Redcord Portable Gym

(102046-2)

Instructions for use



Before you start using the Redcord products, read this instruction for use carefully and keep it for future reference. Follow the advice in all ATTENTION and WARNING labels in the instruction.

Redcord AS
Teknologiveien 11
4846 Arendal, Norway
www.redcord.com
redcord@redcord.com
+47 37 03 00 00

CE MD

1. General information on Redcord Portable Gym

1.1. Description and Intended Use

The Redcord Portable Gym is a portable sling exercise and therapy solution with flexible options for mounting indoors and outdoors. It is intended to be used for performance enhancement and all levels of preventive exercise (primary, secondary, and tertiary prevention). The device enables one to perform:

- **Body-weight-bearing exercises** (closed kinetic chain) where the ropes provide an unstable base of support with increased freedom of movement.
- **Open kinetic chain exercises** like pendular movements with little or no resistance.

Intended Medical Indication: Home self-treatment and all levels of prevention exercises in musculoskeletal disorders, neurological disorders, rheumatological disorders, chronic pain, and after trauma. It is also indicated in exercise of generally deconditioned rehabilitation patients and individuals with motor deficits.

Intended patient group: Orthopedic, traumatological, rheumatological, neurological, and chronic pain patients, generally deconditioned rehabilitation patients, and individuals with motor deficits, in all age groups and levels of functional limitations.

User Profile: Healthcare professionals (in out-clinical settings, e.g. sports physical therapy), exercise professionals, non-professional users for the purpose of all levels of prevention. The device is not to be used by children unattended. Education related to use is available but not mandatory

Clinical benefits of using Redcord Mini can include increased muscle strength, increased muscle activation, improved balance, improved flexibility, improved daily functioning and performance, decreased pain, and prevention of relapses.

Reuse classification: This device is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions to ensure safe reuse.

This is what makes Redcord effective:

- Redcord Mini ropes, straps and slings create an unstable base of support. This increases the demands on stability and muscular control. It is also a powerful stimulus for activating the body's deep stabilizing musculature.
- Every Redcord strength exercise requires your body to turn on multiple muscle groups in a functional way, instead of working muscles in an isolated and more artificial manner.
- A selection of a few exercises enables you to work out most of your body.
- All the exercises can easily be adjusted to your strength level.
- All from intense strength exercises to easy relaxation exercises can be performed.

The Redcord Portable Gym includes:

Redcord Mini



Redcord PowerGrip, one pair



Redcord Wide Sling



Redcord DoorFix



Ceiling Suspension for Redcord Mini (included in Redcord Mini)



Exercise Poster and Instruction for Use (included in Redcord Mini)

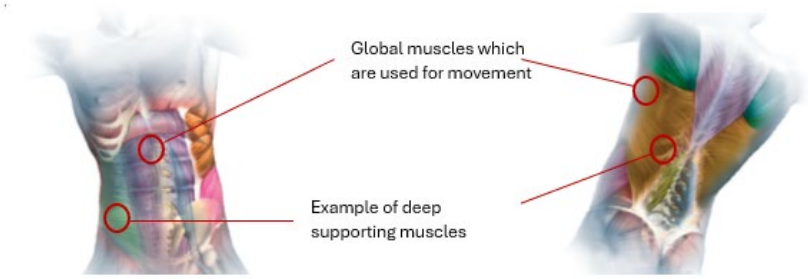


This is how you exercise with Redcord

When you are exercising with the Redcord Portable Gym, all the exercises are performed in what is called an 'unstable' environment. This instability initiates activation of the body's deep supporting muscles during training. These are muscles that are usually not subjected to load during traditional training in machines. First you may experience some soreness. This is natural, harmless, and a sign that exercising has the desired effect.

