

# masterpro<sup>®</sup>



[www.skippingwell.com](http://www.skippingwell.com)

"A truly expression of bold style, SKIPPINGWELL® MASTERPRO® is a timeless symbol of Supremacy. With an array of designs, including the dual-position Aluminium handles, the cable's holder rotatory capsule, or the centrifugally activated weight system, every intricate detail is skillfully executed to boost performance and enjoyment to every skipping session"

Andre Tripicchio  
Chief Engineer

**NB:** Before using this product, please read these instructions for use and observe information they contain. The instructions are part of product. Only use product as described. If you pass the product to anyone else, please ensure that you also pass on all the documentation with it.

#### DESCRIPTION OF SYMBOLS:



**POINTED OBJECTS.** Handle carefully.



**TIDY MAN.** Dispose of the unwanted packaging in an appropriate manner.



**RECYCLABLE MATERIAL.** Dispose all unwanted plastic material into designated bins to minimize any negative impact on the environment.



**WARNING.** Read attentively for cautionary advice.



**IMPORTANT:** Safety note indicating possible damage to the product.



**NOTE:** Remark an important information.

#### TECHNICAL DATA:

Ball Bearings: Deep Grove 686z Radial Double Shielded

Cable: 7X7 Stainless Steel Nylon Coated

Handles: CNC Machined Solid Aluminium

Spinning Head : CNC Machined Aluminium

(Grub) Screws: M4 Stainless Steel (4, 5 & 6 mm) DIN 913

**!** (Grub) Screws Maximum Torque: 0.1 N.m (Light Torque)

Allen (Wrench) Key: 2mm Hexagon type

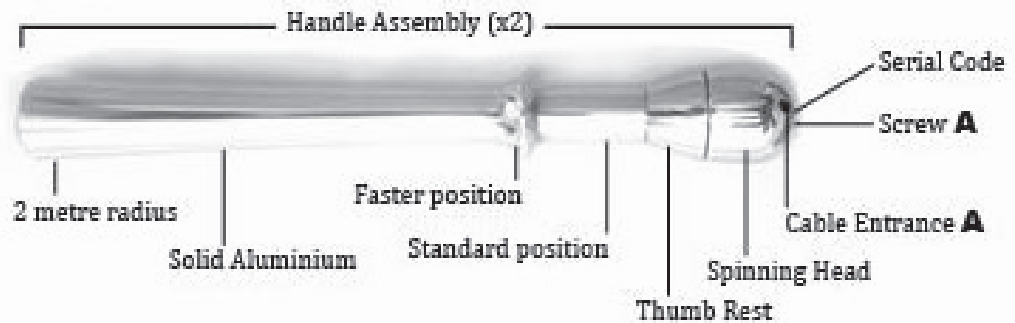
Worn Rate (Polished Granite Surfaces): 500K+

Balancing Weight: 7.55g

Total Weight 198g (Unloaded)

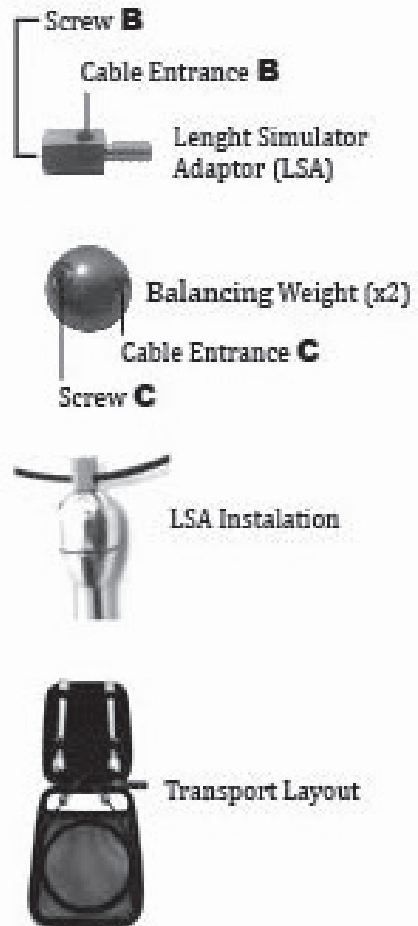
## DESCRIPTION:

