

ULTIMATE BODY PRESS

Adjustable Speed Rope

FOR YOUR SAFETY:

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.

How to Adjust Jump Rope Length

1. Remove the end caps from the handles.
2. Find the two piece adjustment nut inside one of the grips.
3. Slide the two pieces of the adjustment nut apart. This will free the rope.
4. Adjust the rope to your preferred length.
5. Slide the two pieces back together to lock the rope at that length.
6. Cut off the excess rope.
7. Tug on the rope from the middle to make sure the adjuster nut is secure.
8. Replace the end caps.

