Redcord Mini

REF 110020-2

Instructions for use / EN



Redcord AS
Teknologiveien 11
NO-4846 Arendal, Norway

CE MD

1. General information on Redcord Mini

1.1. Intended Purpose

The Redcord Mini is intended for performance enhancement, prevention, and home treatment. Combined with sling accessories, it serves as a suspension point for different body parts with the purpose of:

- Performing body-weight-bearing exercises (closed kinetic chain) where the ropes provide an unstable base of support with increased freedom of movement.
- Performing open kinetic chain exercises with pendular movements.

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

Intended patient population: 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.

Intended user: Healthcare and Exercise professionals. Non-professional users can also use it for preventive purposes. This device is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions.

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

Environmental: Indoor, outdoor.

⚠ Redcord Mini is not intended to be used together with Redcord Elastic cords (REF 113001, 113002, 113100, 113101) and Redcord Rope 30/60cm (REF 112001, 112020).

1.2. Content of Redcord Mini

Redcord Mini includes:

1 x Redcord Mini with straps



1 x Redcord Ceiling Suspension, Mini



1 x Exercise Poster

1 x Instructions for Use



2. Safety Information

This section contains important information to ensure safe installation, use, and maintenance of the Redcord Mini. Read all warnings and cautions carefully before assembly or operation.

2.1. Contraindications to use

- Injuries and diseases where loading are 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 feel pain, dizziness, shortness of breath and consult a doctor or physiotherapist.

2.2. 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.
- **Possible reactions**: The materials used for ropes/slings/straps are generally considered safe and non-toxic compared to other materials, but it may still cause allergic reactions in some people. In rare cases, direct skin contact may cause allergic reactions. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.

2.3. Warnings and Cautions

- Ensure that the ceiling is made of solid concrete or wooden beams – do not install Redcord Mini into wall panels or lightweight materials (e.g., gypsum, SIPOREX, YTONG, LECA).
- Perform regular safety tests of the ceiling suspension and Redcord Mini. Check the condition of all components. If any part shows signs of wear, cracks, corrosion, deformation, or missing hardware, do not use.
- Attach additional accessories (e.g., straps, slings) only to the carabiners on the ropes.
- Respect the **maximum load capacity – max load: 200 kg (100 kg per bracket/rope).**
- Avoid shock loads and swinging. Repeated swinging increases wear and may permanently stretch ropes/straps.
- 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.
- Do not stand on the rope when using Redcord Mini.
- Avoid heat, chemicals, and UV/sunlight during use and storage (they degrade materials).
- Do not modify any component/accessories.
- Inspect straps, slings, and other components regularly and never use the product that shows any visible damage (see Table 1).

	Lifetime	Wear signs
Redcord Rope 5 m	4 years	If inspection reveals damage to the core. If it has been in contact with any active or dangerous chemicals. If the hook does not lock properly. If loose thread or the white kernel is visible on the rope. If the shape of the rope kernel is oval instead of round. If the cleat (i.e., rope lock) is damaged or worn out. If the cleat is sliding on the rope.
Redcord Slings, Strap	4 years	If the slings are bleached. If the webbing is flossy, crispy, or frayed. If the metal ring is split or divided. If the webbing shows signs of abrasion, cutting, or chemical damage. If the stitching is frayed or broken. If it has been exposed to active or aggressive chemicals. If there are doubts about their safety.

Table 1 Lifetime and wear signs

2.4. Safety Test

After installing the ceiling suspension and before you start exercising with Redcord Mini, you must test the installation and the load capacity.



- Attach the device to the ceiling suspension.
- Grab the suspensions and try to move in vertical and horizontal directions. The suspension should be stable in all directions. Tighten the screws if necessary.
- Lower the strap to about 15 cm above the floor.
- Place one foot in one strap and bounce carefully up and down using your full body weight.
- Repeat the test on the other ceiling suspension.
- Then adjust strap/rope length and symmetry before starting the workout.

Frequent use: If the device is used regularly or frequently, we recommend that a safety test be conducted at least once a week.

Infrequent use: if the device is used after a prolonged period of inactivity, it is important to perform a safety test before each use to ensure the device is in proper working condition.

Any **serious incident** that has occurred in relation to the device should be **reported to the manufacturer** and to the competent **authority of the Member State** in which the user or patient is located, in accordance with applicable national requirements. For contact details, see the end of this instruction for use.

⚠ **CAUTION:** The rope in the Mini device **is not replaceable.** Do not attempt to replace the rope, as you may damage the internal mechanism of the device.

3. Storage

- Store indoors, in a dry, cool place, away from contamination, direct sunlight/UV, temperature extremes, and high humidity.
- Do not store or dry under sunlight or in a dryer.
- Keep away from chemicals, especially acids, which can cause invisible fiber degradation.
- Transport in the original packaging.
- **Disposal:** The device does not contain hazardous substances. Components made of plastic, metal, and textile can be disposed of or recycled according to local regulations.

⚠ **CAUTION:** 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 – Reprocessing information.

Not intended to be sterilized.

Before use and between uses: inspect the external surfaces for damage or wear. Clean the contact surfaces. If required by local hygiene procedures, disinfect them with a non-corrosive, hospital-grade disinfectant compatible with painted/anodized metal and plastics. Wipe off residues and let the product dry completely.

Cleaning the Redcord Mini (plastic parts):

- Wipe with a soft cloth moistened with water.
- Do not use abrasive cloths, scrubbing powders, solvents (e.g., spirit, petrol), or steam.

