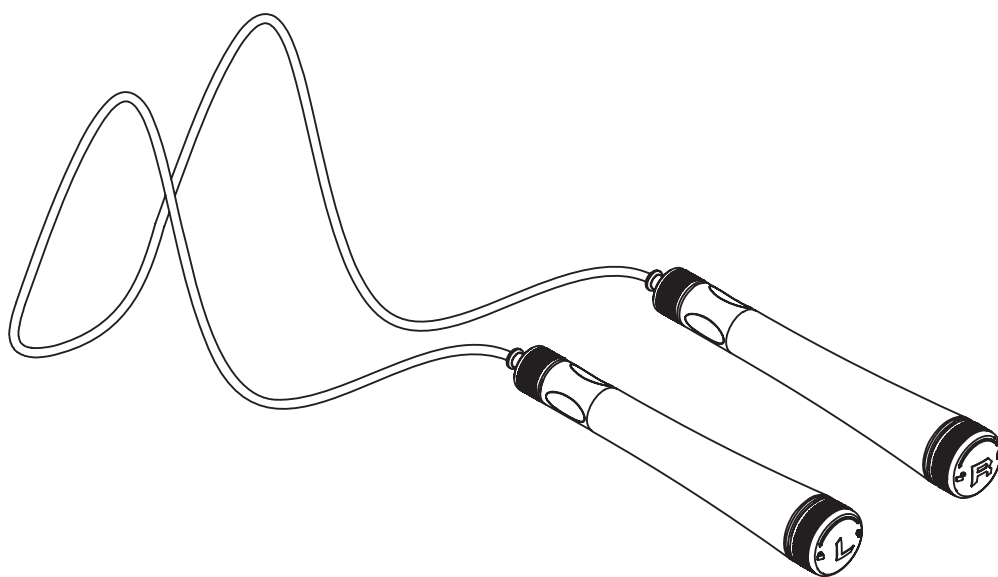




NO  
DOUBTS

SPART

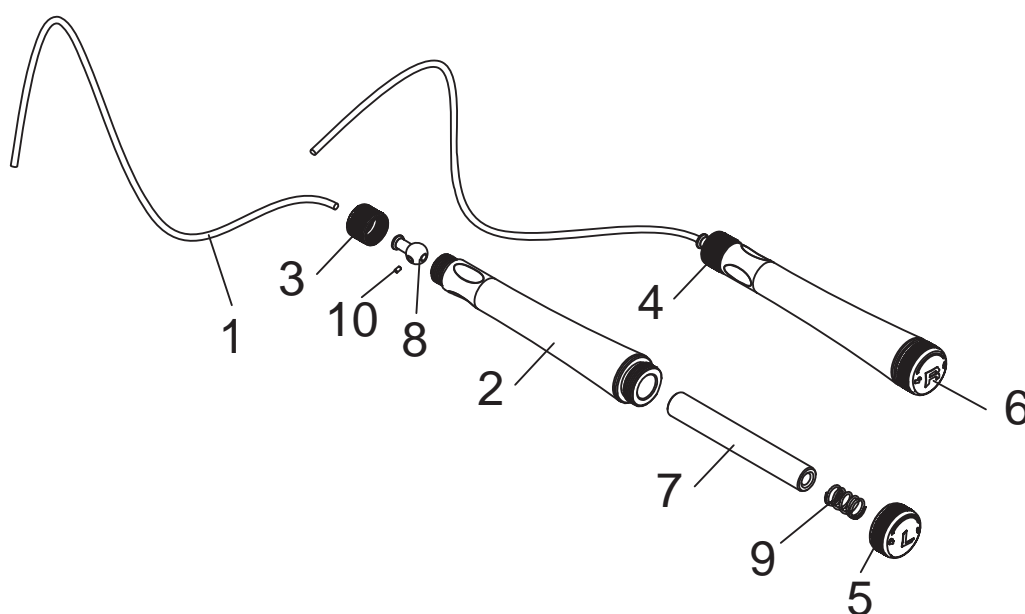


**CYCLONE SPEED ROPE** CD1103

## PARTS LIST

NUMBER	DESCRIPTION	QUANTITY
1	ROPE	1
2	HANDLE	2
3	LEFT FRONT COVER	1
4	RIGHT FRONT COVER	1
5	LEFT REAR COVER	1
6	RIGHT REAR COVER	1
7	WEIGHT	2
8	UNIVERSAL JOINT	2
9	SPRING	2
10	SET SCREW M4*4	2

