

# FYNCE



**FYNCE skipping rope / handle with  
extra grip / with storage bag**

02-002A  
FYNCE

**FYNCE** would first like to thank you very much for your purchase.  
To reward you for your purchase you get free access to 2 of our FYNCE ebooks:

- *'Thuis sporten - meer dan 50 oefeningen'*
- *'Sporten - Warming up & Cooling down'*

Get your free ebooks via the link below!

<https://www.fynce.nl/handleidingen>

**FYNCE** recommends that you always read the manual carefully before use and that you also perform the actions according to the manual.

**FYNCE** is available for questions, complaints or other comments. Reach our customer service:

- *Mail: [contact@fynce.nl](mailto:contact@fynce.nl)*

## ENGLISH USER MANUAL

### - The skipping rope explained

#### Components

1. Skipping rope
2. Carry and storage bag

#### Adjust

The correct length for your jump rope is when the rope touches the ground at every turn during the jump.

To see if the rope is long enough, or perhaps too long, you have to stand with both feet on the middle of the rope and when the handles touch your armpits when the rope is tight, the length of the skipping rope is correct.

#### To use

Skipping ropes is a fairly difficult exercise, you can make it more intensive by jumping higher.

Before you jump, make sure there are no objects in your vicinity while jumping.

For sports exercises with the skipping rope, you can take a look at the free Healthy ebook, 'Work out at home - more than 50 exercises'. This Healthy ebook provides tips and fun information about jumping rope!



## ENGLISH MANUAL

### IMPORTANT PRECAUTIONS

Basic safety precautions should be followed when using this product, including:

#### > READ ALL INSTRUCTIONS BEFORE USE

- Before use, inspect all parts for scratches, holes, tears, worn areas, discoloration or loose stitching, and other unusual issues. If something is wrong with a part, do not use the product and contact our customer service as soon as possible.
- Do not use the parts on, for example, concrete or other rough surfaces. When used on rough surfaces, the elements can be damaged. So make sure that the surface is flat during use and that all sharp parts are away. So also be careful with rings and long nails.
- This product is not a toy, so it is not intended to be played with. So also keep the elements away from children, pets or any other individuals who need supervision.
- Close supervision is necessary when used by or near children.
- Before use, check that all parts are correctly positioned and attached.
- Use all parts responsibly.
- Start the exercises slowly and use smooth, controlled movements to get the parts under control.
- Use all parts only and always responsibly.  
lubiX/ Feeling Healthy cannot be held accountable and/or responsible for the possible consequences of using this product.
- The use of this product is not recommended for pregnant women, people with a hernia, or other abdominal and or back problems.
- Use this product in an open space, where there are no objects or people within 2 meters of you.
- Avoid using near glass, windows and other fragile objects.
- Keeps the parts from being too hot (> 35 degrees Celsius) or too cold (< -15 degrees Celsius) for a long time.
- Only use the elements if they are correctly adjusted, so the product should not be too big or too small for you.
- Use the parts only in the way for which they are intended.
- Only use this product in responsible and thoughtful ways. Misuse of can lead to injuries and accidents.
- Clean all elements regularly.
- This product is not a medical device.
- This product is not intended for use in the freezer or microwave.

- All elements are not waterproof, so keep them out of damp areas.
- Avoid cleaning with chemical tools. Regular cleaning with just a damp cloth is sufficient.

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

**> PACKING CONTENTS**

**1x Sports skipping rope**

> Supplied in the color ordered



**1x Carrying and storage bag**

> Supplied in black



## **> TIPS FOR USE**

- Maintaining the correct posture is essential during exercise. Ensure the most natural posture during exercise with these skipping ropes.
- Prepare well before your workout, warm up before your workout and cool down after your workout. Jumping rope is - depending on your pace - also a good warm up or cool down.
- Perform the exercises in a calm and controlled position, this way you can best control the attributes.
- Jump with a fixed rhythm, then you can last longer during the workout.
- The higher you jump, the more energy it costs you, and the more intensive and effective your workout becomes.
- Read the included ebooks for more useful tips, sports exercises and tips for your warming up and cooling down!

## **> CLEAN AND STORE YOUR ELEMENTS**

To clean the elements, we recommend wiping with a damp cloth. Do not use soap or other cleaning agents, this is not good for the material in question, because water is already enough.

We recommend storing the elements in a cool, dry place away from moisture, heat and direct sunlight.

SAVE THESE INSTRUCTIONS

[WWW.FYNCE.NL](http://WWW.FYNCE.NL)

[CONTACT@FYNCE.NL](mailto:CONTACT@FYNCE.NL)