



## *Product Support Bulletin*

**Title: How To Adjust the Length of a Beaded Jump Rope**

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1. Measure the rope for proper length. This can be done by standing with one foot on the center of the rope. The rope is at its proper length when the tips of the handles are at your chest/shoulders. Mark or measure the length of adjustment needed.
2. Remove the plastic cap from the tip of a rope handle. Feed extra length of rope into the handle to gain access to the knot in the end of the rope. You can now tie a new knot at the marked or noted measurement. NOTE: Depending on the user, it may be necessary to remove some of the beads from the rope to get the proper length. (Beads can be saved and added back to rope as longer length is needed or can be discarded if never a need to adjust back to the longer length.)
3. Allow newly adjusted end of rope to slip back into handle, feeding the excess rope length into the handle and finish by placing the plastic cap back onto the tip of the handle.