RapidFire Fitness Releases Speed Jump Rope With Free Digital Book To Maximize Workouts

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RapidFire Fitness has announced the release of a Crossfit jump rope that is designed with spinning ball technology to make double and triple unders a breeze. In addition, the speed jump rope has been found to help users to maximize their workouts to burn fat more effectively, and build muscle much easier than with a traditional jump rope.

"We've designed the RapidFire jump rope to provide a higher level of fitness with every use," states Stacey Jones of RapidFire. "It enables cardio, conditioning, and exercise all in one tool, and with the spinning ball technology, you can really burn fat."

The company states that in addition to the jump rope, they are offering a digital book that helps users to get the most of their workouts. "Our guide helps you to better understand what you need to do in order to effectively maximize your workout, and see the results that you want," explained Stacey Jones.

The digital Cross Training WOD Guide is included when users purchase jump rope. It describes workouts at high intensities, designed to last for 30 minutes that help users target certain areas and burn fat. The book

features detailed illustrations, along with specific instructions on how to perform each routine in order to achieve the best results. It is designed to go along with the RapidFire speed jump rope in providing an allover workout and fat burning session.

RapidFire's revolutionary jump rope is designed with spinning ball handles and multi-directional ball bearing systems. This has been observed to allow easier turning of the handles for users, thus promoting a harder and more focused workout.

"Our goal is to help our customers get the best workout that they can get, and the digital book goes along with our jump rope, ensuring that they have the best direction when working out. This is why we've decided to bundle the two products together. Ultimately, they belong together," states Jones.

More about the revolutionary speed jump rope, or RapidFire can be seen on the company's official website. The jump rope and the free digital book are available on the Amazon marketplace.

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