Redcord add. length for 120540, 88-187cm, height 328-427cm

REF 120541

Instructions for use / EN



Redcord AS
Teknologiveien 11
NO-4846 Arendal, Norway

CE

Intended use: The Redcord add. length for 120540, 88–187 cm, heights 328–427 cm is an accessory intended to be used together with Redcord Ceiling Suspension, 26–87 cm, heights 266–327 cm (REF 120540), for mounting the Redcord Trainer (REF 110010) and compatible Redcord systems containing Redcord Trainer to solid concrete ceilings or structural wooden joists.
It is used when the ceiling height is between 328 cm and 427 cm to lower the Redcord Trainer to the desired height above the floor. When installed according to the Instructions for Use, this product allows the Redcord Trainer to be lowered up to 187 cm.
This product must be used together with Redcord Ceiling Suspension, 26-87cm, heights 266-327cm (REF 120540).

Ceiling type	This product is intended for installation on concrete or wooden ceilings only. It should not be installed on porous ceilings.
Ceiling height	328-427cm.
Safety Information	▪ 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** to 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.
Maintenance	Screws and fastened devices may become loose as time goes by due to vibration and movement, etc. You should always regularly check that the ceiling suspension is fastened properly to ensure it is safe to use together with your Redcord Trainer. We recommend you tighten all screws and fastening devices at least once within one month of the initial assembly and then every 6 months thereafter.
Storage	Store dry, indoors; avoid corrosive environments.
Transport	During transport, ensure that all metal components are properly protected to prevent damage.
Disposal	Dispose of the product as metal waste in accordance with local regulations.

⚠ **CAUTION:** Check the ceiling condition before installation. Only CONCRETE or WOODEN ceiling recommended. No porous ceilings.

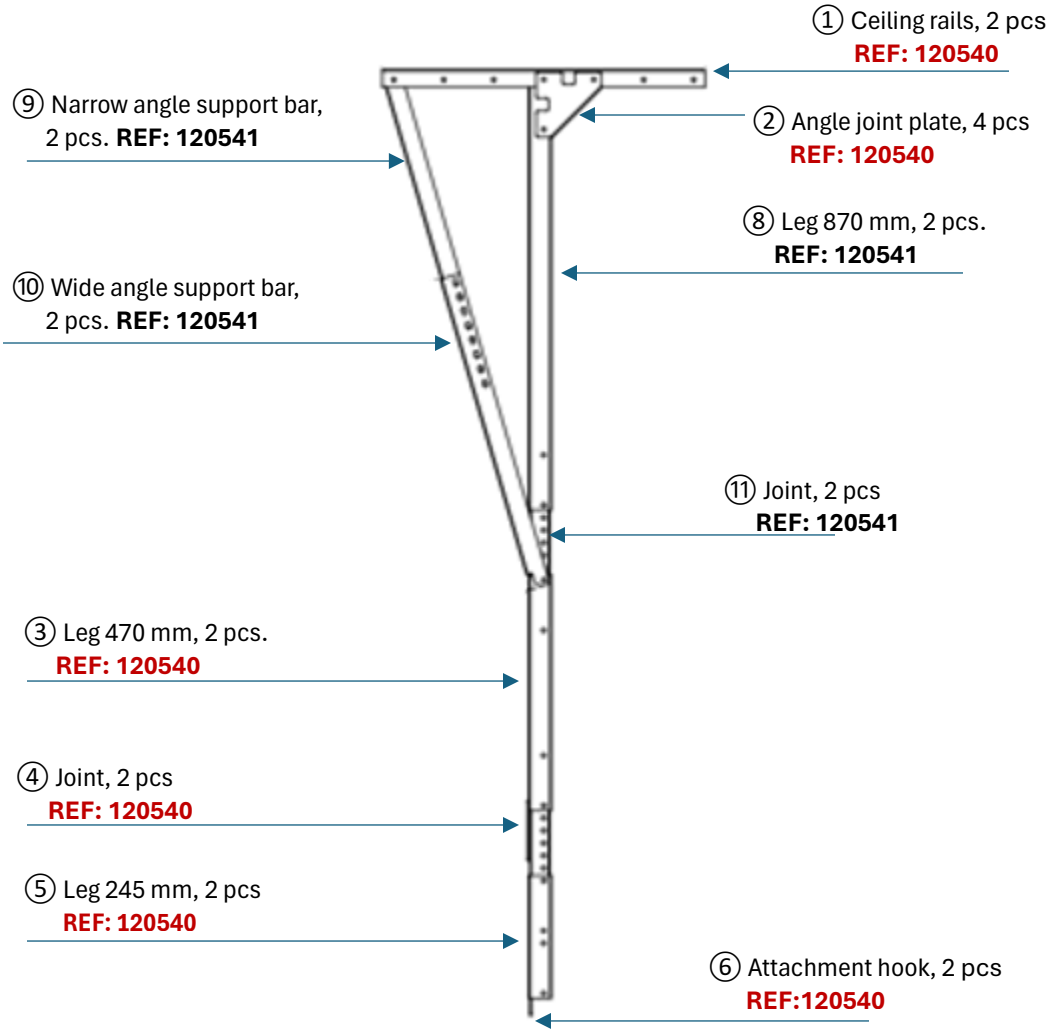
Seek professional advice about the condition of the ceiling prior to the installation of the device. Redcord takes no responsibility for the suitability or condition of the ceiling on which the equipment is installed. Redcord takes no responsibility for third-party suspension legs, attachments, or components. Redcord takes no responsibility for any personal or physical damages that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.
Make sure you are facing the correct side of the Trainer before use.
The front and back of the device are clearly marked.

