PRODUCT SPECIFICATIONS

ADRP 12234 Speed Rope

Code: ADRP 12234

MRP : 1399.00

Designed to suit any training regime, the adidas Speed Rope brings a new dimension to your cardio workouts. Ideal for developing overall speed, timing and coordination, the Speed Rope features an internal ball bearing mechanism, ensuring smooth and efficient rotations for more elite skipping sessions. Complete with foam padded handles, the thicker design delivers greater comfort with three knurled sections also enhancing your grip. Lightweight and adjustable, the thick rubberised rope is 300 cm long and easily adjusted via a clip within the handle itself. Simply feed the rope through and cut to your desired size for more effective rotations and a better skipping cadence. Easily adjusted and cut to size, the 300 cm rope is ideal for all user heights.Foam padded handles with three knurled stripes for a comfortable and secure grip.Ideal for building speed, endurance, timing, and coordination.Internal ball bearing mechanism creates greater speed and smoother rotations.Made from rubberised material, the thick rope delivers consistency and accuracy.

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Colour：	Black
Dim.(LxWxH)：	3000 x 35 x 117mm
Material：	TPR(45%) HDR(35%) PP(14%) Steel(5%) ABS(1%)
Net Weight：	210gms.