

DID YOU KNOW THAT SIZE DOES MATTER? ;)

# JUMP ROPE SIZING GUIDE

HOW TO PROPERLY SIZE YOUR NEW ELEVATE JUMP ROPE FOR LESS TRIP UPS, A SHORTER LEARNING CURVE, SMOOTHER FLOWS AND MORE EFFICIENT SKIPPING.



SCAN QR CODE TO WATCH SIZING GUIDE VIDEO OR CONTINUE READING BELOW



## STEP 1

GRAB SOME SCIZZORS, YOUR JUMP ROPE AND POTENTIALLY A BOWL TO PUT YOUR REMAINING BEADS IN (IF YOU'VE PURCHASED A BEADED ROPE).



IF YOU'VE JUMPED ROPE BEFORE, PLEASE FOLLOW THE 'ADVANCED SIZING GUIDE IN THE THIRD TAB,. IF YOU'RE NEW, PLEASE FOLLOW THE BEGINNER SIZING GUIDE IN THE SECOND TAB.

## BEGINNER SIZING TIPS

**FORM**  
IT IS VERY IMPORTANT THAT YOU AS A JUMPER USE PROPER FORM. THIS MEANS THAT YOUR HANDS ARE JUST IN FRONT OF YOUR HIP BONES AND NOT HELD OUT WIDE WHEN JUMPING.

**LENGTH**  
STEP WITH ONE FOOT ON YOUR ROPE AND LET YOUR HANDLES REACH YOUR ARMPITS. A LONGER JUMP ROPE SLOWS THINGS DOWN AND ALLOWS FOR TIMING THAT IS NOT PERFECT, CUT OFF THE EXCESS OF ROPE AND ADD YOUR JUMP HANDLE (INCLUDING SIZING MECHANICS) AT THE PLACE YOU'VE CUT IT OFF, TOGETHER WITH YOUR HANDLE.



## ADVANCED SIZING TIPS

**LENGTH**  
STEP WITH ONE FOOT ON YOUR ROPE AND LET YOUR HANDLES REACH YOUR NIPPLES OR TOP ABDOMINALS. A SHORTER JUMP ROPE SPEEDS UP THINGS AND ALLOWS FOR A MORE EFFICIENT AND CLEAN STYLE OF JUMPING

THEN CUT OFF THE EXCESS OF ROPE AND ADD YOUR JUMP HANDLE (INCLUDING SIZING MECHANICS) AT THE PLACE YOU'VE CUT IT OFF, TOGETHER WITH YOUR HANDLE.



## YOUR ROPE-TYPE HANDBOOK

# ELEVATE JUMP ROPE TYPES

### ELEVATE SPEED ROPE MAX

SPEED ROPES ARE JUST PERFECT FOR THOSE WHO ARE LOOKING TO DO FAST-PACED CARDIO SESSIONS, CROSS-FIT, DOUBLE-UNDERS, BOXING, TRICKING AND COMBINE THE REALM OF FREESTYLE AND CARDIO SKIPPING. OUR SPEED ROPE SLICES THROUGH THE AIR, WHICH RESULTS IN MORE SPEED. SIMULTANEOUSLY, THE 5MM PVC CORD STRUCTURE PROVIDES ENOUGH FEEDBACK FOR YOU TO FEEL THE WHEREABOUTS OF THE ROPE BETTER, WHICH RESULTS IN LESS TRIP-UPS AND A BETTER SKIPPING EXPERIENCE.

- **FAST PACED CARDIO, MULTIPLES & SPEED.**

### ELEVATE DIGNITY BEADED ROPE

BEADED ROPES ARE PERFECT FOR THOSE WHO ARE LOOKING TO PRACTICE TRICKS, FREESTYLE WRAPS, RELEASES AND EXPLORE THE REALM OF FREESTYLE SKIPPING. A BEADED ROPE HAS PROVEN TO BE PERFECT FOR BEGINNERS, FREESTYLE AND ANY SKILLS THAT REQUIRE MORE FEEDBACK FOR BETTER CONTROL.

- **TRICKING, RELEASES & FREESTYLE.**

### ELEVATE GRAVITY HEAVY ROPE

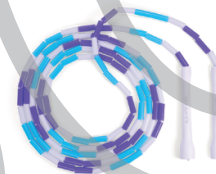
HEAVY ROPES ARE PERFECT FOR THOSE LOOKING TO DO HEAVY-DUTY CARDIO SESSIONS, BUILD MUSCLE, AND LOSE WEIGHT. THEY ARE BY FAR THE BEST WAY TO TEST AND INCREASE YOUR ENDURANCE, STAMINA AND STRENGTH. A HEAVY ROPE HAS PROVEN TO BE PERFECT FOR BEGINNERS- TO ADVANCED JUMPERS LOOKING BUILT STRENGTH, STAMINA, ENDURANCE AND INCREASE THEIR CALORIC EXPENDITURE.