## EXPLODED DRAWING



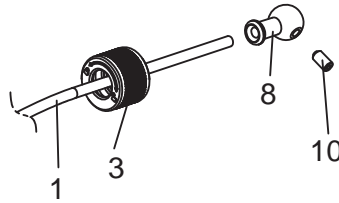


1. Attention: In the graphic position rope jumping height.

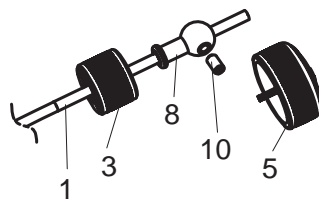
JUMP ROPE LENGTH CALCULATION TABLE

no	height (CM)	plus	additional cable (CM)	equals	cable length (CM)
1	147	+	86	=	234
2	150	+	86	=	236
3	137	+	86	=	224
4	140	+	86	=	226
5	142	+	86	=	229
6	145	+	86	=	231
7	147	+	86	=	234
8	150	+	91	=	241
9	152	+	91	=	244
10	155	+	86	=	241
11	157	+	86	=	244
12	160	+	86	=	246
13	163	+	86	=	249
14	165	+	86	=	251
15	168	+	91	=	259
16	170	+	91	=	262
17	173	+	91	=	264
18	175	+	91	=	267
19	178	+	91	=	269
20	180	+	97	=	277
21	183	+	97	=	279
22	185	+	91	=	277

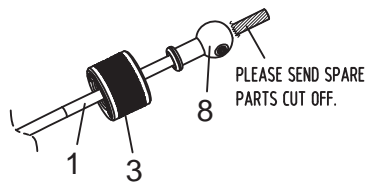
## ASSEMBLY STEPS



2. Attach the left front cover (3) to the rope (1); wear the universal joint (8) into the rope (1).

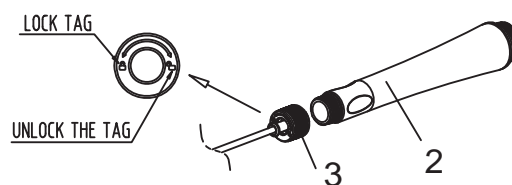


3. Selecting the right length of the rope (1), Fixed the universal joint (8) to the rope (1) with set screw M4\*4. Each rear covers with Allen key.

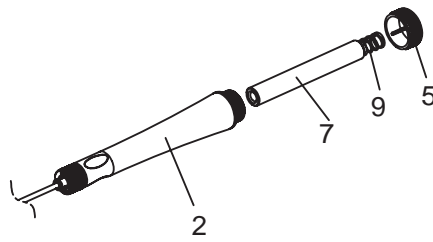


TOOL: VICE

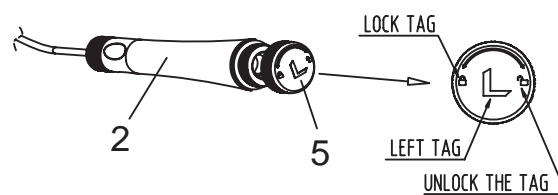
4. Please send as shown in the shaded part cut up with vice.



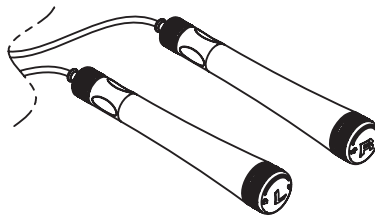
5. Note on the left front cover (3) of the lock and unlock marking, Attach the left front cover (3) to the handle (2).



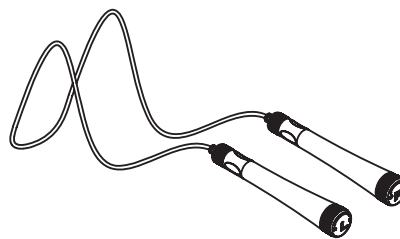
6. The weight (7) of the jump rope is 4kg, if you want to use the weight, attach the weight (7) and spring (9) to the handle (2).



