

SPEED ROPE

SPDROPE

410510



Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY
1	ALUMINUM HANDLE SPEED ROPE	1

HOW TO SIZE YOUR JUMP ROPE

- Stand on the middle of the rope with one foot.
- Pull the handles straight up making sure the rope is tight and even.
 - For beginners, the top of the handles should reach close to the shoulder.
 - For experienced jumpers, the top of the handles should reach the armpit or below.
 - For double unders, the rope should be shorter. Experiment to see what works for you. For most people the top of the handles should reach the chest line for best double under performance.
- If the handles extend beyond your shoulders, your rope needs to be shortened.
- You can temporarily shorten your rope by loosening, moving, and tightening the screws on each side.

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts - Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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