

SPEED ROPE

TD-SR

The Speed Rope is used for cardio and coordination exercises. This speed rope is adjustable length 2.5mm coated wire rope with ball bearing handles for fast and smooth rotation. The handles are 1 inch diameter x 6 inches long. Rope length is 10 ft.

PRODUCT SPECIFICATIONS

Dimensions: 7.8" x 7.8" x 1" (20 cm x 20 cm x 2.5 cm)

Weight: .5 lbs (0.21 kg)

Color: Black

Box Size: 8" x 8" x 1.2" (20 cm x 20 cm x 3 cm)

USE

The Speed Rope is used for various cardio and coordination exercises.

CARE

Clean surfaces with a neutral pH cleaner. Avoid contact with rigid or sharp edges or abrasive surfaces. Store in a dry environment. Inspect before use to ensure there is no damage.



COREHEALTHANDFITNESS.COM

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

©2020 Core Health & Fitness LLC. All rights reserved. Star Trac, the Star Trac logo and StairMaster are registered trademarks of Core Health & Fitness, LLC. Schwinn and Nautilus are registered trademarks of Nautilus Inc. used under license to Core Health & Fitness LLC. Throwdown is a registered trademark of Throwdown Industries, LLC.