

REDCORD

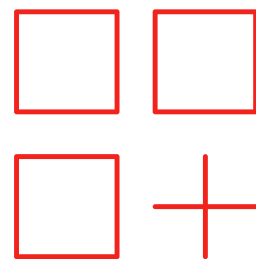
AXIS



Redcord Axis is a revolutionary bio-mechanic device that takes Neurac treatment, Redcord sling training and exercises to new level of treating, strengthening and improving bio-mechanical functions.

www.redcord.com
redcord@redcord.com
+47 37030000

WHATS INCLUDED



5 m rope

5 meter rope to attach slings and straps. The apparatus can either be mounted directly to a wooden or concrete ceiling.



Redcord Straps (pair)

The Redcord Straps are the standard Redcord handle equipment that enables exercises for both upper and lower body. The straps can easily be changed with other Redcord handles or slings.



Redcord Rope Lock

The Redcord Rope Lock is a versatile adjustment tool. You can easily adjust the height of the straps with one hand by moving the Redcord Rope Lock to the desired height.



Carabiners x 3

The 2 carabiners are used for attaching the Redcord AXIS to the two ceiling brackets. The third carabiner is used to attach the straps/slides to the Redcord Rope Lock.



Ceiling brackets x2 (Max load: 200Kg)

The ceiling brackets are used to mount the Redcord AXIS apparatus to wooden or concrete ceilings. Please read the installation instructions before mounting the brackets to the ceiling.




Torx screw x4 (for wooden ceiling)

Bolt wedge anchor x 4 (for concrete ceilings)

CEILING BRACKET INSTALLATION



 **NB!** Check ceiling condition before installation. ONLY CONCRETE or WOODEN ceiling recommended. No porous ceilings.

SEEK PROFESSIONAL ADVICE ABOUT THE CONDITION OF THE CEILING PRIOR TO THE INSTALLATION OF THE DEVICE. 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 ANY PERSONAL OR PHYSICAL DAMAGES THAT MIGHT ARISE DUE TO INCORRECT INSTALLATION AND/OR INCORRECT USE OF REDCORD EQUIPMENT.

THE MAXIMUM LOAD LIMIT FOR AXIS IS 200 KG.

01

Mark screw holes of bracket on desired location. recommended 475mm between brackets.



NB *Pre-drill only for concrete ceilings (ø6 mm drill bit)*

02

Use a plastic or wooden mallet to hammer in the bolt wedge anchors for concrete ceilings, to not damage the thread. For wooden ceiling, use drill or screw driver to tighten the screws in place.

03

ATTACHING 2 STRAPS

Use the Redcord Rope Locks to attach another Redcord Strap or accessory.



NB

PERFORM SAFETY TEST OF INSTALLATION

Beid rope through bracket with attached straps. Test load capacity by placing one foot in both straps hanging 6 inches (15cm) above the floor, placing full body weight in both straps. Perform the test on both brackets.



Exercise and training tips found on redcord.com and [redcord official youtube channel](#).

