



## Crossfit speed jump rope



taxilian

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### Summary

Inspired by <https://www.thingiverse.com/thing:1418129>, this not really a remix, more done completely from scratch...

[Sports & Outdoor](#) > [Outdoor Sports](#)

Tags: [crossfit](#) [fusion360](#)

Inspired by <https://www.thingiverse.com/thing:1418129>, this not really a remix, more done completely from scratch using the same general ideas. This one is a bit thicker than some prefer; I've done a remix with a thinner handle which should be easy to find.

Note that the back is designed to print w/ multi material to get the logo; that is optional. The files "Phi", "Crossfit", and "Lehi" are the three parts of the logo. Load them as one part to print them together; should be possible to print them together even if just a single color if you want to.

Parts needed:

- 2 M3x16 bolts
- 1 M3x30 bolt (get a variety kit of M3 bolts at <http://a.co/d/7SUjXC>)
- M3 small diameter heat-set inserts (<http://a.co/d/gAxFzHx>)
- 608zz skateboard bearings (same as used for most fidget spinners, ceramic work best but are pricier)

- M3 grub screws such as these <http://a.co/d/2DhKRuX> (or get a full kit of them, cheaper per part, at <http://a.co/d/d2MvKb7>)

I put our gym logo on it 'cause I'm easily amused that way; printed without the logo you could engrave a name, put a sticker on, etc. You could probably also remix to add a name, etc. You can access the fusion360 file at <https://a360.co/2qALxym> if you want to do your own name or if you ask in the comments and I have time I don't mind doing a few (but probably not dozens)

Edit Nov 5, 2018:

It didn't take a lot of actual use for me to decide that I didn't like the way it comes straight out the side; I didn't want a pure 90 degree angle either, though, so I found an alternative. I have added RopeAnchor\_keychain which you should be able to thread a small key ring through and then attach the rope to the key ring however you want.

That said, the plastic piece sticking out is easily the weakest point of the whole design and I was concerned that it would break. Thus, I went to my nearest hardware store and found some small eyelets with self-tapping threads on them; if you print RopeAnchor\_eyelet you should be able to thread an eyelet straight down the center after installing it on the bearing which will reinforce the shaft and give you a point to attach the jump rope to which can rotate in any direction as needed. I have added photos with the eyelet so you can see what I'm talking about and a photo of the box. The ones I'm using are "everbilt #212 zink plated screw eyes"

Update Nov 10, 2018:

For those for whom this isn't sufficiently strong (I overengineer things as a rule) a "Steel Clevis Pin, 5/16" Diameter, 1/2" Usable Length" (<https://www.mcmaster.com/98306A212>) should do the trick as a standalone steel rope anchor. I posted an update version of the body which should fit the clevis pin and added a sheath which goes over it to hold it in place (it's not a tight enough fit to stay on friction alone).

I've tested that it works but haven't assembled a full jump rope using the pin yet.

Update July 15, 2019:

This seems to work really well, but I strongly recommend using the clevis pin -- the plastic hub just isn't strong enough for long term, mine broke after about 6 months of use. The steel clevis pin works great, though.

Category: Sport & Outdoors

# Model files



**lehi.stl**

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**clevispinsheath.stl**

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**handlebottom.stl**

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**ropeanchor\_eyelet.stl**

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**handletop.stl**

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**crossfit.stl**

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**phi.stl**

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**ropeanchor\_shorter.stl**

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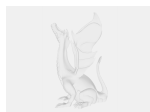


**triston.stl**

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**richard.stl**



**ropeanchors.f3d**



**ropeanchor\_keychain.stl**

[Find source .stl files on Thingiverse.com](#)

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