

## **Introduction to Inventions and Creations**

The name of the work: An electric retractable skipping rope

Field: Health/Fitness

Source of inspiration for invention:

From life-during the time between classes, many times the length of the rope needs to be adjusted during the skipping process, which is very troublesome and time-consuming; and sometimes after skipping the rope and want to play table tennis for a while, you will encounter no net. In the situation, I thought it would be great if this rope could be used as a net. Improve life-so I wanted to invent such an electric retractable skipping rope.

The function of the work:

The handle part of the skipping rope is equipped with a small motor that can zoom in and out the length of the skipping rope, and there is also a counter inside.

In addition, the rear of the handle can be equipped with a convenient clip structure. When the table tennis table has no middle net, it can be used as a net, which is more convenient for our multiple sports combined exercises.

Advantages of the work:

(1) The length of the rope can be adjusted electrically and counted electronically, which is very convenient and fast, which greatly improves the efficiency of exercise.

(2) Easy to promote: This work is a convenient rope skipping and multifunctional net, which will be very popular among elementary and middle school students and fitness enthusiasts.

(3) The operation is simple and convenient: one finger lightly swipes, lightly presses.

