

## IR-97132 SKIPPING ROPE

### SPECIFICATIONS :

- Vector X Skipping Ropes are designed to Tone your body and keep yourself fit by using this skipping rope regularly
- For instance, it helps in burning fat, promotes blood circulation and also helps in keeping your muscles fit
- The plastic grip offers optimum comfort owing to its light weight make
- This is an ideal option for sports training and fitness exercise
- It offers utmost benefit to your arms, legs, muscles, breathing, blood circulation and strength
- Skipping provides a great aerobic workout and can also be used for high-intensity interval training, building muscle tone, improving footwork, balance and coordination and many more

