



# Exceed R1 Speed Rope

Red

This rope is perfect for jumpers who are looking to achieve double unders or triple unders, and is a crowd favorite of CrossFit athletes worldwide. The additional weight provided by the nylon coating gives the jumper a little bit more “feel” to the rope and more rhythmic stability to jumping. The patented bearing system in the handles makes them virtually friction-free, and the pivoting eye allows for ANY angle of hand motion, making this rope feel effortless at times.

## Features

### Meets Your Training Needs

A range of functional fitness, strength, agility and mobility training tools

### Built to Last

Well made products that perform

### A Complement

The Exceed collection complements Eleiko strength products to build complete training spaces

## Specifications

**Unit of measurement**  
Sold individually

**Article code**  
3060568-02

**Length**  
3340 mm / 131.5 in.

**Weight**  
0,16 kg / 0.35 lbs

**Warranty**  
3 months

**Colour**  
Blue

