

THE SPORT ROPE

By Spaulding

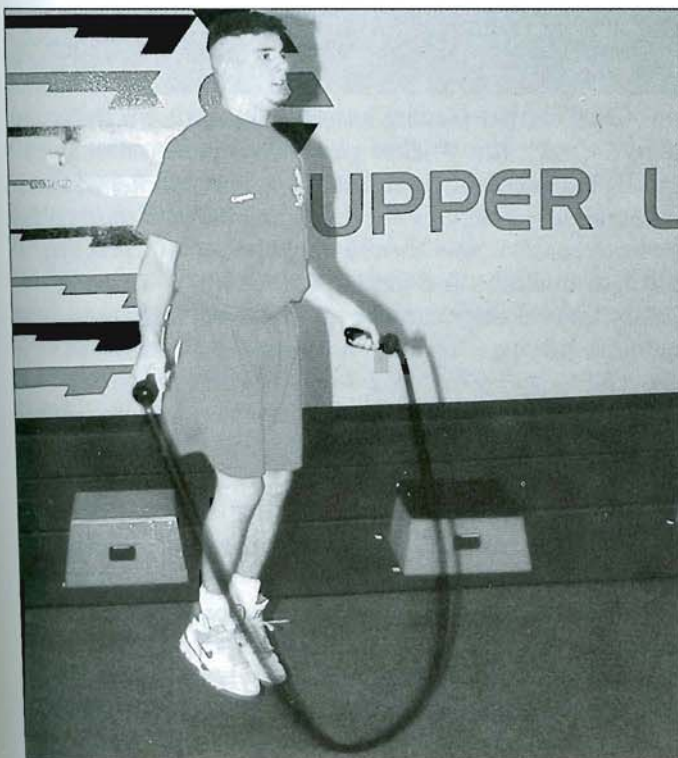
WHAT IS IT?

The Spaulding Sport Rope is like a regular Jump Rope only it comes in different weights. One, Two Three or Four Pound Sizes. They also come in different lengths.

WORKOUT ROUTINE

You'll discover the Spaulding SportRope™ is a powerful workout tool that generates far more resistance than a conventional jump rope. Be sure you start slowly and then gradually increase the intensity of your workouts.

The SportRope can be used for interval and extended workouts. As an interval routine, the SportRope gives you an anaerobic workout in addition to an aerobic workout. The anaerobic effect of an interval workout routine uses your "energy storage" more completely than an aerobic exercise being performed in the same amount of time. This means that your cardiovascular and respiratory systems are taxed more intensely, giving you a greater level of conditioning.



GETTING STARTED

For best results with the SportRope™, it's important that you use it regularly - at least every other day. This commitment will lead to increased strength, stamina and muscle toning that will motivate you to maintain a consistent workout schedule.

INCREASING INTENSITY

As you become more experienced with the Spaulding SportRope™, you may wish to create a more challenging routine.

Following are a few examples of how you might modify your workout:

