



Instruction Manual

Redcord Add.length for 120540, Trainer
88-187cm, heights 328-427cm



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If your ceiling height is between 328-427cm, then you can use 120540 Redcord Ceiling Suspension, Trainer 26-87 cm, heights 266-327 cm together with this product 120541 Redcord Add.length for 120540, Trainer, 88-187cm, heights 328-427cm to lower your Redcord Trainer to the desired height above the floor. You can lower your Trainer up to 187cm.

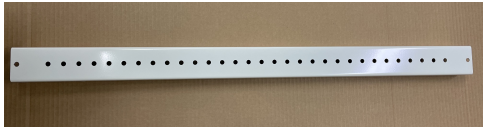
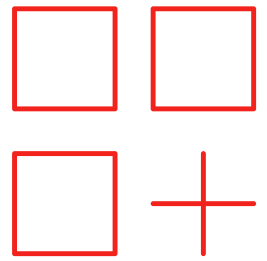
IMPORTANT:

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 third party suspension legs, attachments, or components.

Redcord takes no responsibility for any personal or physical damages that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.

WHATS INCLUDED



Leg 870mm (2 pcs)



Narrow angle support bar (2 pcs)



Wide angle support bar (2 pcs)



Joint (2 pcs)



Screw bag for assembly (1 pc)

- Screw M8 (26 pcs)
- Nut (26 pcs)
- Washer M8 (26 pcs)

Assembling and installation

** Please see the instruction manual for 120540 Redcord Ceiling Suspension, Trainer 26-87 cm, heights 266-327 cm for information on necessary equipment and suitable place for assembling and installation.*

Assemble Legs

Please keep the following rules in mind while assemble legs.

- The longest legs/pieces should be uppermost.
- The joint and the connected piece should overlap as much as possible.
- A joint has 2 connection sides and each connection side can connect to one piece(legs/attachment hooks/ extension legs). To tighten and secure the join and connected piece, you need to use at least 3 screws on each connection side of the joint. 1 screw should be used on the hole closest to the edge of the joint, and 1screw on each side of the joint on connecting points. See picture below.



Assembling and installation

- Joints should never be installed directly to the ceiling rails.
- The crossbar should be attached as far down from the ceiling rails as possible.

Please follow the steps 1-5 described in instruction manual for 120540 Redcord Ceiling Suspension, Trainer 26-87 cm, heights 266-327 cm to assemble legs.

Assemble angle support bar

1. Attach the narrow angle support bar to the ceiling rail.

We recommend 2 screw holes between the angle joint plate and where you mount the narrow angle support bar on the ceiling rail.



2. Find the lowest possible screw hole to attach the wide angle support bar.
 - 1) Recommend not attach the wide angle support bar on the upper most leg.
 - 2) Before you attach the wide angle support bar to the hole found, check if there is enough overlap of the narrow and wide angle support

Assembling and installation

bars to ensure the stability of the additional lengths.

3) Attach the wide angle support bar to the found hole.



3. Joint the narrow and wide angle support bars using at least 3 screws (one of each side of the angle support bar). We recommend the distance between the screws to be as far apart as possible.



4. Hang up you Redcord Trainer to the attachment hooks. Check if:

- Trainer is horizontally aligned with floor;
- Trainer is hanged on the desired height.

If so, then fasten all screws probably from top (ceiling rails) to bottom. Before fasten the screws for attachment hooks, do another final check.

Safety and maintenance

Safety test

Please perform safety test to test installation and load capacity before you Redcord Trainer can be safely used.

1. Lower the sling/strap to about 15cm above the floor.
2. Place one foot in one strap and press in a bouncing motion up and down using your full body weight.
3. Repeat step 2 on other sling/strap.

Maintenance

Screws and fastened device may become loose as time goes by due to vibration and movements etc. You should always regularly check the ceiling suspension system is fastened properly to ensure it is safe to use it together with your Redcord Trainer.

We recommend you to tighten all screws and fastening devices at least one month after initial assembling and then every 6 months thereafter.



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