# Redcord Home Gym

**(101085)**

Instructions for use




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CE MD

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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 Home Gym

## 1.1. Description and Intended Use

The Redcord Home Gym is intended for performance enhancement, prevention, and treatment. Combined with accessories (e.g., slings, elastic cords, etc.) it serves as a suspension point for different body parts. That is, with the purpose of allowing:

- Body-weight-bearing exercises (closed kinetic chain) where the ropes provide an unstable base of support with increased freedom of movement.
- Offloading body weight, to adapt to patient's load tolerance and capacity when doing body-weight-bearing exercises.
- Open kinetic chain exercises reaching from pendular movements with little or no resistance to movements resisted by elastic cords providing different levels of resistance.
- Therapeutic assistance, by suspending different body parts while performing passive or active assisted movements and techniques or enabling pain-free positioning of a limb or body part.

**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, 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 Home Gym 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 Home Gym is used only in an indoor environment 

### This is what makes Redcord effective:

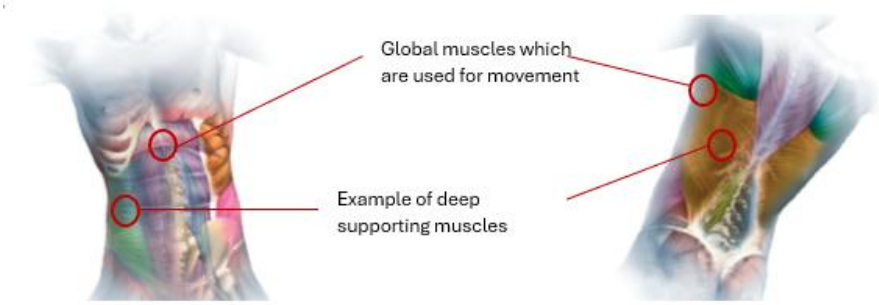
- Redcord Trainer ropes, straps and slings create an unstable base of support. This increases the demands on stability and muscular control. It is also a powerful stimulus for activating the body’s deep stabilizing musculature.
- Every Redcord strength exercise requires your body to turn on multiple muscle groups in a functional way, instead of working muscles in a more isolated and artificial manner.
- A selection of a few exercises enables you to work out most of your body.
- All the exercises can easily be adjusted to your strength level.
- The device allows for both intense strength training and relaxation exercises.

### The Redcord Trainer and its accessories allow:

- Partial or full body weight during weight-bearing exercises and treatments.
- Support for body parts, such as head, back, pelvis, and extremities, during treatment.
- Offloading for body parts through elastic cord support.

## Rehabilitation of Injuries

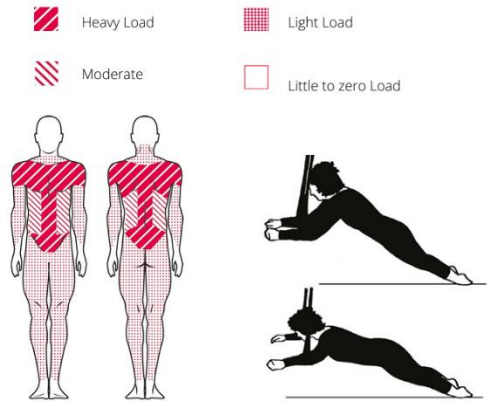
If you have existing injuries that you want to treat using Neurac sling exercise therapy, we recommend contacting the nearest Certified Neurac Practitione (CNP see Redcord.com). CNPs are uniquely qualified to match specific exercises to your injury profile.



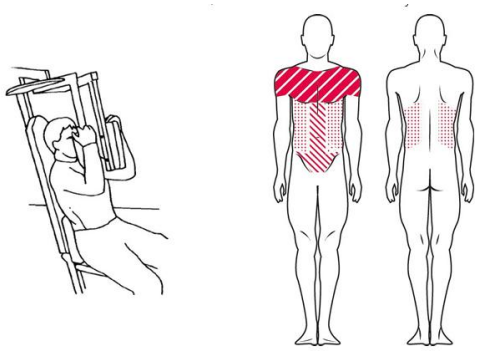

## Adjusting the exercises to your functional strength

To get the most out of a workout with the Redcord Trainer, it is important to understand how the intensity of the exercise can be adjusted. All exercises can be adjusted from very easy to extremely hard. Intensity can be adjusted in one or more of the following ways:

- **Your body position in relation to the line of the ropes**. The farther away you stand from the line, the harder the exercise will be.
- **The length of the ropes.** The exercises will become harder as you lengthen the ropes and bring the straps closer to the floor.
- **Placement of the straps and the body**. Strap placement affects exercise intensity. Placing the straps farther from your body increases resistance, while closer placement reduces it. Exercises are easier when performed seated or kneeling and more challenging when standing. Using only one arm or leg in the sling further increases difficulty.




Exercise in Redcord equipment: (Peck Deck)
Exercise for the chest and the shoulders, but also for the rest of the body.



Traditional weight exercise: (Peck Deck) Exercise for the chest and the shoulders.

