

WOD Nation Speed Jump Rope - Blazing Fast Jumping Ropes - Endurance Workout for Boxing, MMA, Martial Arts or Just Staying Fit - Adjustable for Men, Women and Children Review-2021



[Read Customer Reviews](#)

Cut Seconds or Even Minutes Off Your WOD Times : This jump rope is not only fast but also creates a very stable rope swing so you can easily recover from inaccurate swings

Stop Doing Singles When Everyone Else is Doing Doubles : After customizing this speed jump rope with a quick snip of a wire cutter you will be on your way to stringing together multiple double unders

Get In The Best Shape Of Your Life : We designed this speed rope to not only spin fast but last a long time. If used regularly you will be in the best shape of your life!

Great For At-Home Workouts Too : This rope is really all you need to stay fit and healthy when working out at home.

For Use On Smooth Surfaces Only : Like all steel cable jump ropes, this rope should only be used on a smooth gym surface. Do not use on cement or asphalt as the rough surface will destroy the coating on the cable.

Blazing Fast Speed Jump Rope
A quality jump rope is one of the most important pieces of equipment for fitness training. Jumping rope is a super effective functional exercise which is why you see it used in the training regimens of so many athletes in such a variety of sports. Jump rope training targets speed, balance, agility, dexterity, coordination, endurance and concentration. It's an excellent cardio workout and also builds shoulder strength and is great for your legs. Whether you're an elite athlete or a regular Joe/Jane who just wants to stay in great shape by jumping rope, this is the perfect rope for you. WOD Nation has combined ballistic nylon resin handles with patented silky smooth liquid steel bearings and topped it off with a kink resistant nylon covered steel cable.

Use On a Smooth Surface for LONG LIFE

When used smooth surface, this speed rope will last for years to come. WOD Nation even includes an extra replacement cable just in case the original ever wears out.

In order to ensure a long life we recommend that it does NOT get used on an abrasive surface like concrete or asphalt.

The Perfect System

Patented Lightening Fast Bearings: WOD Nation speed ropes use a patented 4 bearing system. Two bearings in handle and two on the tips to hold the coated steel cable.

Handles: Articulating swivel bearing. 6.75" long with a tapered end for sure grip. 4 high-grade metal ball bearings in nylon resin handles.

Cable: 2.5mm coated cable that can be easily adjusted with a cable cutter. Comes at 10 foot length. Spare cable INCLUDED!

Convenient Carrying Bag: Comes with a nylon carrying bag so you don't have to worry about it getting tangled up in your gym bag or locker.

How Size Your WOD Nation Speed Rope

Stand on the middle of the rope with one foot and bring the handles up to your arm pit. This is a good starting length.

Cut the cable with a wire cutter. You may need test and recut if you want it to be shorter.

Tighten the thumbscrews and test. After you find the perfect length, tighten the screw down with a screwdriver so it doesn't loosen while jumping.

WOD Nation Attack Speed Jump Rope

WOD Nation Muscle Floss

WOD Nation Pull Up Assistance Bands

WOD Nation Wrist Wraps

WOD Nation Gym Grips

WOD Nation Weightlifting Tape

Compatible WOD Nation Products



Review 2021, feedback 2021, promo code, discount code 2021, buy, picture, description, sale, price comparison, cheap, cheapest, value for money.