

BSTJR1 Speed Jump Rope



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Jump your way into fitness with the new Body Solid Tools Speed Rope. Lightweight design with an extra long non-kink rope. The easy grip handles are sure to make your jumping experience as comfortable as possible.

While the main muscles that you're working are your calves jumping rope activates more muscle than you may think. You're also using your shoulders (particularly your rear delts) as well as your abs, quads, hamstrings. Pretty much every muscle is firing when doing this exercise to keep your body stable.

Special Features

- Lightweight design
- Kink-resistant
- Easy-grip handles
- Adjustable to fit any user
- Durable and compact