

Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your jump rope.

1. Consult your physician before beginning any regular exercise program.
2. Always examine your B.M.P.® jump rope for any defects, cracks, cuts, tears or imperfections before use. If there are any imperfections, stop use and contact B.M.P.® support.
3. DO NOT try and repair the jump rope in any way and do not wrap around any parts of your body.
4. Do not use your B.M.P.® jump rope for anything other than exercise.
5. Warm up before starting any exercise routine.
6. If you feel any pain or experience any dizziness while exercising, you should stop immediately.
7. When starting exercise, start slowly.
8. Children under the age of 18 should only use under adult supervision.

Warranty:

1. All jump ropes are fully warranted for life, shipping charges may apply.
2. Contact Black Mountain Products® by telephone, e-mail or online if there are any missing, damaged, or defective parts.
3. Warranty does not cover any incidental damage.
4. Void where limited or prohibited by law.
5. B.M.P.® reserves the right to alter the warranty at any time.

Warranty Support:

blackmountainproducts.com/request-a-replacement-warranty@blackmountainproducts.com
Telephone: 815-322-2028
Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at blackmountainproducts.com

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<https://www.facebook.com/BlackMountainProducts>

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**BLACK MOUNTAIN
PRODUCTS**

Reach Your Peak Performance!
High Speed Jump Rope



For new products and exercises scan the QR code or visit us at blackmountainproducts.com.

Jump Rope User Guide

How to Adjust your BMP Speed Jump Rope

- ✓ Unwrap and fully extend the jump rope.
- ✓ Inspect for any defects or imperfections.
- ✓ Each jump rope comes with two handles and two set screws. To adjust, use a standard or Phillips screwdriver to loosen the set screws.
- ✓ Move the set screws to the desired length.
- ✓ Slowly tighten down the set screws.
- ✓ Pull on the set screws to make sure there is no movement.
- ✓ Adjustment may be made to accommodate any length.
- ✓ Always make sure the 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 BMP Speed Jump Rope

1. Adjust the 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 rhythm can make jumping rope easier and more enjoyable.
6. Do not 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 jumping rope have been completed. When ready, try 1-minute intervals for 20 minutes.

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