

# Speed Ropes

**IMPORTANT!**

Read this before using Speed Ropes

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## Speed Ropes Instructions & Guidelines

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### Before using Speed Ropes

- » Always consult your doctor/physician before commencing any exercise regime.
- » Iron Edge will not be held responsible for any injury or death that occurs while using this product.
- » Check the product for any manufacturing defects prior to use. If defects are evident, do not use the product and contact Iron Edge immediately.
- » Iron Edge recommends seeking assistance from a qualified personal trainer before commencing training.
- » Fit to size: Use a screwdriver to loosen off one end of the cable. Thread the cable through to desired length and cut with scissors. Optimum length should result in the rope reaching your armpits while the cable runs under your feet.

### Product care

- » Keep Speed Rope stored in a dry place.
- » Avoid using on concrete or other abrasive surfaces. This will lead to excessive wear on the cable.

### Three-month Product Warranty

- » **Speed Ropes are covered by a three-month warranty for manufacturers' defects and faults.**
- » **Iron Edge will exchange/replace/refund to the customers' satisfaction all Speed Ropes affected by manufacturers defects.**
- » **This warranty does not include normal wear and tear or Speed Ropes use on concrete or abrasive surfaces.**

### Iron Edge No BS Policy

We take our products and services seriously. It's for this reason we offer a hassle-free No BS policy with all our products. If there's ever an issue with our service or product that is outside of normal wear and tear (see our Terms & Conditions), simply let us know and we'll take care of it with a No BS attitude.

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