



ADJUSTABLE WEIGHTED JUMP ROPE

SF-JR03-BK

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

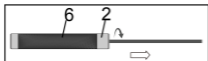
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this product correctly. It is important to read this entire manual before assembling and using the product. Safe and effective use can only be achieved if the product is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the product are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Use the product on a solid, flat level surface. To ensure safety, the product should have at least 4 feet (120 cm) of free space all around it.
4. Ensure that the rope is securely tightened before using the product. The safety of the product can only be maintained if it is regularly examined for damage and/or wear and tear.
5. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.

ROPE ADJUSTMENT GUIDE

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90 SUNNY (877-907-8669).



STEP 1

Unscrew the **Front Cap (No. 2)** from the **Handle (No. 6)**.



STEP 2

Pull the **Rope (No. 1)** and **Buckle (No. 5)** out.



STEP 3

Hold the **Buckle Cap (No. 4)** and pull the end of the **Rope (No. 1)** to separate the **Buckle (No. 5)**.



STEP 4

Adjust the **Buckle (No. 5)** to the required length of the **Rope (No. 1)**.

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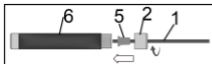
STEP 5

Fasten the **Buckle (No. 5)** with the **Buckle Cap (No. 4)**.



STEP 6

Cut off the extra **Rope (No. 1)**.



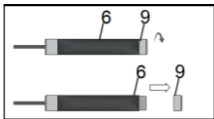
STEP 7

Push the **Rope (No. 1)** and the **Buckle (No. 5)** back into the **Handle (No. 6)**. Screw the **Front Cap (No. 2)** into the **Handle (No. 6)**.

The adjustment is complete!

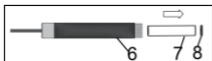
HANDLE WEIGHT ADJUSTMENT GUIDE

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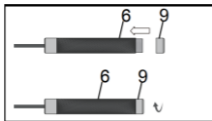
STEP 1

Unscrew the **End Cap (No. 9)** from the **Handle (No. 6)**.



STEP 2

Remove the **Washer (No. 8)** and **Weight Block (No. 7)** from the **Handle (No. 6)**.



STEP 3

Attach the **End Cap (No. 9)** back to the **Handle (No. 6)** and rotate the **End Cap (No. 9)** to tighten.

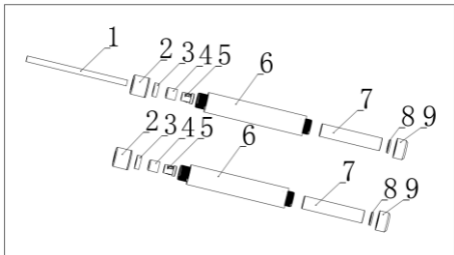
The adjustment is complete!

Download SunnyFit - For Home Fitness:



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

EXPLODED DRAWING



PARTS LIST

No.	Description	Spec.	Qty
1	Rope	3m	1
2	Front Cap		2
3	Bearing		2
4	Buckle Cap		2
5	Buckle		2
6	Handle		2
7	Weight Block	100g	2
8	Washer		2
9	End Cap		2

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