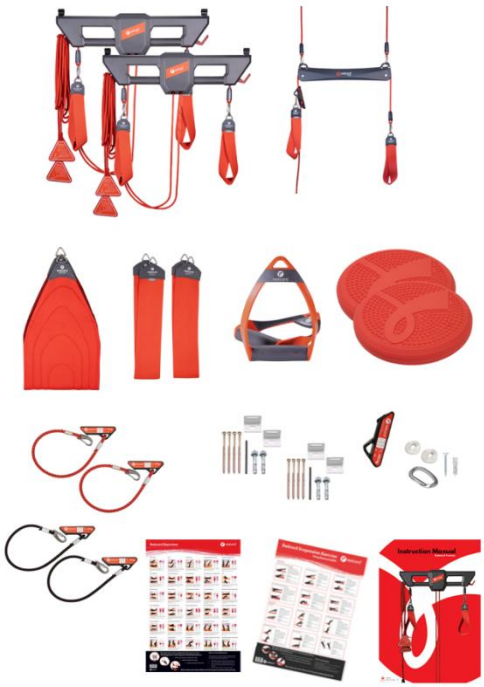
Redcord Tandem

(101106-2)

Instructions for use



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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.

1. General information on Redcord Tandem Station

1.1. Description and Intended Use

The Redcord Tandem Station is used for all levels of preventive exercise. It creates a system of two suspension points for the suspension of more body parts simultaneously. This enables:

- Performing body-weight-bearing exercises (closed kinetic chain) with involvement reaching from selected body segments to complete kinetic chains, where the ropes provide an unstable base of support with increased freedom of movement.
- Offloading body weight to adapt to the client's load tolerance and capacity when doing body-weight-bearing exercises.
- Performing open kinetic chain exercises reaching from pendular movements with little or no resistance to movements resisted by elastic cords.
- Performing exercises containing rotational movements using the Redcord Axis.

Intended Medical Indication: Testing, treatment, and prevention of musculoskeletal disorders and rehabilitation of neurological disorders, rheumatological disorders, chronic pain, and after trauma. It is also indicated in the treatment 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, exercise professionals, and 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 Tandem can include increased muscle strength, increased muscle activation, increased flexibility, improved balance, 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.

Environmental of use: Redcord Tandem is used only in an indoor environment.

The Redcord Tandem includes:

2 x Redcord Trainer	**1 x** Redcord Axis	**1 x** Redcord PowerGrip, one pair
		

1 x Redcord Wide Sling 	**2 x** Redcord Narrow Sling 	**1x** Redcord Elastic Cord 60cm, red, high resistance, one pair 
2 x Redcord Elastic Cord 60cm, black, low resistance, one pair 	**2 x** Redcord Balance 	**1 x** Rope lock for Axis (included in Redcord Axis) 
2 x Redcord Ceiling Suspension for Redcord Trainer (included in Redcord Trainer) 	**1 x** Redcord Ceiling Suspension for Redcord Axis (include in Redcord Axis) 	**2x** Exercise Poster for Trainer (included in Redcord Trainer) **1x** Exercise Poster for Axis (included in Redcord Axis) 

1.2. Operating principle

The user must ensure that the ropes are properly fixed before loading them. Freeing the ropes for height adjustment should be done by pulling the ropes down before angling and pulling them out of their locks. This will avoid excessive wear of the ropes by the locks. Accessories (e.g., straps) must be properly attached to the carabiner on the ropes. Safety stress tests (see section 2) must be performed regularly by the responsible owner. The 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 physician before you start the training/therapy.
- Stop exercising if you experience pain or discomfort and seek advice from an exercise healthcare practitioner.
- If you feel severe pain while exercising, consult your doctor/physician or exercise healthcare professional.

