

# SPEED ROPE

The HeroStrength<sup>®</sup> Speed Rope is not your ordinary jump rope. This is a must-have piece for any gym. Be it personal training space, home gym, or a commercial gym. A sleek new look with a steel rope, aluminum handles and a laser engraved logo gives a modern makeover to an old workout staple. It offers a great cardio option that is portable so you can work out on the go—whether it be in your hotel room, commercial gym, home gym, or backyard. The Speed Rope is a low cost, yet effective workout at your fingertips any time of day. No gym membership required.

- Ultralightweight steel rope
- Aluminum handles
- 9' adjustable length

