

WEIGHTED JUMP ROPE

Steps to Adjust the Length of Weighted Jump Rope



Remove end cap off the jump rope handle.



Push the rope through the handle so that it comes out the end hole you just Loosen. Loosen the adjustable clip to hold it in place.

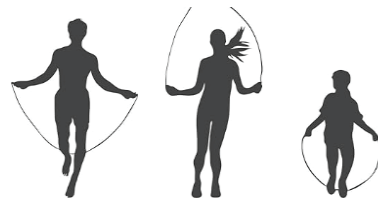


Feed the rope back through the handle, then cut off any excess rope protruding from the far edge of the handle.

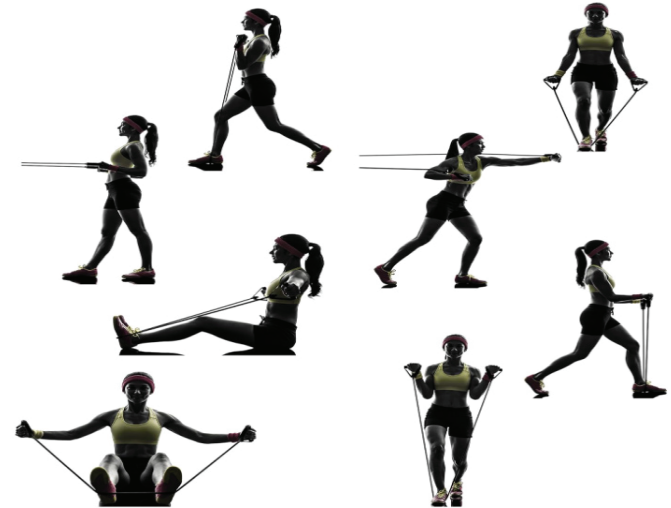


Reapply the end cap.

Jumping rope is an easy and efficient way to strengthen your body, increase stamina and help lose weight.



RESISTANCE TUBE



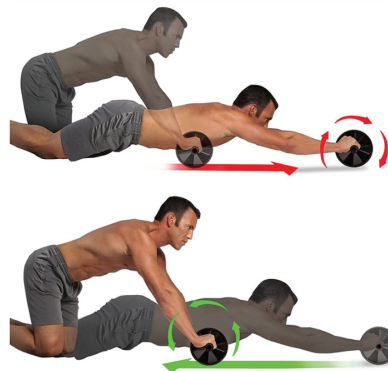
Resistance tubes are an adaptable fitness tool that helps allow exercises to be performed over a full range of motions to help strengthen and tone your body.

AB ROLLER WHEEL

INSTALLATION DIAGRAM



Ab roller wheel is designed to help build your core ability and develop your abdominal strength.



PUSH UP BARS



REMOVABLE BASE FOR EASY PORTABILITY



Using the push up bars can help train your chest, shoulders, triceps and back muscles.