Exercise with Redcord is exercise from within

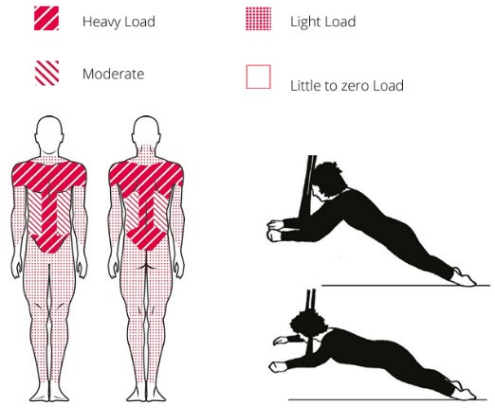
Exercise with Redcord is performed in unsteady straps and slings with your own weight as resistance. This strengthens the prime movers, the stabilizing muscles, and your overall balance. With Redcord you can easily exercise all major muscle groups, and the results come quickly.



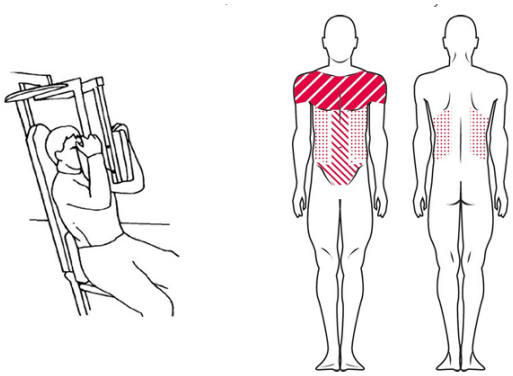
Adjusting the exercises to your functional strength

To get the most out of a Redcord workout, it is important to understand how the intensity of the exercise can be adjusted. All exercises can be adjusted from very light to extremely hard. Intensity can be adjusted in one or more of the following ways:

- **Your body position in relation to the line of the ropes hanging down**. The farther away you stand from the center point, the harder the exercise will be.
- **The length of the ropes.** The exercises will become harder as you lengthen the ropes and bring the straps closer to the floor.
- **Placement of the straps**. The farther out on your arms or legs you place the straps, the harder the load will be during the movement. The exercises will be lighter when they are performed in a seated or kneeling position compared to standing. The exercises will be harder when performed with only one arm or leg in the sling.



Exercise in Redcord equipment: (Peck Deck)
Exercise for the chest and the shoulders, but also for the rest of the body.



Traditional weight exercise: (Peck Deck) Exercise for the chest and the shoulders.

1.2. Operating principle

The user must ensure that the ropes are fixed before loading the body-supporting accessories. The latter must be locked to the carabiner on the rope. Safety stress tests must be performed regularly by the responsible owner. The end user should also secure proper friction between the ground and the grounded body parts, to avoid slipping and injuring oneself.

1.3. Contraindications to use

- Injuries and diseases where loading is contraindicated should not involve the affected area. E.g., acute fractures and acute tendon ruptures.
- If you have any doubts concerning your health, consult your specialist doctor before you start the training/therapy.
- Stop exercising if you experience pain or discomfort, before seeking exercise healthcare.
- If you feel severe pain while exercising, consult your doctor or physiotherapist.

1.4. Precautions

- Allied health professionals should follow general guidelines for exercise therapy when using Redcord equipment, including contraindications related to the patient's diagnosis.
- Individuals suffering from medical conditions predisposing them to potential risks during physical exertion should only engage with the device after consulting with their treating physician or a qualified healthcare practitioner.
- **Adverse reactions**: The materials used for ropes/slings/straps are generally considered safe and non-toxic compared to other, but it may still cause allergic reactions in some people. In rare cases, direct skin contact may cause allergic reactions. Direct skin contact is therefore not recommended. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.

