



We from Spoonie Sports offer a fantastic and sporty experience, without having to go to a gym, simply from home or on the road or vacations. Our skipping rope is easily and quickly packed in the included transport bag. Get active now and show your friends and yourself that you can reach your goals. The only things you need are solid sports shoes, a solid surface (no concrete or similar with a rough surface, otherwise you will damage the rope) and the Spoonie Sports jump rope. We focus on high quality and customer satisfaction. For this reason we use a high quality ball bearing for a fast and joint-gentle rotation of the rope by 360 degrees. In addition, we offer you like no other a colorful selection of non-slip handles and extra ropes. On our website you will find a free and helpful ebook to download around the topic "skipping rope" and videos to watch and follow.

Say Hallo too your new fitness !

Customer Service & Feedback

We are committed to providing the best products and customer service to our customers. If you have a problem, please contact us so that we can find a solution together. We want you to be 100% satisfied.

Product reviews are especially important for the Amazon shopping experience. Share your opinion.

We are looking forward to your feedback !

How to write a product review?

1. Log in to your [amazon.de](https://www.amazon.de) account.
2. Go to "Meine Bestellung" / "My Orders"
3. Search for the Product you want to review.
4. go to „Schreiben Sie eine Produktrezension“ / "write a product review".



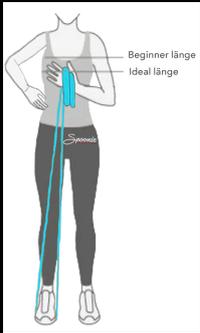
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Perfect rope length



Take both handles in one hand and step on the middle of the rope. Pull on both Handles all the way up to your armpits. Use the screw to fix the rope for your perfect length. Take off the safety caps. Cut (with a sharp tool) the Rope and let about 2 cm stick out at the end so the the safety cap will fit on both ends again.

Recommandation:

If you are a beginner you should keep the rope a bit longer

care instruction

For a long service life you can easily clean the jump rope with a wet towel, tissue or kitchen paper along the jump rope after the workout. The ball bearing should be greased/oiled 2-4 times a year (depending on usage). Use a drop of oil. For this you can use bicycle chain oil or lubricating oil. Do not use the product on concrete, asphalt or similar surfaces. You can also protect your rope with rubber tubes. You can purchase the rubber tubes in our 2-piece spare rope set or use the included rubber tubes of the jump rope set. Pull the rope through the rubber tube until you reach the middle. protect your ball bearings from sand, water and dust.

Free E-BOOK !

The Ebook contains helpful tips, many exercises and tricks. A 30 Days Work out Challenge and a lot more.

! safety advice !

Attention! The Spoonie Sports jump rope is not recommended for children under 12 years. The product contains small parts. Do not leave the product unattended near small children. There is a risk of suffocation and injury. Make sure that you are in good physical condition to train with a jump rope. You should check the product for damage before training. The product is not a toy and should not be misused as such. Be sure to use it properly to avoid injury to yourself and others. We recommend that you inform yourself about correct handling before using the product. If you are unsure, you can contact us or visit a professional fitness trainer.

1.) Go to our Webseite.

 www.spooniesports.com

2.)Go to "Ebook&Videos"

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3.) Passwort: XXXXXXXX (please use the code on the flyer)