

**SAVE 10%**

**ON YOUR NEXT  
INVENTIV PRODUCT**

**COUPON CODE**

**INVENTIV10**

**ON AMAZON AND  
INVENTIVPRODUCTS.COM**

Copyright © 2018. All rights reserved. Inventiv and their logos are trademarks of Inventiv Brands, LLC in the United States and other countries.

**inventiv**

**THANK YOU  
FOR YOUR  
PURCHASE!**



## SELECTING YOUR JUMP ROPE LENGTH

To determine the length for an individual, stand on the center of the cord. The handle tips should reach your armpits. When you jump over the rope, the rope should just brush the floor beneath your feet. If the cord doesn't touch the floor, the rope is too short. If the cord hits the floor in front of your feet, the rope is too long and should be shortened. More advanced users will usually need a shorter rope than those indicated on the chart.

### HEIGHT

### ROPE LENGTH

4'0" AND UNDER .....	6'
4'0" - 4'9" .....	7'
4'10" - 5'3" .....	8'
5'4" + .....	9'

## HOW TO CUT YOUR JUMP ROPE



1. DISASSEMBLE STOPPER PIECE BY PRYING WITH A FLATHEAD SCREWDRIVER



2. PULL ROPE THROUGH THE STOPPER UNTIL YOU REACH DESIRED LENGTH



3. REASSEMBLE THE STOPPER PIECE UNTIL IT SNAPS TOGETHER



4. USING SCISSORS, CUT THE ROPE AT THE END OF THE STOPPER PIECE

WATCH AN INSTRUCTIONAL VIDEO:  
<https://goo.gl/utsgqD>