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 others, 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 Trainer/Axis to the ceiling ensure that the ceiling is made of solid materials and can support such loads.
- Ensure that the ropes in the Redcord devices are securely locked before loading or attaching accessories.
- Check the condition of the product before use (see safety test below).
- Freeing the ropes for height adjustment should be done by pulling the ropes down before angling and pulling them out of the locking mechanism. This is to avoid heavy wear of the ropes in the locks.
- Additional accessories (e.g., straps, slings) must be securely attached to the carabiner on the ropes.
- Elastic cords and 30/60 cm ropes (additional accessories) must be attached to the Trainer's ropes using the rope locks on the elastic cords.
- Elastic cords can be used only with Redcord Trainer.
- Do not use incompatible accessories.
- It is prohibited to interfere with any component/accessories of Redcord equipment.
- Respect the maximum load capacity of the Trainer: 200 kg / Redcord Axis: 200kg
- Avoid shock loads – such 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 (inside core) 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



Redcord Trainer – Safety Test

- Attach the device to 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 slowly 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 body weight.

Your Redcord Trainer is now ready to use for a workout.
It is recommended to adjust the position of the slings and straps before starting your session. This is especially important when lying on your back with legs elevated. You should be able to perform all the exercises without pain. Start carefully.



Redcord Axis – Safety Test

- Raise the straps all the way up.
- Put one hand in each strap and lift your legs off the ground so that your entire body is hanging from the apparatus.
- Bounce your body carefully to put additional load on the mounting.
- Alternatively, click the two carabiners together and load the
- strap (one by one) by the foot, the same way as for the Trainer (see left).

After installing the ceiling suspension and before you start exercising with Redcord Trainer/Axis, you must test the installation and its load capacity.

3. Storage

- Store indoors 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.
- 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 Trainer/Axis carefully for any cracks, damage, or signs of wear.

Cleaning the Redcord Trainer/Axis (the suspension devices):

- 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 (see below for types).
- **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.
- **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 of Redcord Tandem

The Redcord Trainer/Axis is intended for mounting only on the ceiling containing concrete or wood. 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 Trainer/Axis 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 Trainer/Axis only on ceiling panels or wall plates.

Redcord (or its distributors) takes no responsibility for the suitability or condition of the ceiling on 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.

5.1. Installation Redcord Trainer

The standard ceiling suspension for Redcord Trainer is designed for rooms with a ceiling height of 220–266 cm. For higher ceilings, use additional suspension solutions:

- for ceilings height 266–327 cm, use Redcord Ceiling Suspension 26-87cm, height 266-327cm (art.no. 120540)
- for ceilings height 328–427 cm, use Redcord Ceiling Suspension 26-87cm, height 266-327cm and Redcord add. length for 120540, 88-187cm, heights 328-427cm together (art.no. 120540 + 120541)

Redcord Trainer ceiling suspension includes:

White mounting brackets	**Long screws** (wooden ceiling)	**Expansion bolts** (concrete ceiling):
2 pcs	4 pcs	2 pcs







Wooden ceilings

Make sure to install the brackets in the ceiling joists (i.e., weight-bearing beams), not just in the panels or wall plate. Mark 2 points exactly 60 cm apart (standard distance between joists) and screw the 2 brackets with one screw to each bracket. Use the same round hole in both brackets to calculate the distance between the brackets. Check that the brackets have been installed at the appropriate distance when hanging the unit. Then install screw number 2 into each bracket.

Concrete ceilings

Make sure that the ceiling is concrete and not made of porous material with poor loading capacity. Mark off 2 points exactly 60 cm apart and drill 2 holes 50 mm deep holes with an 8 mm masonry bit. Push or pound in the 8x60 mm(M8x60) expansion bolts (avoid hitting the nut so as not to damage the threads). Thread the brackets through the oval hole, adjust the distance between the brackets and tighten the bolts.

Make sure you are facing the correct side of the Trainer before use.
The front and back of the device are clearly marked.



The recommended distance between the two Redcord Trainers is 60 cm to be able to use both Trainers effectively in several exercises.

5.2. Installation Redcord Axis

The Redcord AXIS can either be mounted directly to the ceiling (concrete or wooden) or attached to a Redcord Trainer or Redcord Mini as an accessory. Each Redcord Tandem Station includes a ceiling mounting kit for Redcord Axis (art. number: 120730).
Best suited for ceiling heights up to 250 cm.

