

Skiping Rope Instruction for use

Congratulations!

We congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarize yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

Failure to observe the safety notes can lead to serious injuries.

Scope of delivery

1 x Ball bearing skipping rope
1 x Allen key
1 x Instruction for use

Technical data (Metric)

Handles: ø 3cm x 15 cm
Rope length: 300cm (adjustable)

Technical data (Anglo-American)

Handles: ø 1,1" x 6"
Rope length: 9'8"(adjustable)

Material: Canadian Maple / American Walnut, Brass, Natural rubber

Correct use

This product was designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

! Warning !

Danger to life and danger of accidents for infants and children! Always keep children away from the product. This product is not a toy! If possible only use this product on floors with shock-absorbing properties such as carpet in order to minimize the risk of injury.

! Caution !

Do not leave children alone and unsupervised! The product is not a toy.

! Caution! Risk of injury !

Make sure that all parts are undamaged and correctly assembled. Improper assembly may result in injury. Damaged parts could adversely affect safety and function.

! Caution !

Children or persons who lack the knowledge or experience to use the device or whose physical, sensory or intellectual capacities are limited must never be allowed to use the device without supervision or instruction by a person responsible for their safety. Before beginning training, have your doctor carry out a general medical check-up and clarify any possible heart, circulatory or orthopedic problems. Wrong and excessive training can endanger your health. If you feel any pain while exercising, you should stop immediately and consult a doctor.

! Caution !

Do not use the product in areas that can be freely accessed by anyone at any time. Check that the product is correctly mounted. Prior to every use, check carefully for any possible damage or loose connections. On no account should you use the product if there is any damage. Loose connections must be tightened immediately. Damage to your health cannot be excluded if the device is used improperly. Do not use the device if you suffer from illnesses, cramps, nausea or chest pains. Do not use the device during pregnancy.

! Warning !

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. the rope, handles and



connection points.

Replace defective components immediately and/or keep the equipment out of use until repair. Only use original replacement parts. To adjust the rope length, choose a place that provides enough place for assembly and testing.

The training area chosen should measure at least 2 x 2 m / 6' x 6'.

The subsurface must be level and even. Check that it has a secure footing. A free area of not less than 0.6m / 2' shall remain around the training.

Adjusting the rope length

This skipping rope can be adjusted in length. The standard length of the rope is 300cm (9'8") and is therefore optimally preset for heights from 176cm (5'7") upwards. For people with smaller heights it is recommended to adjust the length of the rope. This process is described below.

1. Remove the grub screw at the front end of **one** handle using the Allen key provided. Make sure you keep the screw in a safe place.

2. Shorten the rope slightly using a pair of commercial scissors.

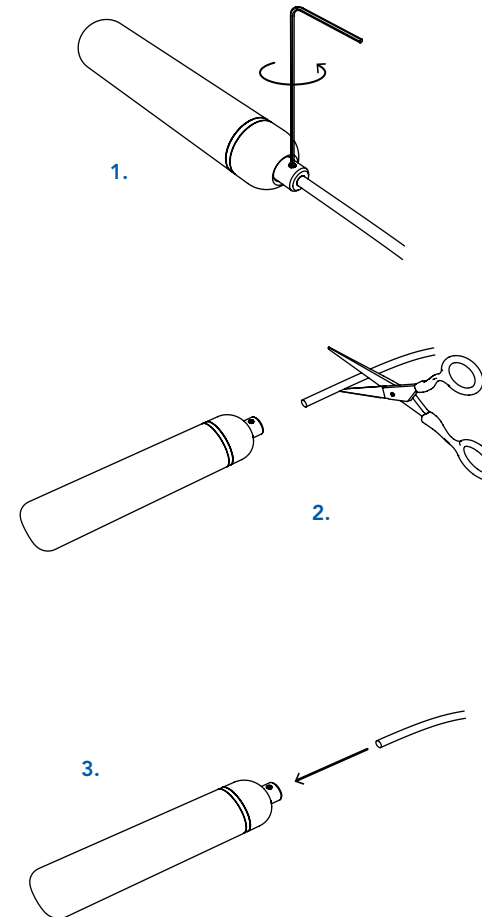
Note: It is advisable not to cut too much at once and to repeat the process if the rope is still too long after assembly.

3. Insert the end of the rope into the opening until you feel resistance.

4. Carefully screw the grub screw into the thread.

Note: The rope is made of sustainable natural rubber and is therefore naturally soft. Make sure that as soon as you feel the resistance of the rope, turn the screw **only 3 turns** further to prevent damage to the rope.

5. Test by pulling the rope to see if the connection is tight. If the rope is still too long, repeat steps 1-4.



General training instructions

Training procedure

Wear comfortable sportswear and trainers. Warm up before every training session and cool down gradually afterwards. Take sufficiently long breaks between each exercise and make sure to drink enough liquids. If you are a beginner, do not start exercising with too high of an intensity. Increase your intensity slowly. Perform all of the exercises steadily, not in an uncontrolled, fast manner. Focus on even breathing. Breathe out when you exert yourself, and breathe in when you relax. Focus on the correct posture when performing the exercise.

Warming up

Take enough time before every training session to warm up. In the following section we will describe some easy exercises.

Neck muscles

1. Turn your head slowly to the left and then to the right. Repeat this movement four to five times.
2. Move your head in circles, first in one direction and then in the other.

Arms and shoulders

1. Interlock your hands behind your back and pull them carefully upwards. Do this at the same time as bending your upper body forwards in order to warm your muscles up optimally.
2. Move both of your shoulders simultaneously in circles, first forwards for a minute and then backwards for a minute.
3. Pull your shoulders up towards your ears and then let them fall down again.

4. Rotate your left and right arms alternately in circles, first forwards for a minute and then backwards.

Important! Do not forget to continue breathing normally during the exercises!

Prepare surroundings

You will need a sufficient amount of space to conduct exercises unimpaired, safely and comfortably. A free area of not less than 0.6 m / 2' shall remain around the training area in any direction.

The following exercises
are only a selection.
Further exercises can be found in
relevant technical literature.



Classic Skip – Jump with both feet together

1. Stand with your feet together, knees soft and stay light on your feet to minimize impact.
2. Your arms should be at a 45-degree angle and pulled into your ribs.
3. Engage your core and swing the rope over your head. From here, jump over it with both feet.



Side straddle

1. Stand with your feet together, knees soft and stay light on your feet to minimize impact.
2. Your arms should be at a 45-degree angle and pulled into your ribs.
3. Engage your core and swing the rope over your head. From here, jump over it with both feet.
4. After finding your rhythm, alternately open and close your legs a little more than hip-width with each jump.



Skiers – Jump side to side, feet together

1. Stand with your feet together, knees soft and stay light on your feet to minimize impact.
2. Your arms should be at a 45-degree angle and pulled into your ribs.
3. Engage your core and swing the rope over your head. From here, jump over it with both feet.
4. After finding your rhythm, shift your jumps from left to right alternately. Your upper body remains upright.



Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care and storage

- Do not use corrosive or abrasive cleaning agents as they may damage the product.
- Use a dry fluff-free cloth when you are cleaning or polishing the product.
- Using a damp cloth, remove any coarse dirt on the metal surface.
- Store in a cool dry place.

Disposal

The packaging is made entirely of recyclable materials, which you may dispose of at local recycling facilities. Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.

Have fun!
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For any inquiries:

Kenko GmbH
Niemetzstraße 41, Tor 9
12055 Berlin
info@kenkostores.com