



SPEED ROPE, WEIGHTED EXTRA HEAVY, 1.25 LBS

LLU-7-WSR-X

- If you're looking for a powerful and effective cardio workout, the weighted speed rope is for you
- The extra heavy speed rope is a maximum safe weight of 1.25 lbs. (Black) is all in the rope -not in the handles-making your workout comfortable and smooth
- Professionally engineered, the weighted speed rope features our new high-tech, ball bearing handles for smooth rotation, and two sliding rope adjustors make any rope length adjustment quick and easy
- It's used and recommended by recognized fitness experts and was developed by jump rope expert Bobby Hinds, the "Jump Rope King"
- Take your fitness to new heights with the comprehensive jump rope book



IN THE BOX

Includes:

- One 10 ft. extra-heavy weighted speed rope
- Two high-tech, ball bearing handles

- One Your Guide to Jump Rope Fitness workout book by Bobby Hinds