Mounting kit included:

Ceiling brackets

These brackets are suited for ceiling heights are between 220 cm and 250 cm.
The ceiling brackets (2 pcs) are used to mount the Redcord Axis apparatus to wooden or concrete ceilings.
The maximum load limit for Axis is 200 kg (100 kg per bracket).



Concreate ceiling

Use the bolt wedge anchors for mounting in concreate ceilings. Make sure that the ceiling is concrete and not made of porous material with a poor load bearing capacity such as Siporex, Ytong or Leca.
4x bolt wedge anchor

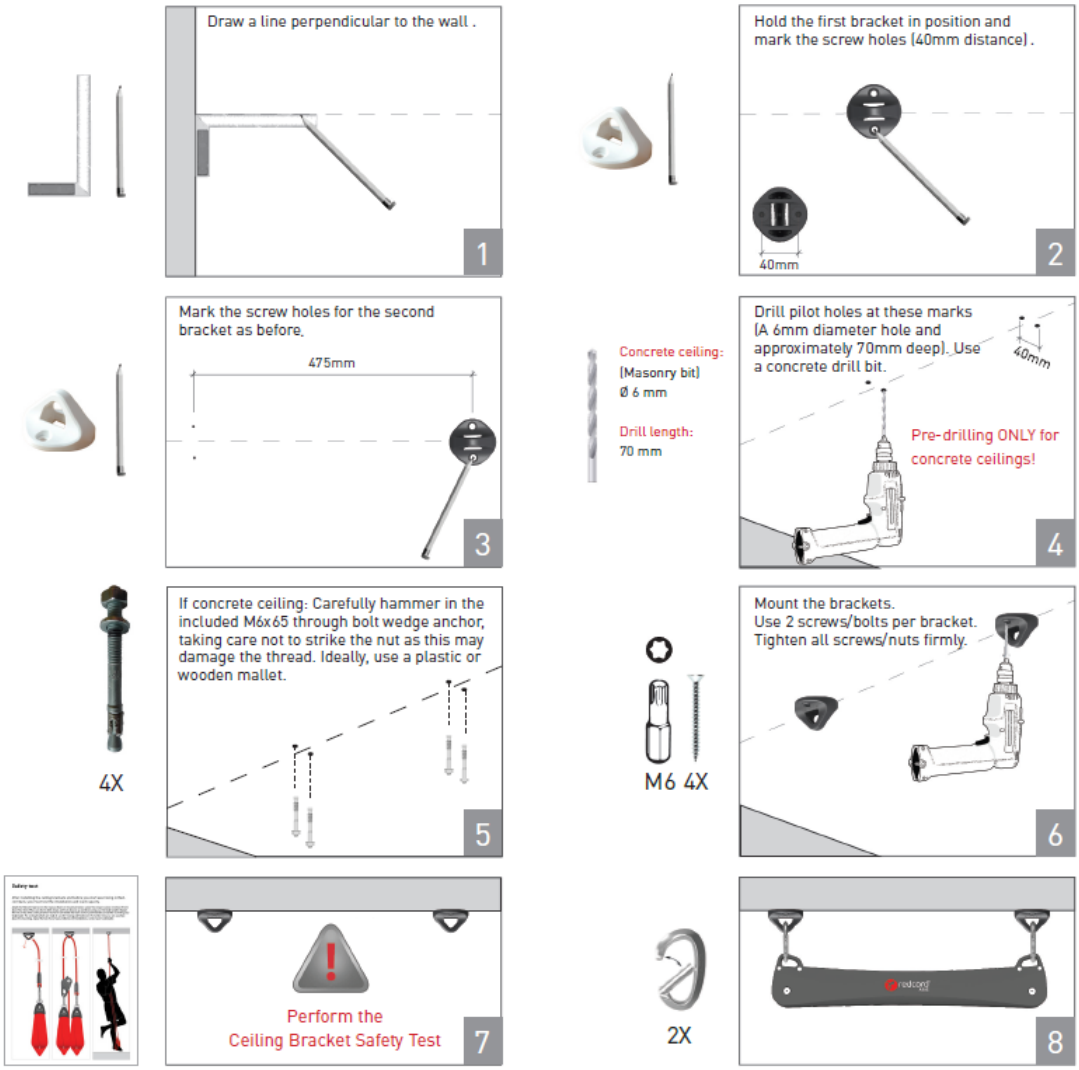


Wooden ceiling

Use the torx screws for mounting in wooden ceiling. Make sure that the installation occurs in the ceiling joists and NOT only in panel boards or plates.
4x Trox screws.



