

# Training Rope Instruction

To use a training rope in the right way can extend its useful time .

1. The power training rope must be equipped with a rope anchor and a rope holder .
2. When you exercise using the power training rope ,you can do vertical up-and-down movement.
3. When you do up and down , right-to-left movement or circle motions ,you must equipped with the rope anchor, because the rope anchor can make the moving power of the rope disappear to avoid the rope loosen .
4. Do not use it on rough floor because that will get the rope loosen and break ,you can use it on the grass or Gym club .
5. Rope anchor and holder should be order divided.

Notes:

when you get the product and open the package ,that you should check the quality of the ropes ,If you find some quality matter, sellers will take the responsibility of 100% for that ,if using the rope in an improper way ,that sellers will not take responsibility. Pls refer to the following action:

