Land softly.
6. Continue turning the rope, making a small rotating motion with your forearms. Don't snap or flick your wrists.

### DIRECTIONS: CHANGING LENGTH OF SPEED JUMP ROPE

- A. Slide handle down (toward center of rope) and pull down on the plastic stopper.
- B. Move 3-prong fastener to the desired length on the rope.
- C. Push stopper back up over 3-prong fastener to secure stopper in place.
- D. Pull rope handle back up rope until it sits on top of the stopper.
- E. Gently but firmly tug the rope to ensure that the handle is securely in place. If you need to shorten the rope by a considerable amount, adjust on both sides to achieve desired length.