Cleaning of slings, straps, ropes:

- **Between uses**: Clean contact surfaces with a soft brush and hand-hot soapy water.
- If disinfection is required, use a non-bleach, non-corrosive disinfectant compatible with textiles.
- **Drying:** Air dry only. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).
- **After cleaning**: Ensure accessories are completely dry (no moisture in the core) before storage/use; do not wring/twist ropes
- **End of use (withdrawal):** Do not reuse if there is any damage or excessive wear (see Table 1).

Important Precautions:
Do NOT use fabric softeners/rinsing agents.
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 chlorine-based bleach (sodium hypochlorite).
Avoid contact with chemical agents, especially acids, which may invisibly damage the fibers.

5. Installation and Proper Use of Redcord Mini

5.1. General information

- The Redcord Mini can be used in both indoor and outdoor environments.
- For indoor use, the Redcord Mini can be mounted on concrete or wooden ceiling. Before mounting the device, seek professional advice about the condition of the ceiling prior to the installation of the device.
- The maximum load limit for Redcord Mini is **200 kg (100 kg per bracket/ rope).**
- Stop using it if you notice any looseness, corrosion, cracks, deformation or damage to screws/anchors.
- **Do not install** into ceilings made of porous or lightweight aerated concrete (e.g., YTONG, SIPOREX, LECA).
- **Do not install** into ceiling panels, wall plates or plasterboard only; it must be fixed into solid concrete or into structural wooden joists.

Redcord 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.

5.2. Installation on the ceiling

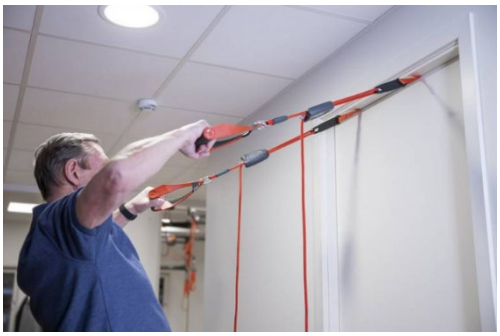
The Redcord Mini can be mounted on concrete or wooden ceiling. Before you mount the device, seek professional advice about the condition of the ceiling prior to the installation of the device. Check the screw for suspension - If the suspension moves, creaks, or loosens, stop and retighten/repair before use.

Ceiling height	Recommended installation height for Redcord Mini is between 220 cm and 260 cm.
Distance between the ropes	The recommended distance between the ropes is the user's shoulder width.
Concrete ceiling	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 safety test described in 2.2.
Wooden ceiling	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 by performing the safety test described in 2.2.
Ceiling Suspension for Redcord Mini	

5.3. Installation on the door

Redcord Mini can be easily suspended from a doorway using the Redcord DoorFix (REF 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 a solid, securely closing door so that both ends hang on each side of the door.
- Ensure the “STOP – DO NOT OPEN” sign is clearly visible.
- Close the door securely to lock the DoorFix between the door and the frame, ensure the latch is engaged.
- Attach the Redcord Mini by threading the rope through the ring on the DoorFix, then through the rope lock on the Mini. Make sure the Redcord Mini has been attached correctly to the DoorFix before use.
- Testing the sturdiness and confirming the door is closed by pulling both ropes forward before use.
- **Important:** Use only with solid, securely closing doors. Do not use sliding, hollow, or lightweight doors.





NOTE: The exercise should always be performed on the side where the door opens away from you, not towards you.

DoorFix is **not included** with Redcord Mini – it needs to be purchased separately.

5.4. Installation outdoors

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. Do not use Redcord Mini in rain or snow. Slippery ground and wet supports increase the risk of slipping, falling, and injury.
Use extra caution when using Redcord Mini outdoors.
Verify the load-bearing capacity before attaching to any beam or branch.

5.5. Proper Use

- **Operating principle:** The user must ensure that the ropes are fixed before loading the body-supporting accessories. The accessories must be locked to the carabiner on the rope. Perform the safety test (see Section 2.2) before use. The end user should also secure proper friction between the ground and the grounded body parts, to avoid slipping and injuring oneself.

- **Rope Setup and Adjustment:**

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 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:** Insert your hands or feet into the strap from the side with the narrower opening. The strap should cradle your hands or feet comfortably and securely. Make sure the strap is positioned correctly before starting the exercise to avoid slipping or injury.

Place your hand in the strap



Place your foot in the strap



6. Accessories and replacement parts

Accessories (optional, can order separately)		Replacement parts (maintenance)	
Redcord PowerGrip	REF 111450	Redcord Strap	REF 111200
Redcord Wide Sling	REF 111001	Redcord Ceiling Suspension Mini	REF 120725
Redcord Narrow Sling	REF 111002		
Redcord Split Sling	REF 111003		
Redcord Balance	REF 130030		
Redcord Mat	REF 130120		
Redcord DoorFix	REF 111603		

7. Available configurations/variants

Redcord Mini is available as a single unit or in package with accessories.

Redcord Mini Extra	REF 102057-2
Redcord Portable Gym	REF 102046-2

8. Warranty Terms

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 delivery 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.

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 identifier (UDI) The product label includes a UDI for traceability.
	Manufacturer
LOT	Batch code
REF	Catalogue number (REF)
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use

Contact and technical support
Redcord AS,
Teknologiveien 11, NO-4846 Arendal, Norway
redcord@redcord.com +47 37 03 00 00
Local Distributors: www.redcord.com