# RapidFire Fitness Launches Innovative CrossFit Jump Rope With Pivoting Ball Technology

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RapidFire Fitness, which provides workout products to customers around the world, has recently launched a Crossfit jump rope with an innovative design for faster spinning. Stacey Jones, owner of RapidFire Fitness, said, "Our jump rope is designed with a pivoting ball technology, which will help athletes spin faster, maximize their RPMs, and master those double or triple unders."

RapidFire's speed jump rope is specifically designed for fast, maximized results. It is lightweight and features a unique spinning ball swivel axis that enables users to quickly turn the rope when jumping. At 10 feet in length, the rope is coated so that it will never kink or twist.

"It's the creme de la creme of speed jump ropes," states Stacey Jones. "You will be able to spin so much faster, giving you a much better overall performance."

The Double Under Training Pack offered by RapidFire Fitness includes the CrossFit jump rope, which is used by competitive champions. It can be used as a training tool to help perfect double unders. The pack also comes with the digital book "WOD Technique Master" that offers some tips on techniques.

This is a CrossFit and MMA jump rope that utilizes a spinning ball handle and multi-direction ball bearing system, which is perfect for those who need to increase their speed as they jump. The unique design enables users to quickly and effectively build up speed, which ultimately helps to burn fat and get fit. Jumping rope is a popular fitness workout choice among many athletes, although traditional ropes can be difficult to work with because they often twist when the jumper tries to spin too fast.

The design of RapidFire's CrossFit jump rope gives it a unique edge over other ropes. The coating enables jumpers to spin as much as they want without worries of kinking, and the ball bearing technology easily spins the handles around, keeping the rope from twisting, which gives a more effective total body workout without the woes of stopping every few jumps to untwist the rope.

"It's just a great rope overall," says MMA trainer Mel W. "The design is genius. I don't know why no one thought of this before."

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