



PRODUCT USE, SAFETY, & CARE

IMPORTANT

PLEASE READ THIS ENTIRE INSERT CAREFULLY AND COMPLETELY BEFORE USING ANY CROSSROPE PRODUCT. DO NOT DISCARD THIS INSERT. FAILURE TO REVIEW AND FOLLOW THESE INSTRUCTIONS CAN LEAD TO SIGNIFICANT AND PERMANENT INJURY AND/OR PROPERTY DAMAGE.

LIMITED LIABILITY

We exclude all representations, warranties, conditions, and terms (whether express or implied by statute, common law or otherwise) to the fullest extent permitted by law. Under no circumstances, including without limitation, negligence, shall Crossrope LLC, and/or any of its affiliates, owners, officers, directors, employees, agents and suppliers be liable for any damages, claims or losses incurred by you or any third party for injury or damages to any person or property, (including without limitation, for any special, direct,

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AMP HANDLE FUNCTIONS



Pairing Instructions

- 1 Download and open the Crossrope App.
- 2 Follow the prompts to pair your AMP handle with your phone or tablet.
- 3 When you turn the handle on by pressing the Power button, the LED light will blink and the handle will go into pairing mode.
- 4 When the LED light turns solid green and you hear the chime, the handle is paired.



Automatic Pairing: Once you have initially paired the handle with your phone or other Bluetooth device, the handle will automatically pair with that device.



Pairing Mode: If the handle is in pairing mode (LED light is blinking) and no device has been paired for 1 minute, the handle will automatically turn off.



Turning On/Off: Press the power button to turn on the handle. Hold down the power button for 2 seconds to turn off.



Automatic Shutoff: If the handle is on and paired to a device but no jumps have been registered for 10 minutes, then the handle will automatically turn off.



Charging: Unscrew the end of the connected AMP handle to remove the battery. Use the included charging cable to charge the battery. Red light indicates the battery is charging, and blue light indicates the battery is fully charged.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

- Inspect every package or product purchased for missing or defective/damaged parts. If you have any questions or concerns whatsoever about the products purchased, do not use them until you have contacted Crossrope LLC at support@crossrope.com and received answers to your questions or concerns.
- Always inspect the products purchased prior to and after each use to ensure that there are no areas with tears, nicks, abrasions, kinks, or cuts that expose the steel cable core. If you find any flaw or defect at the time of purchase, **DO NOT USE** the product and contact Crossrope LLC at support@crossrope.com. Damaged or worn product will naturally occur over time from use and can be dangerous. These damaged or worn products should not be used and you should consider purchasing a replacement.
- Prior to each use of the Crossrope products purchased check to ensure that the rope is securely attached to the handle. The male rope connector must be fully inserted into the female handle clasp with the 2 latches fully engaged and locked in place. Failure to ensure that the jump rope is securely attached to the handles may lead to significant and permanent injury to your eyes, face, and/or other parts of your body.

- Do not attempt any movements, activities, or exercises with the products that are not specifically recommended at Crossrope.com. Any use other than that as recommended, and any use contrary to these instructions may lead to serious and permanent eye injury, bodily disfigurement, and/or other permanent damages. These products are intended **ONLY** for jump roping use. Any alternative or improper use of the cables or handles could result in injury.
- As with any jump rope, always use extreme caution to protect your eyes when using the products. You may wish to wear protective eyewear, such as safety goggles, to prevent serious damage if you lose your grip on the handles, or if the jump rope breaks, snaps, or recoils. You may also wish to wear additional protective gear when using the products to prevent serious damage to other sensitive areas.
- Never release the handles while in use. Release while in use can cause significant injury, disfigurement, or death.
- Always store the products in a secure, childproof area.
- Clear your workout area of any obstructions, sharp objects, pets, people, and other distractions. You must perform all exercises on a clear, level, bare surface to avoid any risk of tripping, stumbling, or other harm or damage. Using the products near other people or objects could cause significant injury and/or damage.
- Remove all jewelry, including rings, chains, and pins, before using

the products.

- Never wrap any part of the products around your feet, hands, mouth, head, neck, or shoulders.
- Wear proper shoes to protect yourself from possible damage from product contact, and proper exercise clothing not to interfere with product movement. It is strongly recommended that you wear proper footwear and use a controlled rotational speed with the heavy cables. The jump rope cables are made of steel wire with a protective nylon or vinyl coating, but impact of a rope to your body at high speeds could potentially cause pain or injury.
- Begin usage of the products slowly and fully under control to learn proper form, balance, and coordination.
- Do not permanently or temporarily attach any part of the products to, or use the products with, any other equipment or materials of any kind.
- Two or more persons should never use the same products at the same time. Use by more than one person at a time could result in serious injury.
- **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** These products are not recommended for children under 18 years of age without adult supervision.

PRODUCT CARE

- ❶ Crossrope weighted ropes are made of a high-grade, durable plastic and steel cable core. All ropes will eventually wear out and need to be replaced. You can greatly extend the life of your ropes if you jump primarily on non-abrasive surfaces like rubber, PVC, or smooth wood floors.
- ❷ Do not store the products near sharp objects. Do not store your cables in areas with very hot or cold temperatures as it may lead to cracking of the hard outer coating. Also avoid storage in direct sunlight. Keep the handles free of excessive water or moisture to prevent possible rusting or malfunction of the battery and circuit board.
- ❸ Do not use any chemicals to clean the products. Just wipe the products clean with a damp cloth.
- ❹ Handles should be protected from excessive damage such as dropping the handles from high distances, submerging in water, unsafe storage conditions, etc. to avoid possible damage to internal hardware.

5 Keep the battery stored inside the handle unless it is charging, and power off handle after use. Charge the battery at least once every 3-6 months to prevent damage to the battery. Only use the battery and charging cable provided.

PRODUCT POLICY

All Crossrope products may be returned within 60 days of purchase for a size exchange or a full refund. Please contact support@crossrope.com for details and ensure all products are returned in original packaging.

WARRANTY

Built with the highest quality components and assembly methods, we confidently provide a 1 year warranty on AMP handles. Visit our website crossrope.com for more details on warranty coverage and to file a warranty claim.

FCC COMPLIANCE STATEMENT

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTES

FCC RADIATION EXPOSURE STATEMENT

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

Product: AMP Handle
Model 1.0 AMP Handle



crossrope.com

PATENT PENDING