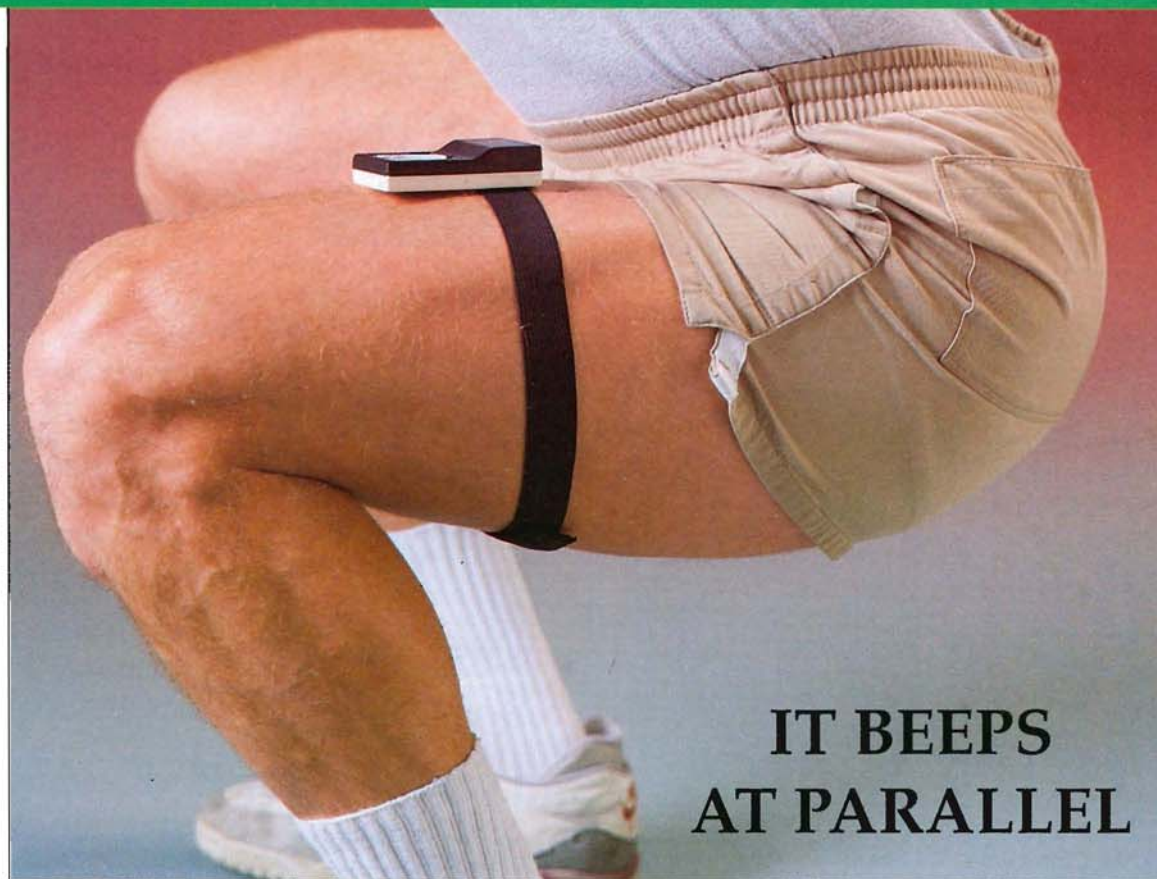
- Add more sets.
- Increase the number of repetitions per set.
- Shorten the rest periods between each set.
- Shorten the time required to jump each set. When you begin, it will take approximately one second per jump. As you become more proficient and better conditioned, you may progress to two jumps per second.
- Use a heavier rope. Increasing the rope's weight increases the intensity in most aspects of your workout - especially the workout demands on wrist and forearm muscles.

THE SPORT ROPE

Price	Description	Model #
\$34.95	1-LB GREEN	Under 4'11"
		4'11" - 5'7"
		5'8" - 6'4"
		Over 6'4"
\$39.95	2-LB BLUE	Under 5'8"
		5'8" - 6'4"
		Over 6'4"
\$44.95	3-LB YELLOW	Under 5'8"
		5'8" - 6'4"
		Over 6'4"
\$49.95	4-LB ORANGE	Under 5'8"
		5'8" - 6'4"
		Over 6'4"
VIDEO	\$29.95	

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THE SAFETY SQUAT



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WARRANTY**

When the thigh reaches parallel, the Safety Squat will BEEP! It eliminates all guess work in judging proper depth. Great motivational device and coaching aid!

Some athletes don't go down far enough. They think they are, but they lean forward at the waist. They might even argue. Now, they can't! It will aid in their form. Also for those who go too low, usually by going down too fast, the Safety Squat will BEEP at just the right time.

We highly recommend the Safety Squat! You should try at least one. Then, you'll want to get one or two for each Squat Station!