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# Heavy Weighted Jump Rope 3 pound Green

**\$59.99**

<https://www.dunriteplaygrounds.com/store2/64288-Heavy-Weighted-Jump-Rope-3-pound-Green>

## Product Image

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## Description

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An ideal training tool for athletes involved in any sport, this Weighted Jump Rope delivers a tough, calorie-burning endurance workout. While users exercise, the jump ropes swivel handles minimize stress on wrists, elbows and shoulders to prevent athletes from wearing themselves out too quickly. Whether users are looking to shed some pounds, build up their stamina or bulk up their arms, this weighted rope provides an intense cardio and resistance workout to help meet a diverse array of fitness goals.

- Ideal for athletes looking to enjoy a high-intensity, calorie-burning workout
- Weighted rope is great for individuals looking to build strength, as the increased weight helps develop upper-body strength
- Padded, swivel handles allow smooth, fast spinning and help reduce stress placed on wrists, elbows and shoulders

- 9 ft. length accommodates most users as they build up their endurance

3 lb. Green

Brand:Champion Barbell  
Special Warranty:1 Year  
Unit:EA  
Shipment Type:Small Pack