2. Safety

2.1. Safety information

- Before mounting the Redcord Mini to the ceiling, ensure that the ceiling is made of solid materials and can support such loads.
- Check the condition of the product before the next use.
- Additional accessories (e.g., straps, slings) must be properly attached to the carabiner on the ropes.
- Do not use incompatible accessories.
- It is prohibited to interfere with any component/accessories of Redcord equipment.
- Respect the maximum load capacity (100 kg /rope).
- Avoid shock loads – bouncing loads may damage your slings/straps permanently.
- Avoid using slings/straps as a swing. Repetitive swing movements will involve much more wear and tear than any normal use and may reduce the strength permanently.
- Never let children play with or use the Redcord products unsupervised.
- Never place the ropes around your neck, since this may cause strangulation, injury, or harm.
- Direct exposure to factors such as sunlight, heating, temperature fluctuations, and cleaning agents can significantly shorten the product's lifespan.
- Regular safety tests of all accessories must be performed by the responsible owner.
- Inspect straps and slings regularly.
- Never use slings, ropes, or straps that show any visible damage, such as:

The slings and straps must be discarded and replaced:	The rope must be discarded and replaced:
▪ The slings are bleached. ▪ The webbing is flossy or crispy. ▪ The metal ring is split or divided. ▪ The webbing shows signs of abrasion, cutting, or chemical damage. ▪ The stitching is frayed or broken. ▪ They have been exposed to active or aggressive chemicals. ▪ There are doubts about their safety.	▪ The core is damaged or shows signs of damage. ▪ The rope has been in contact with active or dangerous chemicals. ▪ The hook does not lock properly. ▪ The loose thread or white kernel is visible on the rope. ▪ The rope kernel is oval instead of round. ▪ The cleat (i.e., rope lock) is damaged or worn out. ▪ The cleat is sliding on the rope. ▪ There are doubts about the rope's safety.

If you notice any of the above issues, stop using the affected parts immediately and replace the parts with new ones.

2.2. Safety Test

After installing the ceiling suspension and before you start exercising with Redcord M[illegible] test the installation and the load capacity.



- ❖ Attached the device in the suspension.
- ❖ Lower the strap to about 15 cm (6 inches) above the floor level.
- ❖ Place one foot in one strap and try to bounce carefully up and down using your full body weight.
- ❖ Repeat the test on the other ceiling suspension.
- ❖ You have now tested that each anchor point tolerates a load far exceeding your bodyweight.
- ❖ Your Redcord Mini is ready to use for a workout.
- ❖ Practice adjusting the position of the slings/straps before you start. This is particularly important when you start doing exercises while lying on your back with your legs elevated. You should be able to do all the exercises without any pain. Start carefully.

Please take extra care when using the Redcord Mini outdoors.
Check load-bearing capacity if you attach the device to a beam, branch or similar.

3. Storage

- ❖ Store in a dry, cool place away from potential sources of contamination, mechanical impacts, and strong temperature variations.
- ❖ Avoid exposure to UV radiation and direct sunlight.
- ❖ Keep away from chemical agents, especially acids, which can cause invisible fiber degradation.
- ❖ The device should be transported in original packaging.

Frequent exposure to direct sunlight, temperature variations, or high humidity while in use or storage can cause the device to wear out sooner than expected, leading to potential slipping or breakage during use.
Prolonged storage can also reduce the device's overall lifespan, causing it to wear out faster and potentially break during use.



4. Cleaning and disinfection

Before cleaning, visually inspect the Redcord Portable Gym carefully for any cracks, damage, or signs of wear.

Cleaning the Redcord Mini (device):

- Clean the surface with a soft cloth moistened with water or a mild cleaning agent, such as soft soap.
- The use of disinfectants is permitted.
- **Do not use** abrasive cloths, scrubbing powder, or solvents, such as spirit or petrol.

Cleaning of slings, straps, ropes:

- Clean with a soft brush and hand-hot soapy water or with a solution of household detergent (e.g. washing-up liquid).
- **Machine Washing**: It is acceptable to wash in a washing machine. Select a gentle wash cycle, and do not exceed a temperature of 60°C. Regular laundry detergent can be used.
- **Disinfection**: If the device/accessory is used by more than one user, disinfect the applied surface before each use. If disinfection is required for hygiene reasons, standard disinfectants used in hospitals and pharmacies are recommended. Diluted alcohol (50%) that evaporates at room temperature may also be used for disinfection.
- **Drying:** Air dry only. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).

