

Make it Yourself Jump Rope



1.

Place 3 rubber bands through one of the end snaps



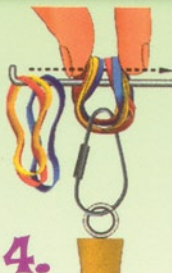
2.

Fold the rubber bands in half



3.

Insert the Puller through the open ends as shown



4.

Add 3 more rubber bands and pull back through the folded ones



5.

Go back through to the other end. Repeat steps 4&5 until you get the jump rope length you want



6.

Unscrew snap and slip the 6 loose ends on. Close snap.

Jump Rope may be adjusted to Jumpers size by adding or subtracting links



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