



All tools needed to self-adjust your *Cyclone Speed Rope* are included with your jump rope.

Your *Cyclone Speed Rope* is designed so that any extra cable remaining after adjustment will spin freely and be hidden in the handle.

- NO** extra cable to whip you in the arm
- NO** need for a special cable cutter to cut the extremely strong cable
- NO** frayed cable ends with sharp wires sticking out

Also, you may replace a worn rope with a new rope with the tools provided. You may purchase spare ropes directly from *Cyclone Speed Rope.Com*

HOW TO ADJUST THE LENGTH OF YOUR *CYCLONE SPEED ROPE*:

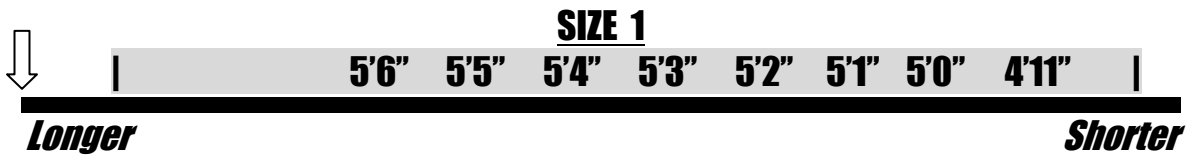
1. Pull the end of the cable through the back end of the handle, exposing approximately 8 inches of cable.
2. Place the end of the cable to the far left of the measuring bar (indicated by the arrow) in the appropriate sizing chart below.
3. Use the hex key tool taped to these instructions to loosen the adjustment collar by turning the screw in the collar.
4. While keeping the end of the cable in place at the far left end of the measuring bar, slide the adjustment collar along the cable to the point on the chart marked by your height.
5. Tighten the adjustment collar firmly with the hex key tool at your height marker or adjust the collar according to your preference for a shorter or longer rope. Keep the collars inside the shaded bar on the chart.
6. Repeat process with other handle.
7. Keep your hex key tool as you will need it when replacing a worn cable with a new one.

HOW TO REPLACE THE CABLE ON YOUR *CYCLONE SPEED ROPE*:

1. Remove the adjustable collars using the hex key tool and pull the worn rope out of the handles.
2. Thread the new rope through the front end of the ball shaped bearing and out the back end of the handle.
3. Follow instructions for **HOW TO ADJUST THE LENGTH OF YOUR *CYCLONE SPEED ROPE***.

If you indicated in your order that you are:

4' 11" – 5' 6" you have a **SIZE 1** cable. **5' 7" – 6' 0"** you have a **SIZE 2** cable. **6' 1" – 6' 7"** you have a **SIZE 3** cable.



***Remember that moving the collar one inch will have the effect of two inches on the length of the rope.**