

# FURIOUS SPEED ROPE



## DIMENSIONS

**Rope:** 3 meters long x 2.3 mm thick (Variable +/- 0.2 mm)

**Handle:** Conical 133 mm length x 19 mm larger diameter with 100 mm long and 13.1 mm smaller diameter

## WEIGHT

100 g the unit.

## FEATURES

**Composition:** PVC handle with bearing and ball with hole for metal cable inlet. PVC-coated steel alloy cable.

**Colors:** Yellow, Blue, Orange, Black, Pink and Red.

Possibility to adjust the handles on the cable with manual tightening screws.

Includes polypropylene bag (PP) for easy transport.

## FUNCTION

Rope jumping provides better coordination and cognitive function. Strengthens muscle groups such as twins, abdominals, shoulders, thighs and glutes. Great high intensity workout, increasing heart rate.

## MAINTENANCE

It is advisable to be cleaned and sanitized after use. Regularly, as needed, the bearings and the ball should be oiled.

For end consumers: 3 years.

For business consumers: 1 year.

## WARRANTY

Exclusion of warranty: When misuse is verified. When proper cleaning and maintenance is not carried out as described in the maintenance point. Wear on the center of the cable due to its use on rough surfaces.