UFC

ULTIMATE TRAINING

SPEED JUMP ROPE

USER'S MANUAL

Hello
Bonjour
Hola Ciao
Olá **Hallo**

UFC HISTORY

The fastest growing sports organization in the world, UFC has revolutionized the industry, and today stands as the world's leading MMA promoter. With UFC ULTIMATE TRAINING we have developed a series of training accessories, which will lead you to improve your strength, resistance and body condition. All you need to train like a pro and feel like a pro.

WARRANTY

UFC Ultimate Training warrants the original purchaser against any product defect. For more information, terms and conditions please contact the original dealer/retailer in your country. Please visit WHERE TO BUY at ufctrain.com.



SPEED JUMP ROPE

- Total body cardio workout
- Improves coordination, stamina and speed
- 3m/10 ft L adjustable for all users
- Aluminium light weight handles for ultimate performance
- Ball bearings create ultra smooth rotation

[Material : Aluminum+PVC+CABLE]

WARNING

- This speed jump rope is not recommended for use throughout the pregnancy period.
- The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of this product. Be sure to read these instructions before use.
- Drink plenty of fluids before, during and after exercise.
- Exercises should be done in a slow and controlled manner.
- If you feel any pain or experience dizziness while exercising you should stop immediately.
- Using speed jump rope for unusual exercises with a high load or level of difficulty, or used for purposes other than those for which they have been designed or in ways inconsistent with any of these instructions will increase the possibility that your speed jump rope may fail and possibly cause injury. We can assume no liability for the results of not closely following these instructions.
- This speed jump rope is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have adult supervision.
- Never allow pets near the speed jump rope.

PRECAUTION

- Use extreme caution when using this product.
- Always use this product only as described and for purpose recommended by UFC Ultimate Training.
- Consult your Physician/prior to performing any physical activity.
- Not for use by Children under the age of 12.
- This product should be in a brand new condition. If this product has any damage please report immediately to the manufacturer / distributor.

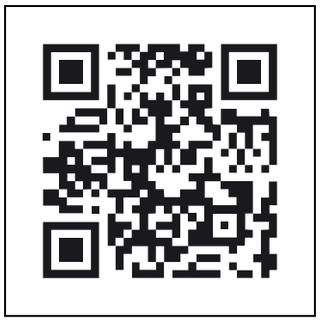
CARE

- Keep this product clean using a soft cloth and warm, soapy water
- DO NOT use abrasive or chemical cleaners
- Store away from children or anyone who may misuse this product.
- Store in a safe place away from damaging objects.

For more information on UFC equipment go to: **ufctrain.com**

IMPORTER
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USA Spirit Direct | PO Box 2037, Jonesboro, AR 72402 USA
CANADA Dyaco Canada | 5955 Don Murie Street, Niagara Falls, On L2G 0A9 CANADA

for other countries go to: **ufctrain.com**



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