

BLACK MOUNTAIN PRODUCTS, INC

WARRANTY SUPPORT:

warranty@blackmountainproducts.com

Telephone: (224)655-5955

Office Hours: 8-4, CST, M-F



Like us on Facebook! [Facebook.com/BlackMountainProducts](https://www.facebook.com/BlackMountainProducts)

For more information about products and exercises, please visit us at [BlackMountainProducts.com](https://www.BlackMountainProducts.com)

WORKOUT INSTRUCTIONS

1. **WARNING-** DO NOT wrap B.M.P. jump ropes around any part of your body including, but not limited to, neck, legs, wrists, waist, or any other part of your body. This may result in injury or death.
2. Consult your physician before beginning any regular exercise.
3. Always examine your B.M.P. jump ropes for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using the jump rope immediately and contact B.M.P. customer support.
4. DO NOT use B.M.P. jump ropes for any use but exercise.
5. Warm up before starting any exercise routine.
6. When exercising, be careful not to let B.M.P. jump ropes snap back at you.
7. When starting exercise, start slowly. Start with a slow jumping movement and ease into faster jumps.
8. Use B.M.P. jump ropes as directed.
9. Children under the age of 18, use only under adult supervision.

WARRANTY

1. All jump ropes are FULLY warranted for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products by telephone or e-mail if there are any missing, damaged, or defective products.
3. Warranty does not cover any incidental damages.
4. B.M.P. reserves the right to alter the warranty at any time.



BLACK MOUNTAIN PRODUCTS

EXERCISE & USER GUIDE

HIGH SPEED JUMP ROPE



All jump ropes have a lifetime warranty

“Like Us” on Facebook!

[Facebook.com/BlackMountainProducts](https://www.facebook.com/BlackMountainProducts)



For more products and information, visit [BlackMountainProducts.com](https://www.BlackMountainProducts.com)

Jump Rope User Guide

How to adjust your B.M.P. jump rope:

1. Unwarp and fully extend jump rope.
 2. Inspect for any defects or imperfections.
 3. Each jump rope comes with two handles and two set screws. To adjust, use a standard or Philips screw driver to loosen the set screws.
 4. Move the sets screws to the desired length.
 5. Slowly tighten down set screws until tight.
 6. Pull on set screws to make sure there is no movement.
 7. Adjustment may be made to accommodate any length.
 8. Always make sure set screws are tight before each use to ensure safety.
- * Standard length of jump ropes is often measured by stepping on the middle of the jump rope, and adjusting the handles to the height of your sternum.

Jump Rope User Guide

How to use your B.M.P. Jump Rope:

1. Adjust jump rope to your desired length.
2. When jumping, jump on the balls of your feet.
3. Hold hands slightly above the waistline for proper height.
4. Avoid swinging your arms and shoulders to keep proper form. Maintain an upright posture.
5. When jumping, keep in a rhythm. Keeping in a rhythm can make jumping rope easier and more enjoyable.
6. Don't jump too high. Keeping relaxed and steady will keep your motion and form intact. (Approximately 1" off the ground)

Exercise Routines to try:

Beginners: Start slowly by jumping rope for 30 second intervals. After 30 seconds, take a 30 second break. Continue for 10 minutes, until 5 sets of jump rope has been complete. When ready, try going into 1 minute intervals for 20 minutes.

Advanced: Start slowly by jumping rope for 60 second intervals. After 60 seconds, rest for 15 seconds. Continue for 20 sets for a 20 minute cardio work out.