

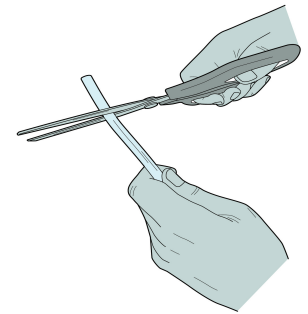
Sizing and Maintenance Instructions for Challenger Rope

Please note that if you are an experienced jumper, measure your current rope or choose a length that works for you.

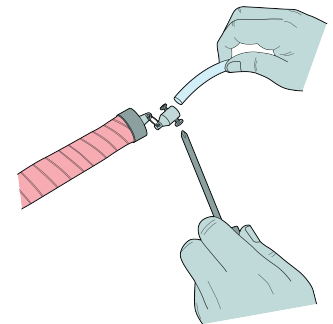
1. Lay the rope on the floor without the handles and measure the length of rope by using the table below:

Your Height	Length of Rope (without handles)
4 ft to 4'9"	7 ft
4'10" to 5'3"	8 ft
5'4" to 5'11"	9 ft
6'0 to 6'6"	10 ft

2. Using a pair of scissors (or other cutting tool), trim the rope to the size recommended above.



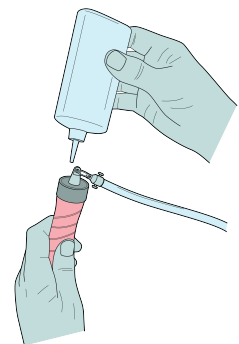
3. Loosen both screws on "receptor" at the end of each handle. Insert the ends of the rope securely into the receptors on each end of the handle. Using a screw driver, tighten both screws to rope.



4. You're ready to go! Enjoy!

Maintenance of Your Challenger Rope

1. Our unique handles have quality ball bearings to ensure smoother rotation. We recommend a drop of lubricating oil periodically to the bearings as needed.



2. For optimum performance and to extend the life of your Challenger Rope, avoid using on concrete, asphalt, dirt, gravel, or any other abrasive service. However, we at Embracing Sport recognize that ideal conditions are not always available. Wrapping the center of the rope, which hits the ground, with electrical tape will help prolong the life of the rope under these conditions.

