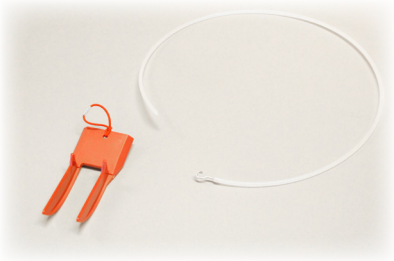
Changing ropes Redcord Trainer

You need:

- 2 x 5 meter Redcord ropes
- Redcord rope release
- Redcord drawstring





Instructions:

1. Insert the Redcord Rope release into the Redcord Trainer (Picture 1 and 2).

1. 

2. 

2. Remove the warning triangle at the end of the rope by turning it counter clockwise while holding the rope (Picture 3 and 4).

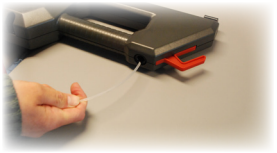
3. 

4. 

3. Pull the rope out of the Redcord Trainer (Picture 5)

5. 

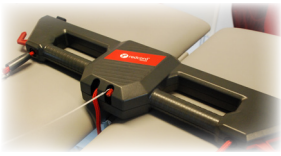
4. Insert the plastic end (without hook) of the Redcord drawstring into the outer openings in the Redcord Trainer. Slide the string through the apparatus until the string appears in the center part of the Trainer. (Picture 6 and 7)

6. 

7. 

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. (Picture 8 and 9)

8. 

9. 

6. Remove the Redcord drawstring from the rope and attach the warning triangle by turning it clockwise onto the rope. (Picture 10)

10. 

7. Repeat these instructions with the second Redcord rope.