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Rocky Mountain High Skip Ropes & Skip Rope Prosthetic Adapter

INFO & INSTRUCTIONS

Rocky Mountain High Skip Ropes

These are the same ropes used by skip rope exhibition teams all around the country.

They are lightweight and high performance ropes that are easy to use.

Adjustment:

Ropes are easily shortened. Push rope back through handle. Remove nut. Angle cut at proper length. Reapply nut to rope end.

Prosthetic Skip Rope Adapter

The TRS Prosthetic Skip Rope Adapter is especially designed to fit Rocky Mountain High Skip Ropes.

The Skip Rope Adapter “force fits” into the plastic tube end of the Skip Rope handle.

Trim off excess rope flush to the nut (If required) to provide enough room for the adapter to slide all the way into the handle.

Positioning:

The rope handle should be canted out away from the body and slight down towards the floor. Experiment with different angles. Persons of different height and stature will require different angles for optimum performance.