### ▲ Small Objects





1. (Coated) Cable
2. LSA
3. File
4. Balancing Weights

5. Spare (Grub) Screws
6. Allen (Wrench) Key
7. Wrist Strap





## INSTRUCTIONS OF USE:







- 1- Release Allen Key from Components Board and use it to set free Balancing Weights, Length Simulator Adaptor (LSA) and File;
- 2- Cut Zip Ties from the back of the Components Board, freeing Cable and Wrist Strap;
- 3- Using the Allen Key, release Screw **A** from one of the Handles Assembly;
- 4- Insert Cable about 15mm into Cable Entrance **A**, filing eventual sharp edges from Cable's Coating for a precise fitting;
- 5- Tighten Screw **A**  0.1 Nm maximum (light torque) using Allen Key;
- 6- Get another Handle Assembly, remove Screw **A** and keep it stored safe;
- 7- Smoothly screw LSA into opened thread, making sure getting it fully inserted and apply a hand tighten;
- 8- Insert Cable through Cable Entrance **B**. If it gets obstructed, release Screw **B** using Allen Key;
- 9- Adjust Cable following the table below. Once is done, tighten Screw **B**  0.1 Nm maximum (light torque) using Allen Key and leave some extra Cable for adjustments;

Cable Length (cm)	User's Height (cm)
211	120 - 143
242	144 - 161
272	162 - 181
301	182 - 198










- 10- Practice as much suffice to define Cable's size. If adjustments are no longer necessary, cut the Cable 5mm above Handle's Axis Line at the exceeding side;
- 11- Remove LSA from the Spinning Head and the Cable held on it, by releasing Screw **B** using Allen Key;
- 12- Smoothly insert the Screw **A** kept aside into opened thread and follow Instructions 4-5;
- 13- Balancing Weights can be fit on Cable from entrance **C**, up to 300mm maximum distance from Spinning Head's Axis line. Always use same mass of weights on both Cable's extremities. A range of Balancing Weights can be find at the website. Balancing Weights are effective to raise the Centripetal pulling power felt on handling, caused by Centrifugal Forces, making exercise more challenging. It helps increase speed and to surpass air's resistance by the Cable and reduce whistle.

-  Maximum torque on Screw **C** for Balancing Weights: 0.1 N.m (light torque);
-  Training Joggers and Smooth Soled Shoes are recommended when high speed skipping is performed.

#### EXAMPLES OF MISUSING:

-  Do not use product as weapon;
-  Do not loop Cable over objects to perform exercises;
-  Do not loop Cable around neck;
-  Do not use Cable as stepping cord means for weight suspension or bodily support;
-  Do not exercise without proper footwear;
-  Do not use product other than exercise.

#### MAINTENANCE:

-  Do not expose product under extreme temperatures;
-  Do not expose product to acids;
-  Avoid contact product with sand;
-  Do not lubricate Ball Bearings with cooking oil;
-  Do not attempt to remove Spinning Head as the product can be permanently damaged;
-  Smooth surfaces (preferably wooden) are recommended for use. Avoid rough surfaces in order to optimize speed and prolong Cable's life;
-  Use warm wet cloth for superficial cleaning;
-  Whenever possible keep Cable hanged straight;
-  Do not bend Cable.

## **LIFETIME WARRANTY:**

The product has been manufactured to strict guidelines and meticulously examined before delivery. We provide lifetime warranty covering faults on materials or manufacture from date of purchase and product will be repaired or replaced by manufacturer if occurs. The customer must provide original sales receipt as proof of purchase. Your legal rights are not limited in any way by our warranty detailed below.

This warranty does NOT cover:

- Product parts subject to normal wear;
- Damage to fragile parts (e.g. Internal Threads, Hex Socket);
- Damages resulting from improper use (e.g. over tighten) or maintained;
- Defects that were known to the customer at the time of purchase;
- Damage for which the customer was responsible.

The product must not be opened for any reason. Opening or modifying the product invalidates the warranty.

This warranty does not grant any additional rights to the customer.

Warranty are honoured by:

SKIPPINGWELL Ltd.

31 Lisselton house

Belle Vue State

NW42BJ

London - ENGLAND

Tel.: 02035243071

info@skippingwell.com

Components and accessories are available to order from website:  
[www.skippingwell.com](http://www.skippingwell.com)



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