7. Note on the left rear cover (5) of the left, lock and unlock marking, tighten the rear cover (5).



8. Right hand steps the same as the above.



9. The jump rope installed.

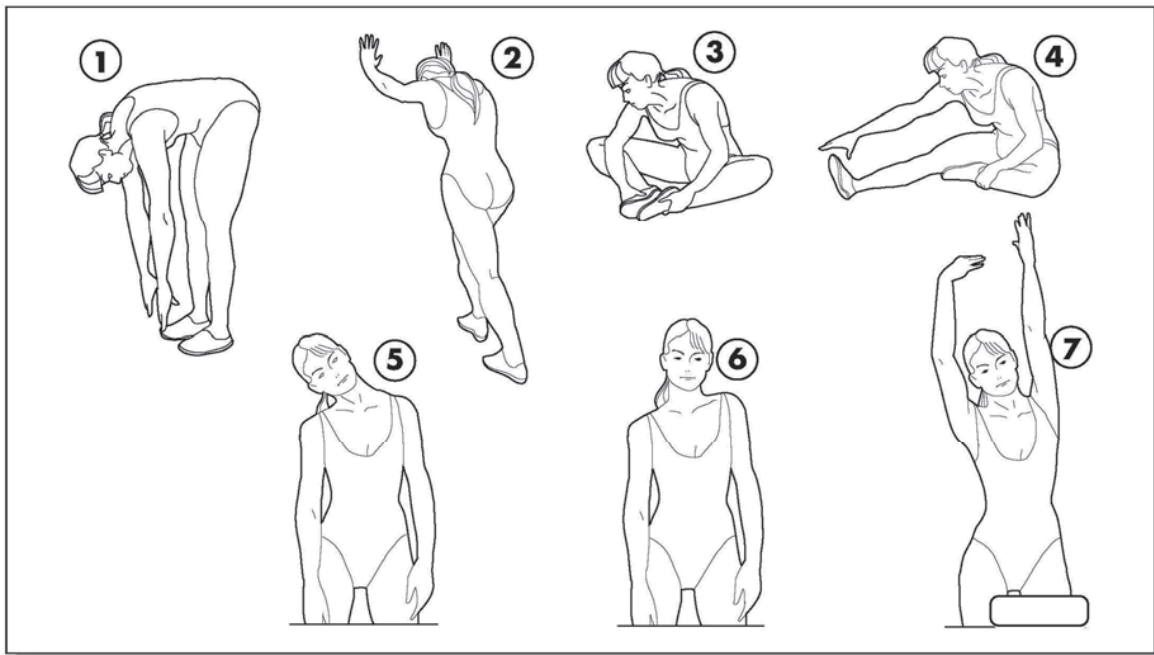
※ NOTE: Please add lubricating oil regularly within the universal joint (8).



## TRAINING ORGANIZATION

### Warm-up

Before every training you should warm-up for 5~10 minutes. Here you can do some stretching and training with low resistance.



**1-Touching the toes:** bend slowly forwards from the waist, relaxing your back and shoulders, until you can touch your toes. Stretch down as far as possible, holding the position for 15 seconds.

**2-Stretching the calf / achille's tendon:** with arms forward, place the hands on a wall, standing with the left leg further forward than the right. Keeping the right leg straight and resting the left foot on the floor, bend the left leg and lean forward, so that the pelvis moves toward the wall. Hold this position for a count of 15, then repeat with the left leg straight.

**3-Stretching the muscles of the inner thigh:** sit down with the soles of the feet together and the knees turned outwards. Draw the feet as far as possible toward the groin. Now push the knees gently downwards. Hold the position for 15 seconds.

**4-Stretching the hamstrings:** sitting on the floor, stretch out the right leg and place the sole of the left foot against the inner right thigh. Stretch the toes of the right foot as far forward as possible. Hold the position for 15 seconds, then repeat with the left leg straight.

**5-Rotating the head:** turn the head to the right for a few seconds, until you can feel the muscle stretching on the left side of your neck; then tilt the head back for the same amount of time, with chin up and mouth open. Turn the head to the left for a few seconds and finally tilt forward, chin on chest, for the same amount of time.

**Raising the shoulders:** raise the right shoulder toward the ear for a few seconds. Then raise the left shoulder for the same amount of time, simultaneously lowering the right shoulder.

**7-Stretching the flank muscles:** spread the arms out sideways and raise until above the head. Reach up with the right arm as far as possible for a few seconds. Repeat the operation with the left arm.

### **Training session**

During the actual training a rate of 70%~85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

- Daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

### **Cool down**

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5~10 minutes. Stretching is also helpful for the prevention of muscle aches.

### **Success**

Even after a short period of regular exercise you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day. For this achievement you should motivate yourself to exercise regular. Choose fixed hours for your training session and do not start training too aggressively. An old quote amongst sportsman says:

“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your machine.

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