The Redcord Home Gym includes:

**1x** Redcord Trainer



**1x** Redcord Wide Sling



**1x** Redcord PowerGrip, one pair



**1x** Redcord Ceiling Suspension, Trainer, one set standard (includes in Redcord Trainer)



**1x** Exercise Poster (included in Redcord Trainer)



**1x** Instruction for Use

## 1.2. Operating principle

The user must ensure that the ropes are 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 other materials, 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 to the ceiling ensure that the ceiling is made of solid materials and can support such loads.
- Ensure that the ropes in the Trainer are securely locked before loading or attaching accessories.
- Check the condition of the product before next 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 60/30 cm ropes (additional accessories) must be attached to the Trainer's ropes using the rope locks on the elastic cords.
- 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.
- 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.<br>▪ The webbing is flossy or crispy.<br>▪ The metal ring is split or divided.<br>▪ The webbing shows signs of abrasion, cutting, or chemical damage.<br>▪ The stitching is frayed or broken.<br>▪ They have been exposed to active or aggressive chemicals.<br>▪ There are doubts about their safety. | ▪ The core is damaged or shows signs of damage.<br>▪ The rope has been in contact with active or dangerous chemicals.<br>▪ The hook does not lock properly.<br>▪ The loose thread or white kernel (inside core) is visible on the rope.<br>▪ The rope kernel is oval instead of round.<br>▪ The cleat (i.e., rope lock) is damaged or worn out.<br>▪ The cleat is sliding on the rope.<br>▪ 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

- Attached the device in 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 exceeds 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 your legs elevated. You should be able to perform all the exercises without pain. Start carefully.

## 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.
- The 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 carefully for any cracks, damage, or signs of wear.

**Cleaning the Redcord Trainer (device):**

- 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 Trainer

The Redcord Trainer's mounting gear is intended for mounting on concrete or wooden ceilings. 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 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 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. Ceiling height

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)

## 5.2. Redcord Trainer ceiling suspension includes

**White mounting brackets**
2 pcs



**Long screws** (wooden ceiling)
4 pcs



**Expansion bolts** (concrete ceiling):
2 pcs



## 5.3. 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.

## 5.4. 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.**



**After installing the ceiling suspension and before you start exercising with Redcord Trainer, 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

## 5.5. 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.

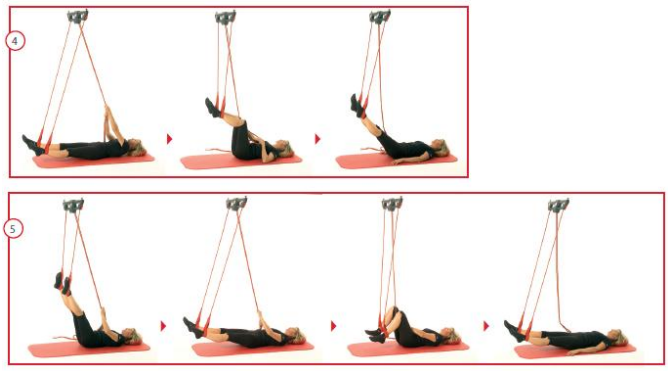
Adjusting the straps from a reclining position

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 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



# 6. Accessories and Replacement parts

## 6.1. Details on the parts and accessories for the Redcord Home Gym

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 Sling



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 Workstation Professional (100023-5)<br>▪ Redcord Professional Workstation Professional, Wall Stand (100123-5)<br>▪ Redcord Professional Workstation Professional, Floor Stand (100223-5)<br>▪ Redcord Rehab Pro Plus (101038-2)<br>▪ Redcord Rehab Pro (101039-1)<br>▪ Redcord Active Pro Plus (101038-2)<br>▪ Redcord Active Pro (101039-1)<br>▪ Redcord Tandem Station (101106-2)<br>▪ Redcord Home Gym (101085) | ▪ Redcord Strap, one pair (111200)<br>▪ Redcord Narrow Sling (111002)<br>▪ Redcord Wide Sling (111001)<br>▪ Redcord Split Sling (111003)<br>▪ Redcord PowerGrip (111450)<br>▪ Redcord Rope, red, 30 cm, one pair (112001)<br>▪ Redcord Rope, red, 60 cm, one pair (112020)<br>▪ Redcord Rope, red, 5 m (112100)<br>▪ Redcord Elastic cord 30 cm, red, high resistance, one pair (113001)<br>▪ Redcord Elastic cord 30 cm, black, low resistance, one pair (113002)<br>▪ Redcord Elastic cord 60 cm, red, high resistance, one pair (113100)<br>▪ Redcord Elastic cord 60 cm, black, low resistance, one pair (113101)<br>▪ Redcord Rope Set for Upgrading (140001) |

## 8. Technical information

| **Product** | **Max load** | **Dimension** | **Weight** |
|---|---|---|---|
| Redcord Home Gym | | 710x290x170 mm | 4,70 kg |
| Redcord Trainer | 200 kg | 670 x 230 x 90 mm | 3,9 kg |

| | |
|---|---|
| **Warranty** | 2 years.<br>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<br>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:

Redcord AS Teknologiveien 11,
4846 Arendal, Norway
redcord@redcord.com, +47 37 03 00 0

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