

empower[®] weighted jump rope

Instructions & Guidelines

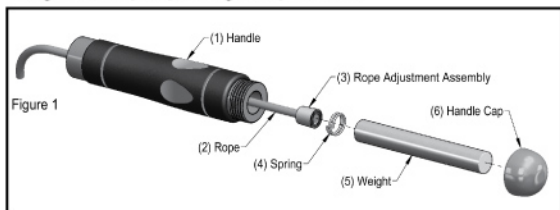
This weighted jump rope is generally suitable for women 5ft 4in to 5ft 10in tall without any adjustment. The rope should just brush the floor under your feet when jumping. If it hits the floor in front of your feet then it is too long and you will need to shorten it. **(See instruction below.)**

Warnings & Guidelines:

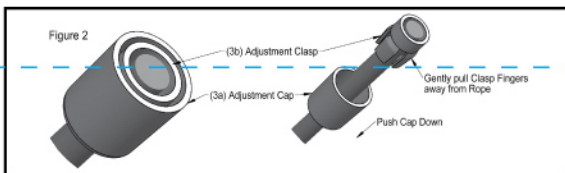
Read these instructions before starting your workout.

- Consult a physician before engaging in any fitness program or performing any exercise.
- Be sure you are in a large open area away from furniture, hard surfaces or sharp objects.
- Immediately discontinue use if you feel dizzy, faint, or out of breath while performing an exercise. Consult your physician if symptoms have not subsided 15 minutes after discontinuing the exercise.
- Do not use the product if small children are unsupervised in the vicinity.
- Children under 13 years of age should not use the product.
- Wear sneakers or other supportive rubber-soled shoes at all times while exercising.
- Maintain proper form while exercising. Injury may result if proper form is not used for each exercise.
- You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this product. If you find you are feeling overly fatigued or cannot maintain proper form, reduce the difficulty of your regime.

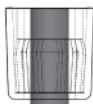
Weighted Jump Rope Length Adjustment:



1. Remove one Handle Cap (6) by turning it counter-clockwise.
2. Remove the Weight (5) and Spring (4) from the Handle (1).
3. Push the Rope (2) up through the Handle to allow access to the Rope Adjustment Assembly (3).
4. The Rope Adjustment Assembly consists of two pieces, an Adjustment Cap (3a) and an Adjustment Clasp (3b), see Figure 2, below.



5. Slide the Adjustment Cap down towards the Handle to allow access to the Adjustment Clasp.
6. Gently pull the 4 Adjustment Clasp fingers slightly away from the Rope (See Note 1).
7. Slide the Adjustment Clasp down the Rope to the desired length. (See Note 2).
8. Cut the Rope and return the Adjustment Clasp and Cap to the cut so that the top of the Rope Adjustment Assembly is even with the cut end of the Rope, see Figure 3, at right.
9. Pull Rope back down through the Handle until Rope Adjustment stops at the bottom of the handle.
10. Replace the Spring and Weight (if desired), and Handle Cap.



Note 1: To avoid breakage, be careful not to pull the Clasp Fingers too far away from the Rope.

Note 2: To determine your proper jump rope length, stand on the center of the rope with one foot. Hold both ends of the rope at the point where the rope enters the base of the handle and pull the rope straight up along the sides of your body. It's a perfect fit if the base of the handles reach your armpits. If the rope extends beyond your armpits, pull up on one side of the rope up until one end of the rope is now at your armpit. Mark the opposite end of the rope where it meets your armpit and proceed from step 7.

Using Your Jump Rope:

- Wear supportive cross trainers, tennis or basketball shoes to absorb the impact of bouncing on the balls of your feet.
- Avoid jumping on concrete floors, tile or other hard surfaces.
- Keep elbows in. Hold the handles close to your body at hip height, palms facing front.
- Turn the rope with the wrist, not the whole arm.
- Jump only high enough to clear the rope.
- Land on the balls of the feet, bend knees and bring the heels down for shock absorption to rebound for the next jump.
- Sixty to seventy turns per minute is a good starting pace.
- Build up gradually, listen to your body and with perseverance you will reap the many benefits of a good jump rope workout.
- If fat burning is your goal, perform your jump rope workout first thing in the morning before you eat breakfast.
- Allow enough time to warm up and cool down. Pay particular attention to arms, shoulders, neck, calves and hamstrings.

Warm Up:

Warm up by doing 3 to 5 minutes of low intensity marching or skipping. This helps prevent injury by raising body temperature, making muscles more flexible and less susceptible to injury.

Stretch & Cool Down:

After a training session you should stretch and relax the affected muscles. The aim of cooling down and stretching is to avoid muscle cramps or injury and to encourage the body to return to its normal, homeostatic state at rest. Hold each stretch for up to 30 seconds and then relax. Perform each stretch in a slow controlled manner. You should feel slight tension in the muscle being stretched. If you feel pain at anytime during a stretch, stop immediately. Repeat each stretch 3 times.

Workout Ideas to Get You Started:

If you are a beginner, start out by alternating jumping for one minute and resting for one minute. To add more difficulty to your workout, try the following:



- Jump rope for 3 minutes. Take a minute off and do as many crunches as you can. Continue alternating for a total of 30 minutes. (Try substituting push ups, squats or other exercises for the crunches.)
- Start with short bursts of 15 to 20 seconds of rapid jumping. Take 30 to 40 seconds off to rest or march in place. Repeat 5 to 10 times. As your endurance increases, jump longer and rest less.

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