

## Commercial Speed Skipping Jump Rope Gym Fitness Equipment

RRP: \$24.95

Any athlete, elite or amateur, knows the benefits of skipping between gym sessions and to warm up and get the heart pumping. They are used by boxers in training and offer a high-intensity interval training solution for any space, whether at home or at the gym. When skipping, you engage your arms, core, legs and glutes.

At Randy & Travis Machinery, we know a smooth skipping experience is essential. That is why our Speed Skipping Rope uses high-quality swivels on its handles. They are made from powder-coated aluminium, which is incredibly durable but light in weight. The coating helps prevent scratches, keeping the rope looking fresh for longer. Each handle is made from non-slip materials to help you keep a comfortable grip while you skip.

The 1mm cable is coated for added durability and measures 3m in length. You can adjust this easily to a suitable length for your height.

For a deluxe skipping experience, we recommend the Speed Skipping Rope and using it on soft surfaces to maintain the quality of the cable coating. Use it for warm-ups for sessions or as a quick burst of exercise when needed.

