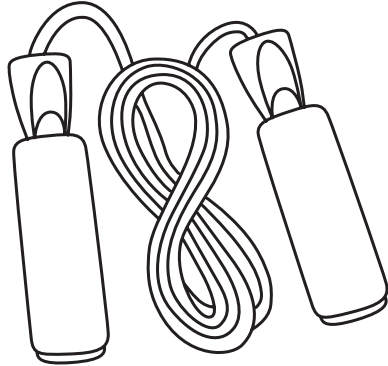


# Hi-Speed Pro Jump Rope

Burning up to 1,000 calories per hour, jumping rope is one of the healthiest aerobic workouts you can do. It'll increase your heart rate and metabolism and help you lose weight. Other benefits include improving your physique, agility, and endurance, as well as helping to prevent osteoporosis.



## For your safety, please read before using the Hi-Speed Pro Jump Rope:

Jump rope exercises are intense athletic activities involving jumping. If you have physical problems or have had surgery, particularly involving the bones, joints, or muscles (and especially any history of problems with the knees, lower back, or neck), or have been inactive or sedentary for some time, you should consult a physician before starting to use the jump rope.

The greatest degree of care has been taken by the manufacturer of the Hi-Speed Pro Jump Rope to ensure that it is as safe as possible. It is the responsibility of the user to read and comply with the following safety precautions. Failure to comply may result in the possibility of injury. See your doctor before beginning any exercise program.

1. **DO NOT** — Use the jump rope in any hazardous manner or except as expressly directed. Improper use of the jump rope can cause injuries to the eyes, face, head, and other body parts, as well as damage to pets or property. Exercise with extreme caution.
2. **DO** — When jumping rope, breathe normally. Don't hold your breath.
3. **DO** — Wear exercise shoes only. Never jump rope barefoot.
4. **DO** — Bend your knees.
5. **DO** — Watch for people around you. Only jump rope in an area that is safe and clear of people and objects.
6. **DO** — Jump on a springy surface, not on concrete.
7. **DO** — Avoid excessive heat around the rope, sharp objects on the floor, or shoes that are not smooth, and examine and test the jump rope before each workout.

## Product Features:

- **Ball bearing handles that allow smooth rotations and reduce wrist fatigue**
- **Molded handles with foam grips for comfort and safety**
- **Rope made of extremely durable polypropylene**
- **Adjustable rope length**
- **Comes in blue**

8. **DO** — Clean the jump rope with soap and water only; never use chemicals of any kind.
9. **DO** — Use only as directed.
10. **DO** — We strongly suggest that you replace the Hi-Speed Pro Jump Rope at least once a year. If you use the Hi-Speed Pro Jump Rope more than three times a week, replacement is recommended every six months. Contact Customer Service at 1-800-565-4807 to order your replacement jump rope.
11. **NEVER** store your jump rope in direct sunlight.
12. This product is not designed or guaranteed for permanent outdoor installation.
13. Children under the age of 16 should only use the Hi-Speed Pro Jump Rope with adult or professional supervision. Supervision should ensure that the child uses the equipment as explained.

The Hi-Speed Pro Jump Rope is a well-designed and serious exercise product. **IT IS NOT A PLAYTHING.** If treated with care and used completely in accordance with the directions, it will serve you well. Abuse can quickly ruin its usefulness. Beachbody® is not responsible for any immediate or consequential damages resulting from any abuse whatsoever or from any failure to follow these directions.



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