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Jumpropes

Customizing the duvide **dMB**

In order to adjust the length of your jump rope, you can cut the PVC hosepipe further to size. To figure out your correct size you have to stand with both feet in the middle of the orange part of rope, hold the handles in front of you close to your body parallel to the ground. The handles then should build a line slightly above your stomach.

Play around with the size until you feel comfortable with the length of the rope. If the rope is a little bit longer, it leaves you more options for holding your arms in different positions. In case you prefer to jump more speedier, a slightly shorter rope might be better for you. In general we recommend the rope rather a little bit longer than too short.

You can also use this table as a guide for our **free size** (XL) models (not for S-M-L-XXL):

Body size	150 cm (4' 11")	155 cm (5' 1")	160 cm (5' 3")	165 cm (5' 5")	170 cm (5' 7")	175 cm (5' 9")	180 cm (5' 11")	185 cm (6' 1")	190 cm (6' 3")	195 cm (6' 5")	200 cm (6' 7")	207 cm (6' 9")
PVC hose*	80 cm (31.5 in)	83 cm (32.7 in)	86 cm (33.9 in)	89 cm (35 in)	92 cm (36.2 in)	95 cm (37.4 in)	98 cm (38.6 in)	101 cm (39.8 in)	104 cm (40.9 in)	107 cm (42.1 in)	110 cm (43.3 in)	113 cm (44.5 in)

* measure both PVC pipes up to where they join the orange middle-section and cut them accordingly.

Cutting the hosepipe



1. Unscrew the screw which secures the connection between PVC hose and sleeve bearing with a Philips screw driver.



2. Hold the hose and unscrew both handles by turning them counter-clockwise from the hose. You might use some cloth to support your grip with the hose.



3. Cut both sides to the required length. Screw the handles back in.

4. Puncture a small hole into the hose at the hole of the screw inside the PVC. Use a nail or some other pointed instrument. Screw the safety screw back in.

Lubricating the bearings



1. Unscrew and take out the set screw with a **2 mm** Allen key.



2. Add 2-3 drops of oil.



3. Return the set screw back in until it is flush with the black nylon part of the handle. Don't screw it in excessively, to avoid any moving contact with the metal axle joint.