Assembly manual



After installing the ceiling suspension and before you start exercising with Redcord Trainer/Redcord Axis, you must test the installation and its loading capacity.

The ceiling suspensions shall be inspected monthly.
Grab the suspensions and try to move them in vertical and horizontal direction. The suspension should be stable in all directions. Tighten the screws if necessary. Perform the safety test

5.3. Proper Use

Adjusting the straps while standing

1. **Releasing the ropes and lowering the straps**

Stand in front of the device holding the middle ropes in one hand and the straps in the other. Gently pull the middle ropes straight down until they loosen and then draw toward you. Holding the ropes tight, pull the straps straight down to the desired height (do not jerk them – gentle movements work best).

2. **Locking the ropes**

Release the middle ropes so that they hang straight down. The straps will lock when you load them.

3. **Raising the straps (i.e., shortening the ropes)**

Pull the middle ropes straight down until the straps are at the desired height. The straps will lock when you load them.

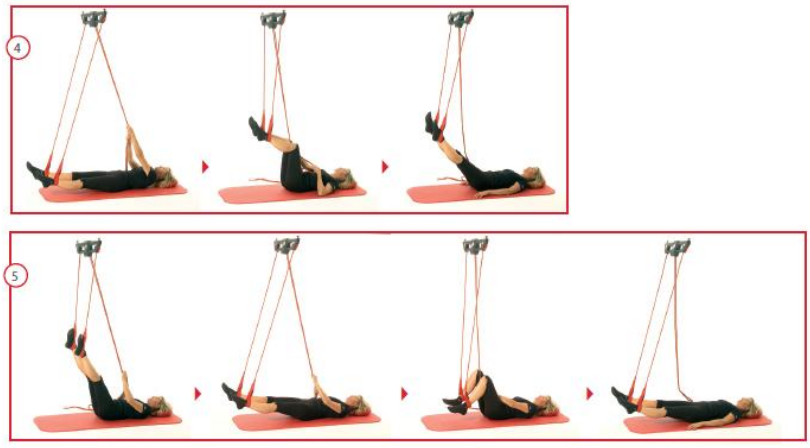
Adjusting the straps from a reclining position

4. **Raising the straps**

Pull the middle ropes straight down until the straps reach the desired height. Gather the ropes by adducing the hips (or collecting your knees) and pushing your arms toward your feet. Then release the middle ropes and lock the ropes by loading the straps.

5. **Releasing and lowering the straps**

Pull the middle ropes straight down until your legs are raised slightly. Keeping the ropes tight, pull them toward your head and then lower your legs to the desired height. To ensure equal rope-length, gather the ropes adducing your hips (or collecting your knees) while you push your arms toward your feet. So, let the middle ropes go and lock the ropes by loading the straps.



How to use the Redcord Rope Lock

1.Place the rope inside the lower part of the cleat.



2. Place the rope inside the upper part of the cleat. Grip the cleat with one hand and make sure that the cleat is attached properly to the rope.



3. Attached the carabiner to the cleat.

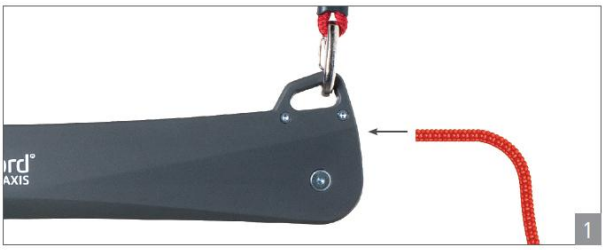


4.Then attached the strap to the carabiner.



