

CENTR
JUMP ROPE



User Manual
Model number: CJR
Made in China

WELCOME TO CENTR AND THANKS
FOR YOUR PURCHASE.

We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

PRODUCT WARRANTY

To view full warranty details or to register your product for warranty, visit centr.com/support.

IMPORTANT

- Consult a physician prior to commencing an exercise program.
- Keep children and pets away from the product at all times.
- Stop immediately if you experience shortness of breath, pain or dizziness during your workout.
- Do not use outdoors. For in-home use only.
- Always wear appropriate workout clothing when exercising.
- Use the product only for its intended purpose as described.
- Always properly stretch and warm up your body before using this product.

PRODUCT SPECS

DIMENSIONS	COLOR	MATERIALS	WEIGHT
Rope: 3m x 0.7cm, Handle: 14.6x2.2cm	Grey	45% PVC,45% Silicone, 10% AL	280g +/-5%

BOX CONTENTS

PART #	DESCRIPTION	QUANTITY
CJR	Jump Rope	1

NEED HELP? WE'RE HERE FOR YOU

EMAIL
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CHAT
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Mon-Fri 8am-5pm PT - UTC-7h/8h

* Support is provided in English and Spanish*

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SERIAL #

