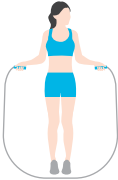


CIRCUIT A (x2) - 0-10 MINUTES

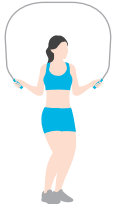
1

FORWARD JUMP
1 MINUTE (NO BOUNCE)



2

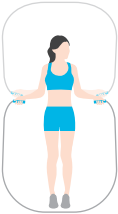
TWISTER
1 MINUTE



TWIST BODY FROM SIDE-TO-SIDE WHILE IN THE AIR, BOTH FEET SHOULD LAND POINTING 45° FROM CENTER TO THE LEFT, THEN TO THE RIGHT.

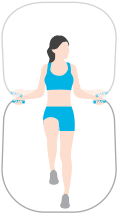
3

FAST FORWARD JUMP
1 MINUTE




4

ONE LEGGED JUMP
30 SECONDS EACH



5

AIR SQUAT IN PILE POSITION
1 MINUTE

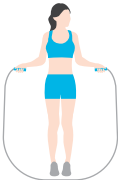


LEGS SHOULD BE WIDER THAN HIP WIDTH. KEEP WEIGHT ON THE HEELS.

CIRCUIT B (x2) - 10-20 MINUTES


1

FORWARD JUMP
1 MINUTE (NO BOUNCE)



2

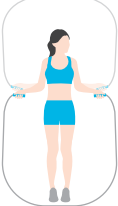
ALTERNATE STEP
1 MINUTE



SPEED UP PACE, SHOULD BE AS IF YOU ARE RUNNING)

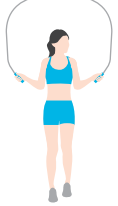
3

FAST FORWARD JUMP
1 MINUTE



4


SIDE-TO-SIDE FORWARD JUMP
1 MINUTE



LAND A FEW INCHES LATERAL OF CENTER AS IF YOU ARE JUMPING ACROSS SOMETHING ON THE FLOOR)

5

LUNGES
1 MINUTE

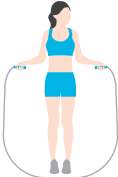


LUNGES 1 MINUTE (30 SECONDS EACH LEG)

BURNER CIRCUIT (x2) - 20-22 MINUTES

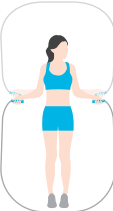
1

FORWARD JUMP
15 SECONDS




2

FAST FORWARD JUMP
30 SECONDS



3

DOUBLE UNDERS
15 SECONDS



MAKE SURE TO COOL DOWN AFTER INTERVAL WORKOUT WITH A 5 MINUTE WALK.

Thank you for purchasing the Vergali 2-in-1 Digital Jump Rope.

Now you can keep track of your high-intensity workouts with our built-in digital panel that shows your number of skips, distanced skipped, and calories burned. Plus, enjoy the freedom of switching between cordless and a traditional 10ft cable.

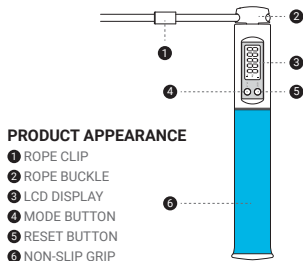
Specifications:

- Automatic jump count: up to 9,999
- Distance: Miles/Km
- Calorie consumption count display: Up to 999
- Battery: LL44 BATTERY (included)
- Materials: ABS + PVC
- Handle Dimensions (H X D): 1x6.5in
- Handle Weight (without weights): 60g/0.13lb
- Handle Weight (with weights): 140g/0.31lb
- Cable Weight: 80g/0.18lb



Package Contents:

- 2 x Digital jump rope handles
- 2 x Rope balls
- 2 x Metal columns
- 1 x 10ft Skipping rope



PRODUCT APPEARANCE

- 1 ROPE CLIP
- 2 ROPE BUCKLE
- 3 LCD DISPLAY
- 4 MODE BUTTON
- 5 RESET BUTTON
- 6 NON-SLIP GRIP



LCD FULL SCREEN DISPLAY

MODE: PRESS BUTTON TO CHANGE FUNCTIONS

MODE OPTIONS:

- MILES
- KM'S
- CALORIES
- ROPE SKIPS

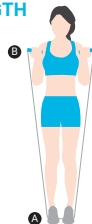
RESET: PRESS BUTTON TO CLEAR MODE VALUES

HOW TO DETERMINE JUMP ROPE LENGTH

WHEN DETERMINING THE APPROPRIATE LENGTH FOR YOU, FOLLOW THESE STEPS:

- STEP ON THE MIDDLE OF THE ROPE AND PULL IT TAUT
- MEASURE AT YOUR ARMPITS. DO NOT INCLUDE HANDLES

NOTE: TYPICALLY ADDING 3 FEET TO YOUR HEIGHT WILL ALSO GIVE YOU THE RIGHT ROPE LENGTH ESTIMATION



PUSH THE ROPE OUT OF THE BUCKLE AND ADJUST TO THE DESIRED LENGTH. FOR INDOOR USE, REMOVE THE ROPE ENTIRELY AND REPLACE WITH ROPE BALLS.



FASTEN THE BUCKLE ON AND THEN TIGHTEN THE ROPE IN THE DIRECTION OF THE ARROW. ATTACH THE EXCESS TO THE ROPE CLIP.

REMOVABLE METAL WEIGHT

UNSCREW HANDLE TO REMOVE METAL WEIGHT. EACH METAL WEIGHT IS 80 GRAMS.

BATTERY REPLACEMENT (STANDARD LR44 BATTERY)