Important Precautions:



Do NOT use rinsing agents when washing/cleaning.
Do NOT use benzine and other stain removers to clean.
Do NOT disinfect with hot steam.
Do NOT dry in sunlight or by using a drying cabinet.
Do NOT use disinfectants containing sodium chloride with concentration more than 5%.
Avoid contact with chemical agents, especially acids, which may invisibly damage the fibers.

5. Installation and proper use

The Redcord Mini can be used in indoor and outdoor environments.

5.1. Installation on the ceiling

The Redcord Mini can be mounted on concrete or wooden ceiling. Before you mount the devices, seek professional advice about the condition of the ceiling prior to the installation of the device.

IMPORTANT:
Check ceiling condition before installation.

Do not install Redcord Mini to the ceiling if the concrete ceiling is made of **porous material with lightweight aerated concrete (Ytong, Siporex or Lecal) ceiling.**
Do not install Redcord Mini only on ceiling panels or wall plates.

Redcord (or its distributors) takes no responsibility for the suitability or condition of the ceiling in which the equipment is installed. Redcord takes no responsibility for third-party suspension legs, attachments, or components. Redcord takes no responsibility for any personal or physical damage that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.

Redcord Mini includes a ceiling mounting kit (art. nr: 120725).



Ceiling height	The recommended installation height for Redcord Mini is up to 250cm
Distance between the ropes	The recommended distance between the ropes is shoulder width.
Wooden ceilings	Make sure you are installing the screws in the ceiling joists and not just in panels or wallboard. Use the accompanying installation screws and pre-drill with a 6 mm bit. Test the installation using the load test.
Concrete ceilings	Drill two holes 70 mm deep with a 12 mm masonry bit. Ensure that the hole is deep enough for the plastic plug to fill the entire hole. Screw in the installation screws and test by performing the load test.

5.2. Installation on the door

Redcord Mini can be easily suspended from a doorway using the Redcord DoorFix (art.nr: 111603), allowing you to train anywhere – no screws or ceiling mounting required.
The Redcord DoorFix is an accessory for mounting the Redcord Mini to a door when ceiling installation is not possible**.**

- Place the DoorFix over the top edge of the door so that both ends hang on opposite sides.
- Close the door securely to lock the DoorFix between the door and the frame.
- The Redcord Mini must be mounted on the side where the door closes.
- Thread the rope through the ring on the DoorFix, then through the rope lock on the Mini.

Important: Use only with solid, securely closing doors. Do not use sliding, hollow, or lightweight doors.



5.3. Installation outdoor

The Redcord Mini can also be used outdoors where you can locate a supporting beam of sufficient height. Make sure the beam will support your full body weight by always performing the safety test before performing the exercises. Redcord Mini should, however, not be used in the rain or snow, due to the risk of slippery ground surfaces and support accessories, which again can cause the operator to slip, fall, and thus injure oneself.

Please take extra care when using the Redcord Mini outdoors. Check load-bearing capacity if you attach the device to a beam, branch or similar.

5.4. Proper Use

Installation

First thread the rope through the provided hooks or over a tree branch, bar, or beam. Then, thread the end of the rope through the locking device from above.



Disassembly

To pull out the adjustable rope from the locking mechanism, push the grey handle while pulling the rope out. This will prevent the rope from getting locked inside the locking mechanism. The grey handle can be released when the rope is fully out of the locking mechanism.



Adjusting the rope length

Hold the rope with the strap taut in one hand. Pull the other rope towards you and adjust up or down until you reach the desired height. When hanging parallel, the ropes will lock automatically upon loading.



Warning!

Do NOT stand on the rope when exercising with Redcord Mini. This can result in the ropes sliding out of the locking mechanism and you falling forward. Make sure that all screws are tightened well.



How to use straps correctly

The user's hands/feet should be inserted into the strap from the "backside" where the opening is narrower, in the same way as in the strap of a snow skiing pole. The strap should cradle the user's hands/feet comfortably.

