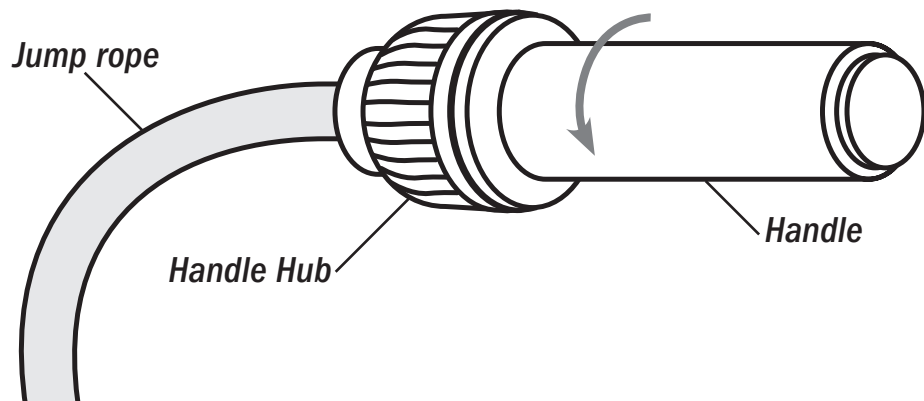


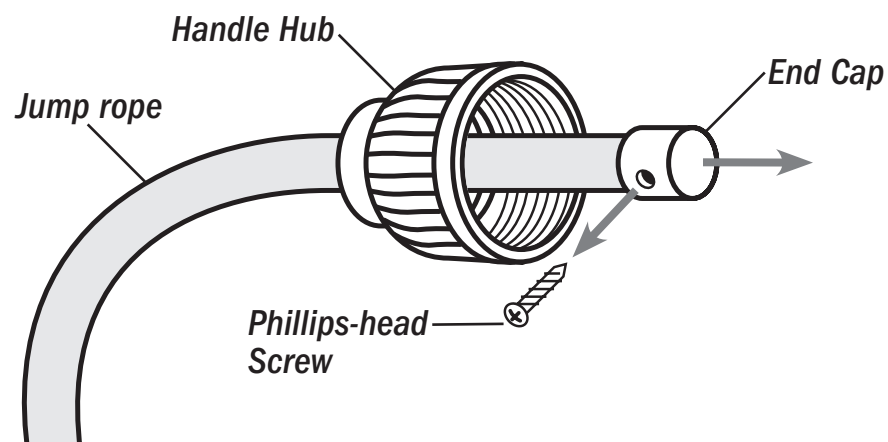
Step 1 Length Adjustment **HEAVY JUMP ROPE** **GoFit**

*Disassemble one handle to adjust rope length:
Unscrew Handle from Handle Hub by rotating it left.
Set aside the Handle to reassemble after adjustment.*



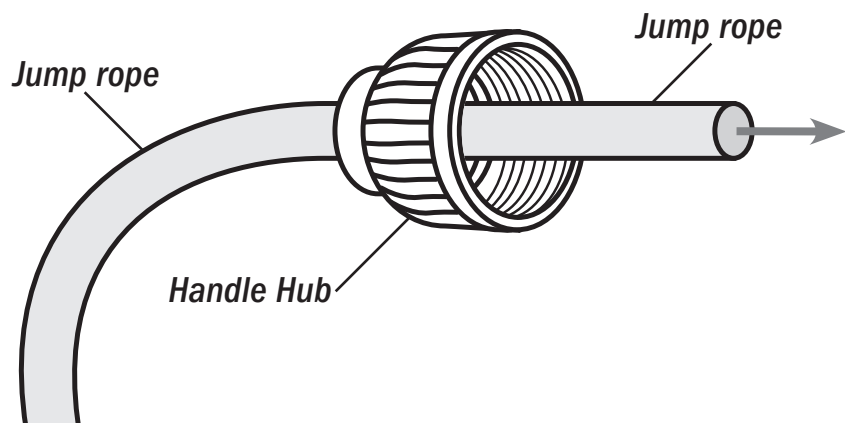
Step 2 Length Adjustment **HEAVY JUMP ROPE** **GoFit**

*Turn Screw to the left to remove it from End Cap.
Set aside the Screw and End Cap to reassemble
after adjustment is made.*



Step 3 Length Adjustment **HEAVY JUMP ROPE** **GoFit**

*Pull Jump Rope through Handle Hub,
allowing ample Jump Rope for measuring.*



Step 4 Length Adjustment **HEAVY JUMP ROPE** **GoFit**

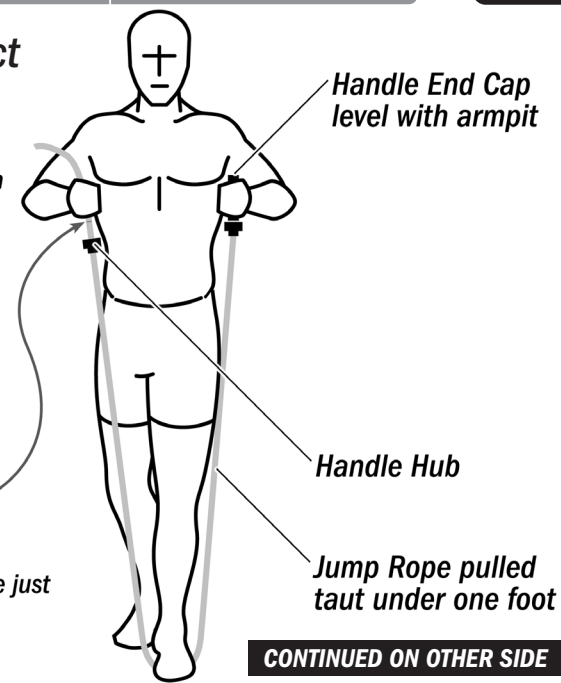
**Measure your correct
Jump Rope length:**

A) Hold the Handle in your left hand so the End Cap is level with your armpit (as shown).

