



WEIGHTED SPEED ROPE PRO

DIMENSIONS	Rope: 3.40 meters long x 2.3 mm thickness (Variable of +/- 0.2 mm)
	Handle: Cylindrical 165 mm length x 25 mm in diameter.
	Picks up: 150 g a pair.
WEIGHT	Weights: 100 g each weight.
	Total: 350 g
FEATURES	Composition: Polypropylene handle (PP) with non-slip tape with a ball bearing. PVC-coated steel alloy cable.
	Colors: Black.
	Possibility to adjust the handles on the cable with manual tightening screws. Includes polypropylene bag (PP) for easy transport.
FUNCTION	Rope jumping provides better coordination and cognitive function. Strengthens muscle groups such as twins, abdominals, shoulders, thighs and glutes. Great high intensity workout, increasing heart rate.
MAINTENANCE	It is advisable to be cleaned and sanitized after use. Regularly, as needed, the bearing should be oiled.
	For end consumers: 3 years.
WARRANTY	For business consumers: 1 year.
	Exclusion of warranty: When misuse is verified. When proper cleaning and maintenance is not done according to the maintenance point. Wear on the center of the cable due to its use on rough surfaces.