

CROSS TRAINING JUMP ROPE.



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THE IDEAL CHOICE FOR PEOPLE WHO ARE SERIOUS ABOUT CROSS TRAINING.

Escape's Cross Training Jump Rope is the perfect choice for members who want to excel at cross training. Working with your body, you can get the workout you really need. Double-unders and combinations become easy with a rope designed with passionate cross trainers in mind.

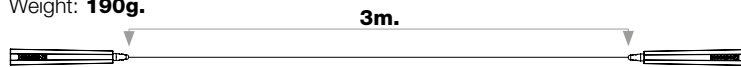


WARRANTY AND BUILD.

Warranty: 6 month.

DIMENSIONS AND WEIGHTS.

Length: 3m.
Width: 3mm rope.
Weight: 190g.



CLUB BENEFITS.

INTRODUCE CROSS TRAINING TO YOUR FACILITY TO EXCITE YOUR MEMBERS.

DEVELOPED FOR CROSSFIT STYLE EXERCISES.

A STYLISH DESIGN TO LOOK GREAT IN YOUR GYM.

PT BENEFITS.

IDEAL FOR CROSS TRAINING CIRCUITS AND SESSIONS.

FANTASTIC HIGH INTENSITY INTERVAL TRAINING TOOL - INTRODUCE COMBINATIONS.

GREAT FOR TRAINING FAST TWITCH MUSCLE FIBRES.

USER BENEFITS.

A HEAVIER STEEL HANDLE - HELPS FOR FAST SKIPPING.

ROLLER STEEL BEARING HANDLE FOR SMOOTH ROTATIONS.

FULLY ADJUSTABLE FOR DIFFERENT USER HEIGHTS.



A LIGHTWEIGHT, 3MM ROPE - great for fast skipping for body conditioning.



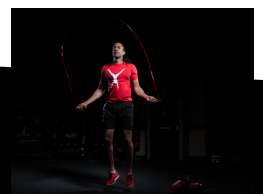
REINFORCED ALUMINIUM HANDLE - the Octagon shape sits comfortably in the hand.



693 STEEL BEARING HANDLE - high quality for super smooth rotations ideal for double-unders.



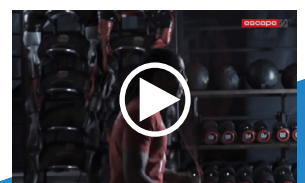
ADJUSTABLE LENGTH - enables users to change the rope to suit their needs.



CONDITION THE WHOLE BODY - glutes, quads, hamstrings, deltoids, biceps, latissimus dorsi and more.

CrossFitters are in for a treat! The Cross Training Jump Rope has been developed with **cross training** at the **forefront of importance**. At 3mm, this rope is **lightweight** and will **look great** in any facility, from dedicated CrossFit clubs to more general health suites. Get members involved in a new type of training or keep your cross training fans fresh with this high performance skipping rope. Dominic Felix, who is accredited by the British Rope Skipping Association, said: "I was really impressed by the Escape Cross Training Jump Rope. The **smooth rotations** made it easy to perform complex jump rope workouts and it was great for incorporating into press-ups, burpees and squats".

This cross training rope is the ideal training tool to take your jump rope training to the next level.



SEE THIS PRODUCT IN ACTION ONLINE.