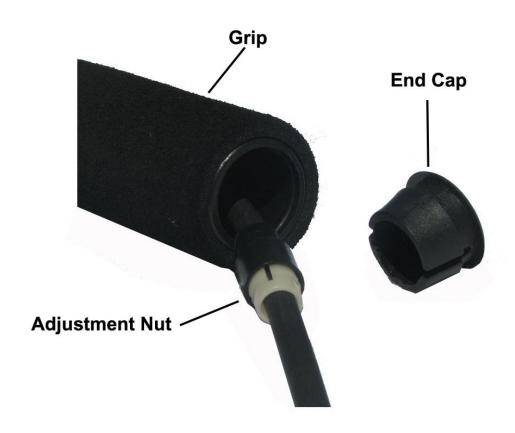


## **FOR YOUR SAFETY:**

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.



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