B) With your right hand, hold up the rope end-to-be-cut—also at armpit level. Pull the rope taut under one foot.

C) Adjust your right hand up or down the rope so that both hands are at armpit level—now hold the rope firmly.

D) Holding the rope firmly with your right hand, release the handle with your left hand and draw a 'cutting mark' on the rope just below the fist of your right hand.



CONTINUED ON OTHER SIDE

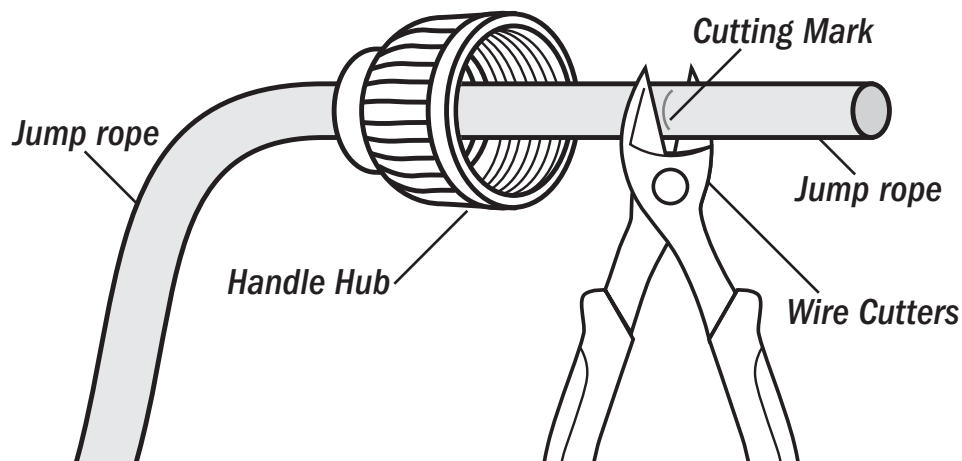
Step 5

Length Adjustment

HEAVY JUMP ROPE



Cut the Jump Rope on the "cutting mark" you made in Step 4.
BE SURE TO MEASURE TWICE AND CUT ONCE!



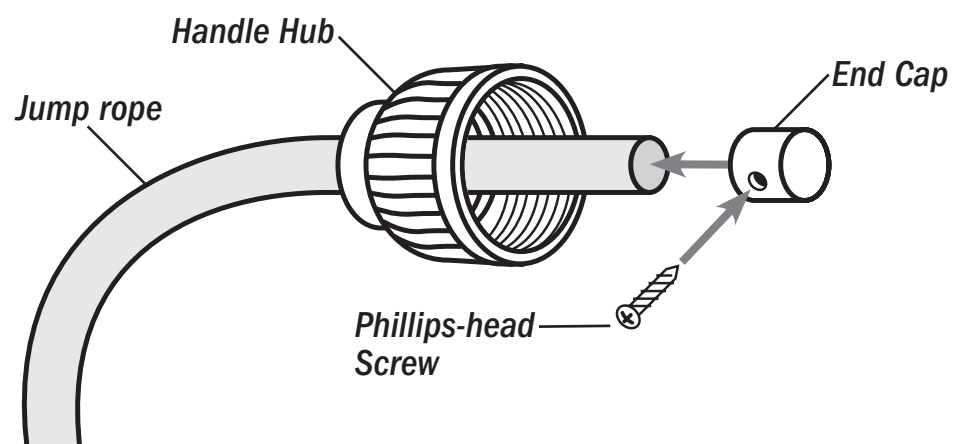
Step 6

Length Adjustment

HEAVY JUMP ROPE



Reassemble Handle:
1: Push End Cap fully onto end of Jump Rope.
Turn Screw to the right to reinstall End Cap.



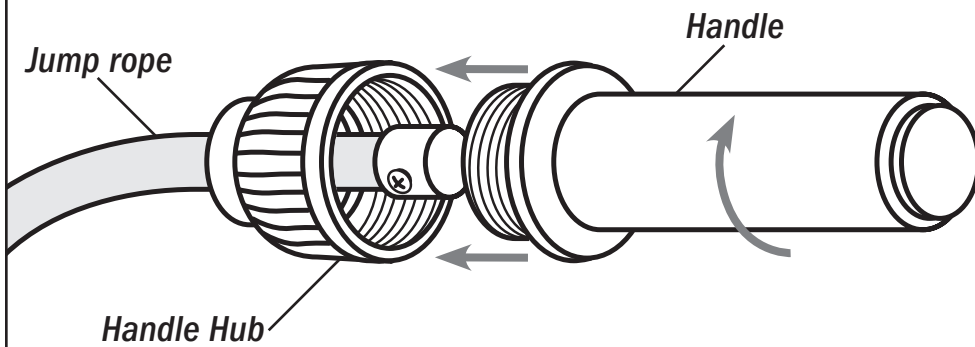
Step 7

Length Adjustment

HEAVY JUMP ROPE



Reassemble Handle:
2: Screw Handle back onto Handle Hub by rotating it to the right.



Step 8

Length Adjustment

HEAVY JUMP ROPE



Confirm your correct Jump Rope length:

A) Pull the rope taut under one foot as done in Step 4.

B) When the jump rope length is properly adjusted, the Handle End Caps are level with your armpits.

