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## Black Diamond Fitness

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### GoFit - Speed Rope

Price per Unit (piece): \$9.99



#### Product Details

The GoFit Speed Rope is an excellent way to utilize one of the most efficient methods of cardio training. The 9 foot solid PVC rope combined with the precision ball bearings movement provides maximum rotation. The padded foam grips help fight hand and arm fatigue so you can reach your target heart rate quicker and maintain your pace more comfortably.

Jumping rope is one of the most efficient methods of cardio training. Jumping rope for 10 minutes at a moderate pace is the equivalent to running one mile in 12 minutes, cycling 2 miles in six minutes, swimming a quarter mile in 12 minutes, two sets of tennis or playing an 18-hole golf course.

We highly recommend that sedentary people or people over 35 see a physician before beginning any exercise programs.

[Vendor Information](#)