How to insert the rope (Redcord Axis)

1. Push the rope through the tunnel



2. When the rope hits the wheel, start turning the wheel with your hand



3. When the rope appears, pull it down



How to use straps correctly.

The user's hands/feet should be inserted into the strap from the "back side" 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 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

6.1. Details on the parts and accessories for the Redcord Trainer/Axis

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 Slings



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 Rope Set for Upgrading. (art.nr: 140001)



Rope pack is used to change ropes in your Redcord Trainer when the ropes have become worn. In the package you get everything you need to change the rope. We recommend replacing the ropes every 4 years for safety reasons.

Redcord Elastics Cords (only for Redcord Trainer):
60 cm black, low resistance, one pair (art.nr: 113101)
60 cm red, high resistance, one pair (art.nr: 113100)
30 cm black, low resistance, one pair (art.nr: 113002)
30 cm red, high resistance, one pair (art.nr: 113001)



(!) Contains natural latex

Redcord Balance (art.nr: 130030)



The Redcord Balance Cushion is designed to enhance neuromuscular activation and challenge motor control during training exercises, by introducing introducing instability.

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 Roll (art.nr: 130210)



It provides soft support and enhances patient positioning during therapeutic procedures on treatment tables.
Additionally, it can be used in preventive or athletic training as a rolling device on a mat or for mobilizing stiff spinal or knee regions.

6.2. How to change ropes in Redcord Trainer, instruction

To replace ropes, you need a Redcord rope set for upgrading (Art.nr: 140001):

- 2 x 5-meter Redcord ropes.
- Redcord rope release.
- Redcord drawstring (see pictures below).




Step 1 – Insert the Redcord Rope release into the Redcord Trainer (see below).




Step 2 – Remove the warning triangle at the end of the rope by turning it counter clockwise while holding the rope (see below).




Step 3 – Pull the rope out of the Redcord Trainer (see below).



Step 4 – Insert the plastic end (without hook) of the Redcord drawstring into the outer openings in the Redcord Trainer. Slide the string through the apparatus until the string appears in the center part of the Trainer (see below).




Step 5 – Attach the metal hook at the end of the drawstring to the end of the new rope. Pull the drawstring to lead the new rope through the Redcord Trainer (see below)




Step 6 – Remove the Redcord drawstring from the rope and attach the warning triangle by turning it clockwise onto the rope (see below)



Step 7 – Repeat these instructions with the second Redcord rope.

7. Various configurations/variants available on the market

Redcord Trainer is available in several configurations, including standalone use, bundled kits with accessories, and as part of integrated systems.

Various configurations/variants available on the market:	Device accessories
▪ Redcord Rehab Pro Plus (101038-2) ▪ Redcord Rehab Pro (101039-1) ▪ Redcord Active Pro Plus (101038-2) ▪ Redcord Active Pro (101039-1) ▪ Redcord Trainer (110010) ▪ Redcord Home Gym (101085) ▪ Redcord Axis (110050-1)	▪ Redcord Strap, one pair (111200) ▪ Redcord Narrow Sling (111002) ▪ Redcord Wide Sling (111001) ▪ Redcord Split Sling (111003) ▪ Redcord PowerGrip, one pair (111450) ▪ Redcord Rope, red, 30 cm, one pair (112001) ▪ Redcord Rope, red, 60 cm, one pair (112020) ▪ Redcord Rope, red, 5 m (112100) ▪ Redcord Elastic cord 30 cm, red, high resistance, one pair (113001) ▪ Redcord Elastic cord 30 cm, black, low resistance, one pair (113002) ▪ Redcord Elastic cord 60 cm, red, high resistance, one pair (113100) ▪ Redcord Elastic cord 60 cm, black, low resistance, one pair (113101) ▪ Redcord Rope Set for Upgrading (140001)

8. Technical information

Product	Max load	Dimension	Weight
Redcord Tandem	200 kg	710x470x290 mm	13 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
	For indoor use This device is intended to be used indoors only
	Consult Instruction for use

Contact and technical support

To obtain product information or report medical incidents, contact:

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4846 Arendal, Norway
redcord@redcord.com, +47 37 03 00 0

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