- **ENDURANCE, STRENGTH & STAMINA.**

### ELEVATION MAX LONG HANDLE ROPE

THE LONG HANDLES ARE PERFECT FOR ANY TYPE OF TRICKS THAT INVOLVE CROSSES, WHETHER IT'S ON THE GROUND, THROUGH THE LEGS, REGULAR BODY ONES OR MULTIPLE CROSSES. NEXT TO THAT, THE ROPE SLICES THROUGH THE AIR, WHICH RESULTS IN MORE SPEED. SIMULTANEOUSLY, THE 5MM PVC CORD STRUCTURE PROVIDES ENOUGH FEEDBACK FOR YOU TO FEEL THE WHEREABOUTS OF THE ROPE BETTER, WHICH RESULTS IN LESS TRIP-UPS AND A BETTER SKIPPING EXPERIENCE.

- **CROSSES, FAST PACED CARDIO & MULTIPLES.**



## THANKS FOR ELEVATING WITH US!

Our mission at Elevate Rope is to revolutionize cardio fitness and change the negative perception of cardio workouts worldwide.

Through our high-quality jump ropes and innovative training programs, we empower individuals to elevate their physical and mental health.

**We strive to make cardio exercise accessible, enjoyable and fun for all, so that people everywhere can experience the benefits of a healthy and active lifestyle.**

## WILL YOU SHARE THAT MISSION WITH US?

**If so, you might want to consider joining our Elevate Family.**

Our ambassadors are a reflection of our vision; empowering individuals to achieve their best physical and mental health, thus creating healthier and happier communities worldwide.

We aim to inspire and support people of all ages and fitness levels to make jump rope training a sustainable and fun part of their daily routine, by developing innovative products, training programs and supporting resources that break through the traditional boundaries of cardio fitness.

We don't discriminate, compare, exclude or hate in any form or way.

**Because we believe everyone deserves to Elevate.**

As an Elevate Family member, you will have the opportunity to share your love of jump rope, enroll into the biggest jump rope community in the world and promote our products to your friends, family, and followers.

By joining our program, you'll receive exclusive discounts, early access to new products, and a personalized referral link to share with your network.

You'll also have access to marketing materials and support from our dedicated team to help you promote our brand.

As a thank you for your help in spreading the word about our products and community, you'll also receive a commission (up to 20%) on any sales generated through your referral link or personal coupon code.

**So, if you're passionate about jump rope and want to help us grow this sport, we'd love to have you on aboard.**

SCAN QR TO SIZE YOUR JUMP ROPE



SCAN QR TO DOWNLOAD APP



SCAN QR TO JOIN THE FAMILY



SCAN QR FOR TUTORIALS



#JUSTELEVATE #ELEVATEFAMILY #ELEVATEROPE #ELEVATEROPEFAM

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GETTING FIT, HAVING FUN.

ELEVATEROPE.COM





### BECOMING YOUR BEST SELF

WE'RE GETTING IT DONE TOGETHER!

WE ARE THE ELEVATE FAMILY

DO WELL, LIVE WELL, EAT WELL. KEEP YOUR PRIORITIES STRAIGHT, YOUR MIND RIGHT & YOUR HEAD UP. DO WHAT YOU LOVE. LOVE WHAT YOU DO.

LET'S MEET WAY UP THERE. HIGH IN THE SKIES.

LET'S ELEVATE!



ELEVATEFAMILY

PROCEED WITH CAUTION. WARNING: DO NOT OPEN THIS UNLESS YOU'RE READY TO ELEVATE.

YOU'RE CORDIALLY INVITED ...



### STEPS TO TAKE

- 01 RECORD AN UNBOXING VIDEO AND TAG ME ON INSTAGRAM: @GERALDO.ALKEN - YOU MIGHT WIN A PRIZE!
- 02 LEARN & GROW. SUBSCRIBE TO MY YT CHANNEL: YOUTUBE.COM/GERALDOALKEN
- 03 GET INSPIRED AND DOWNLOAD OUR FREE JUMP ROPE APP: ELEVATEROPE.COM/APP
- 04 READ THROUGH THE MANUAL YOU'VE RECEIVED IN YOUR PACKAGE. SCANNING THE QR-CODE ON THERE OR TO THE RIGHT WILL TEACH YOU HOW TO SIZE YOUR JUMP ROPE. THERE'S ALSO A SPECIAL INVITATION INCLUDED. WILL YOU JOIN OUR ELEVATE FAMILY?



GETTING FIT, HAVING FUN

TOGETHER WE ELEVATE

SCAN THIS QR-CODE TO GET A FREE JUMP ROPE

