



1. Pass the rope through the side of the skipping rope fixing hole.



2. Pass through the bearing again (pass through the convex part first).



3. Put on the fixed rope switch and pull the switch closer.



4. Insert the jumping rope into the handle and tighten the cap.



5. Put in the detachable load-bearing iron block from the tail.



6. Tighten the tail cover.

Through the above steps, quickly change the handle and use different ways to exercise.