

## Handles for skipping rope

k kiam02

[VIEW IN BROWSER](#)

updated 31. 7. 2023 | published 31. 7. 2023

### Summary

skipping rope hexagon is another Model for jumping rope



2.00 hrs



1 pcs



0.30 mm



0.40 mm



PET



25 g



Prusa  
MK3/S/S+

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

Tags: [ropes](#) [sparepart](#) [sport](#) [printinplace](#) [sports](#) [jump](#)  
[jumping](#) [spare](#) [skippingrope](#) [hexagons](#) [handles](#) [rope](#)  
[fitness](#) [bearing](#) [persistence](#) [skipping](#)

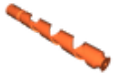
### Handles for skipping rope hexagon

The ball bearings on the handles of the skipping rope were rusty. Double unders are no longer suitable for fast rope jumping. The 2.5mm thick rope can still be used. So decided to construct a handle with a bearing for my skipping rope. A few tries to print out and the skipping rope was ready. I use it for my favorite sport Crossfit, it has proven to be very effective. The skipping rope consists of two parts. Both parts are placed in the middle of the printing surface. Different layer heights can be used. Layer height 0.3 for Handle and 0.15 for bearing. So the Handle is easier to grippier and the

bearing is smooth. The skipping rope can be threaded in the upper two holes. I love what is possible with 3D printing!

Happy printing jumping

## Model files



**skipping-rope-spiral.stl**



**skipping-rope-hexagon.3mf**

## Print files



**skipping-rope-hexagon\_03mm\_petg\_mk3s\_2h0m.gcode**

 PET  0.40 mm  0.30 mm  2.00 hrs  25 g  Prusa MK3/S/S+

## License

This work is licensed under a  
[Creative Commons \(4.0 International License\)](https://creativecommons.org/licenses/by/4.0/)



### Attribution

- 
- ✗ | Sharing without ATTRIBUTION
  - ✓ | Remix Culture allowed
  - ✓ | Commercial Use
  - ✓ | Free Cultural Works
  - ✓ | Meets Open Definition

