



SandRope™ Fitness Rope

Set-up, Exercise Tips, Care and Safety Info

Please read carefully and save for reference

Set-up and Important Anchoring Instructions

1. You are ready to go for any unanchored exercises. However, if you want to anchor like a traditional battle rope, keep reading.
2. Anchoring the SandRope: Use the included carabiner and webbing to attach your SandRope to a safe anchor point you select, or use the carabiner to connect the ends of the SandRope to form a loop for simulated hand-over-hand rope climbing exercises.
3. Your anchor point must be fixed. Do not loop webbing around a post. It will move up and down and fray until it breaks. Not covered by your warranty.
4. **Repeated hard anchored training doing “the wave” will shift the sand towards the far end of the rope. Regularly reverse the rope to move sand in the other direction.**
5. **Sand can shift away from the end so you are only gripping the neoprene tube. Manually redistribute the sand, or as a convenient option, you can use the included 3” black elastic and Velcro “collar” to trap and hold sand in the first 1-2 feet of your SandRope for gripping.**

Loop & Carabiner



Using the Collar



Free Exercise Tips and Video

Go to [Youtube.com/Hyperwear](https://www.youtube.com/Hyperwear) for free exercise videos. Scan the QR Code for a SandRope playlist including the original top ten battle rope exercises you can perform with the SandRope or use **this link** <http://tinyurl.com/sandrope> Any exercise showing two ropes can be done with a single rope with two hands or alternating hands.



Care

1. Always keep the fill tube fully inserted into the interior of the rope to avoid damage and leaks.
2. Inspect the webbing loop, carabiner, and anchor point before each use.
3. DO NOT attempt to use the SandRope as a climbing rope or support your bodyweight.
4. Never expose your SandRope to anything sharp or pointed or use on a rough or abrasive surface. Cuts, punctures, and abrasions are not normal wear and tear and are not covered by warranty.
5. Store in a cool dry place and do not store wet. If used outdoors, watch out for anything sharp, and dry before storing. Your SandRope can get wet but it can mildew if stored wet.
6. Wipe down your SandRope with a cloth to clean, the same way you would clean dumbbells or medicine balls, and you can spray with fabreeze or odoban.

CONTINUED ON REVERSE

IMPORTANT SAFETY CAUTIONS AND LIMITED WARRANTY INFORMATION

- 1. Use this product at your own risk. There is a risk of serious or fatal injury while exercising. You must have proper instruction and supervision during exercise. Do not exercise without first consulting your doctor.*
- 2. DO NOT USE for CLIMBING or DRAGGING OBJECTS*
- 3. DO NOT USE as a JUMP ROPE*
- 4. Start with easy exercises and build up gradually. Stop if you feel dizzy or short of breath.*
- 5. Always inspect the SandRope, carabiner, webbing and anchor points prior to every use. Do not use if you see any damage. The SandRope could come loose or a carabiner or webbing can fail during use causing a risk of injury.*

LIMITED MANUFACTURER'S WARRANTY

We warrant this product to be free from defects in materials and workmanship under normal use for 90 days from date of purchase. Your exclusive remedy under this warranty is that we will repair or replace without charge if you return it to us, shipping prepaid, after contacting us for a return authorization number and instructions. This warranty does not apply to any item that we determine has been subjected by to abuse, alteration, misuse or neglect such as damage caused by sharp objects or rough abrasive surfaces. ***ALL OTHER WARRANTIES, GUARANTEES OR REMEDIES ARE EXCLUDED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE***

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