Putting your hand in the strap



Putting your foot in the strap



How to exercise efficiently

Start your workout at a level where the exercises can be performed correctly. Gradually increases the load as strength gains occur. **Important:**

- Always keep your back straight.
- Do 4-6 repetitions to fatigue and 3-4 sets of each exercise
- Do the movements slowly and controlled



All exercises can be adjusted to be easier or harder by combining the following elements:

① Change your position according to the suspension point
② Adjust the height of the straps
③ Change the placement of the straps



6. Accessories and replacement parts

Redcord PowerGrip (art.nr: 111450)



Provides a solid grip with a rotating handle and a comfortable and ergonomic design.
PowerGrip fits well when you focus on the upper body in exercises such as push-ups, pull-ups, dips, and wrist exercises.

Redcord Sling



Narrow sling (art. nr: 111002)
Wide sling (art. nr: 111001)
This attachment connects the two independent ropes of the Redcord. It increases the range of exercises and makes some of them more comfortable and simpler to perform.

Redcord Strap (art.nr: 111200)



Strap for Redcord is multifunctional and high-quality strap that provides comfort during exercises. The size of the stopper provides a good grip with both hands and feet.

Redcord Balance (art.nr: 130030)



The Redcord Balance Cushion is designed to enhance neuromuscular activation and challenge motor control during training exercises, by introducing instability through an air-filled cushion.

Redcord Mat (art.nr: 130120)



Thick and durable for maximum comfort during training. This mat is suitable for both home workouts and rehabilitation. It is also excellent for stretching after exercise. Designed with a non-slip structure, the mat stays firmly in place on the floor (the black side should face down).

Redcord DoorFix (art.nr: 111603)



DoorFix makes your Redcord Mini even more mobile. With DoorFix you only need a door to fasten your Redcord Mini. Can be used at home or when travelling.

7. Various Redcord portable suspension systems available

Redcord Mini Extra (Art.nr: 102057-2)
In addition to all Redcord Mini's exceptional functions, **PowerGrip** can give you a good grip and extra comfort and **DoorFix** is a simple fastening device to hang over the door which makes it possible to attach Redcord Mini to a door frame.



Redcord Mini (Art.nr: 110020-2)



8. Technical information

Product	Max load	Dimension	Weight
Redcord Portable Gym	200 kg	330 x 240 x 17 mm (box)	2,4 kg
Warranty	2 years. The warranty covers any faults in materials or manufacture. The warranty period runs without interruption for a period of 24 months from the shipment date of the products from Redcord AS. **Exclusions from the guarantee**: normal wear and tear, modifications or alterations, incorrect storage, poor maintenance, negligence, improper or incorrect usage. The warranty is valid only if there are deficiencies in the product, i.e. it is clearly wrong according to technical specification and how the product is intended to be. Incorrect use and normal wear and tears are not eligible to claim. Redcord's obligations pursuant to this warranty are limited to repair or replacement.		

Any serious incident that has occurred in relation to the device should be reported to the:

- **Manufacturer:** Redcord AS Teknologiveien 11,
  4846 Arendal, Norway
  redcord@redcord.com, +47 37 03 00 00
- To the competent **authority** of the Member State where the user or patient resides.

9. Explanation of symbols and abbreviations

	Symbol Glossary
CE	This medical device complies with the general safety and performance requirements of Regulation (EU) 2017/745 for medical devices.
MD	Medical Device
UDI	Unique Device Identification
	Manufacturer
	Date of manufacture
SN	Serial number
LOT	LOT number
	Warnings
	Keep dry
	Keep away from sunlight
	Consult Instruction for use

Contact and technical support

To obtain product information or report medical incidents, contact:

Redcord AS Teknologiveien 11,
4846 Arendal, Norway
redcord@redcord.com, +47 37 03 00 0

Redcord ®is a registered trademark of Redcord AS. Redcord® – all rights reserved.