Redcord add. length for 120540, 88–187 cm, heights 328–427 cm includes:

Parts 1-7 are included in the Instructions for use REF: 120540

⑧ Leg 870 mm, 2 pcs	⑨ Narrow angle support bar, 2 pcs	⑩ Wide angle support bar, 2 pcs
		

⑪ Joint, 2 pcs	Screw bag for assembly, 1pc	
	- Screw M8 (26 pcs) - Nut (26 pcs) - Washer M8 (26 pcs)	



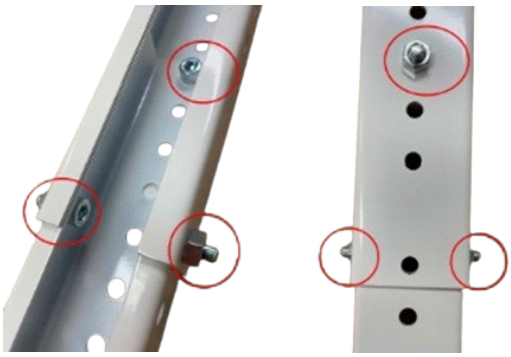
ASSEMBLING AND INSTALLATION

* Please see the Instructions for Use for Redcord Ceiling Suspension, 26-87 cm, heights 266-327 cm (REF 120540) for information on necessary equipment and suitable place for assembling and installation.

Assemble legs

Please keep the following rules in mind while assembling legs.

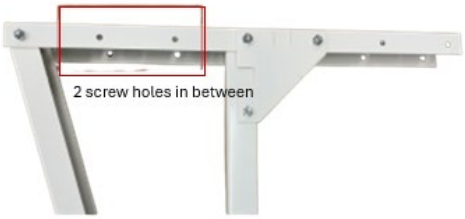
- The longest legs/pieces should be uppermost.
- The joint and the connected piece should overlap as much as possible.
- A joint has 2 connection sides, and each connection side can connect to one piece (legs/attachment hooks/ extension legs). To tighten and secure the joint and connected piece, you need to use at least 3 screws on each connection side of the joint. One screw should be used on the hole closest to the edge of the joint, and one screw on each side of the joint at the connecting points. See picture 1 to the right.
- Joints should never be installed directly on the ceiling rails.
- The crossbar should be attached as far down from the ceiling rails as possible.
- Please follow Assembling and Installation, 2. Assemble Legs section in the Instructions for Use for Redcord Ceiling Suspension, 26-87 cm, heights 266-327 cm (REF 120540) to assemble legs.



Picture 1

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.



Picture 2

2. Find the lowest possible screw hole to attach the wide-angle support bar.

- Recommend not attaching the wide-angle support bar to the upper-most leg.
- Before you attach the wide-angle support bar to the chosen hole, check if there is enough overlap of the narrow and wide-angle support bars to ensure the stability of the additional lengths.
- Attach the wide-angle support bar to the suitable hole after deciding the position.



Picture 3

3. Now, join the narrow and wide-angle support bars using at least 3 screws (one on each side of the angle support bar). We recommend that the distance between the screws be as far apart as possible



Picture 4

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

- **Trainer is horizontally aligned with the floor.**
- **Trainer is hung at the desired height.**

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

FASTENING TEST – Inspect screw fastening and suspension stability

When all the screws are properly fastened, grip the unit with your hands and shake it in various directions. Do this on both sides. There should be no movements possible or collision sound. Finally, inspect the screws for any displacement before hanging the Redcord Trainer back.
You are now ready to perform the Safety Test.



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/sling 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 suspensions should be inspected regularly.
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.

Explanation of symbols and abbreviations

	Symbol Glossary
CE	Conformity with applicable EU legislation
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
REF	Catalogue number (REF)
	Manufacturer
LOT	Batch code
	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