Redcord Ceiling Suspension, Trainer

REF 120710

Instructions for use / EN



Redcord AS
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This accessory is intended solely for mounting the Redcord Trainer (REF 110010) to solid concrete ceilings or structural wooden joists. Verify that your ceiling is sound and capable of supporting the required load before installation.

⚠ **CAUTION:** Check the ceiling condition before installation.

Ceiling height	The standard ceiling suspension for Redcord Trainer is designed for rooms with a ceiling height of 220–266 cm.	
Ceiling Suspension for Redcord Trainer includes:	White brackets, 2 pcs.	
	Screw (wooden ceiling), 4 pcs.	
	Expansion bolts (concrete ceiling), 2 pcs	
Storage	Store dry, indoors. Avoid corrosive environments.	
Disposal	Dispose of the product as metal waste in accordance with local regulations.	

WARNINGS AND PRECAUTIONS:

- The maximum load limit for Redcord Trainer is **200 kg (100 kg per bracket).**
- Stop using it if you noticed any looseness, corrosion, cracks, deformation or damage of screws/anchors.
- **Do not install** into drywall/gypsum boards, ceiling tiles, claddings or hollow/weak concrete.
- **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.
- We recommend that the installation be performed by qualified personnel or under the supervision of the person responsible for technical installation.

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.

Concrete ceilings

Make sure that the ceiling is concrete and not made of porous material with poor loading capacity. Mark 2 points exactly 60 cm apart and drill 2 holes 50 mm deep using an Ø8 mm masonry bit. Push or pound in the M8x60 mm expansion bolts (avoid hitting the nut so as not to damage the threads). Thread the bolts through the brackets' oval hole, adjust the distance between the brackets and tighten the bolts.

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 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.

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

SAFETY TEST

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

- Attach the device to the suspension.
- Grab the suspension points and try to move them vertically and horizontally. 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 a strap and carefully bounce up and down using your body weight.

The ceiling suspension should be inspected regularly.



Explanation of symbols and abbreviations

	Symbol Glossary
CE	Conformity with applicable EU legislation
REF	Catalogue number (REF)
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
	Manufacturer
LOT	Batch code
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use

Contact and technical support
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