

Jump rope size is based on your height with your workout shoes on. Determine the proper size by standing in the center of the rope. If the top of the handles come up to just under your arm pits, that's the right size for you!



Use this chart to determine the approximate user height to rope length for these Plastic Segmented Jump Ropes.

JUMP ROPE SIZE CHART	
ROPE LENGTH	USER HEIGHT
7'	Up to 4'10"
8'	4'10" - 5'5"
9'	5'5" - 6' or group jumping
10'	Over 6' or group jumping
16'	Group jumping