Jump rope

User manual

GP-25-001 / GP-25-001g · Standard and weighted versions

Adjust the length and start training

1. Calculate a starting rope length

The calculation gives a starting point for the usable rope length between the handles (excluding handles and spare ends). Your technique and preferences may require an adjustment.

Below 168 cm in height: your height + 85.5 cm
From 168 cm in height: your height + 91.5 cm

Your height	Starting rope length
167 cm	252.5 cm
170 cm	261.5 cm
175 cm	266.5 cm
180 cm	271.5 cm
185 cm	276.5 cm
190 cm	281.5 cm

2. Adjust, test, then trim

1. Measure the calculated length along the rope. Beginners should initially allow a few extra centimetres. Loosen the adjustment screws and adjust the rope evenly at both handles.
2. Tighten both adjustment screws firmly. Check both fastenings with a gentle pull. Keep spare ends safely out of the way during testing so that they cannot interfere or strike anyone.
3. Test the length with slow, simple jumps. Alternative size check: stand with one foot on the centre of the rope and pull both handles upwards. Around armpit height is a guide. Adjust in small steps and retighten every time.
4. Only trim spare rope once the length feels right while jumping. Use cutters suitable for steel cable. Leave enough spare length for secure fastening; do not leave sharp ends exposed. Check the screws and fastenings again afterwards.

3. Start slowly and stay in control

Keep your elbows close to your body and your hands around hip height. Turn the rope mainly from your wrists. Jump only high enough for it to pass under your feet and land softly. Look ahead. Try double unders only once you can perform single jumps confidently.

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Safe use and care

Before every use

- Check the rope, coating, handles and fastenings for wear or damage. Do not continue using the product if it is damaged.
- Check the rope fastenings after every length adjustment. Make adjustments only while the rope is stationary.
- For GP-25-001g, also check that the additional weights are securely attached. Do not train with loose weights.
- Wear suitable sports clothing and supportive athletic shoes. Use a flat, dry, non-slip surface.
- Keep at least 2 metres away from people, animals and objects. Also allow clear space above your head and around the entire path of the rope.

Warnings

- Not suitable for children under 3 years. Strangulation hazard: the rope can wrap around the neck or body. Children may use it only under adult supervision.
- The moving rope and handles can cause injury. Only train where there is sufficient clear space.
- Do not use for pulling loads, tying or climbing. This is not a climbing rope, safety rope, resistance band or animal lead.
- People with heart or circulation problems should seek medical advice before training.

Cleaning and storage

- Clean with a slightly damp cloth and allow to dry. Store clean and dry, protected from direct sunlight and extreme temperatures.
- Do not pull over sharp edges or drag across rough surfaces such as asphalt, concrete or stone. These can damage the rope coating.
- If needed, maintain the ball bearings with a small amount of suitable light oil. Also follow the complete safety instructions for GP-25-001 / GP-25-001g.

GainPlay – Manuel Ballo
Am Rahmer Bach 58 · 47269 Duisburg · Germany