

# Redcord® Floor Stand with Sliding Suspension System



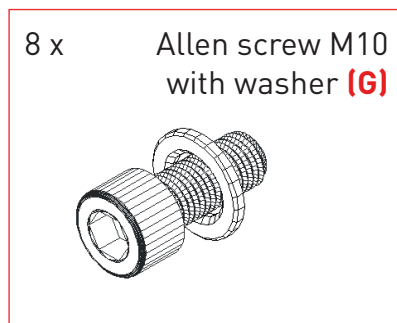
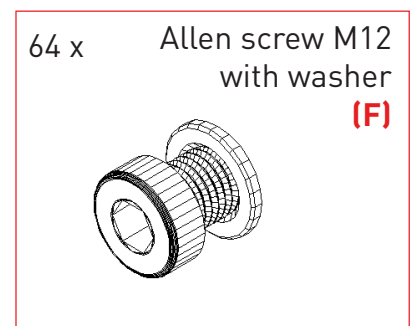
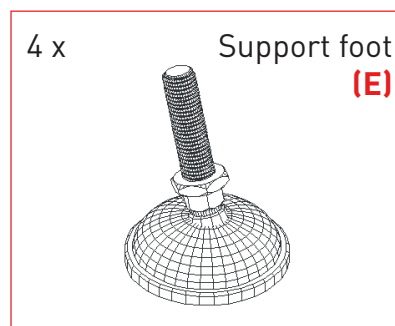
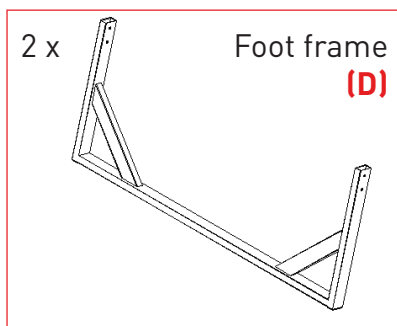
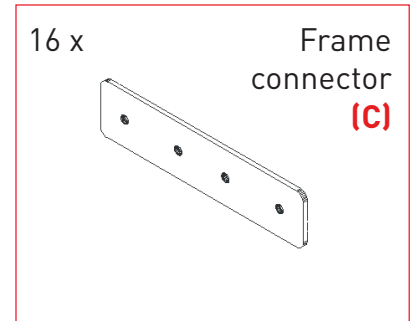
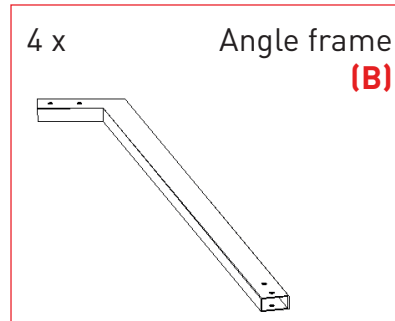
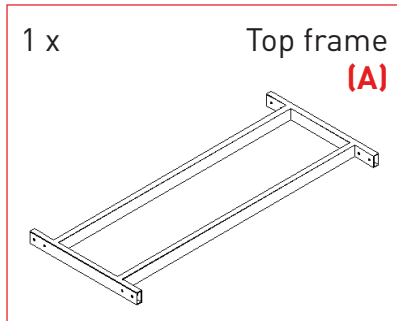
Original Assembly Instructions

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# 1. Redcord Floor Stand features

Please check the content of the packages. Contact your supplier if anything is missing.  
An overview of suppliers can be found on [www.redcord.com](http://www.redcord.com)



## Installation tools not included:

Ended wrench 15 and 19, Allen wrench 8mm, 1- 2 ladders

For content of Redcord Sliding Suspension System (SSS) please see User Manual included with the SSS

Our assembly instructions and user manuals can also be downloaded from our website [www.redcord.com](http://www.redcord.com)

## 2. Technical information

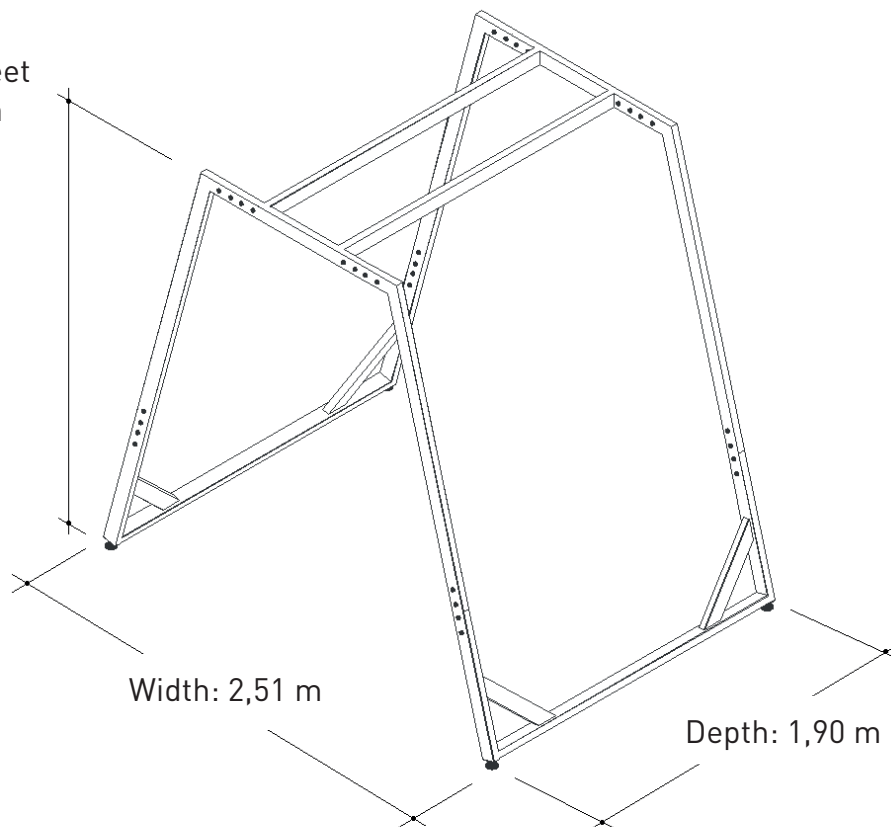
Maximum load 200 kg

Weight Redcord Floor Stand: 126 kg

Weight Redcord SSS: 38 kg

### Total dimensions Redcord Floor Stand:

Height: 2,38 m  
(with support feet  
adjustable from  
2,42 - 2,46 m)



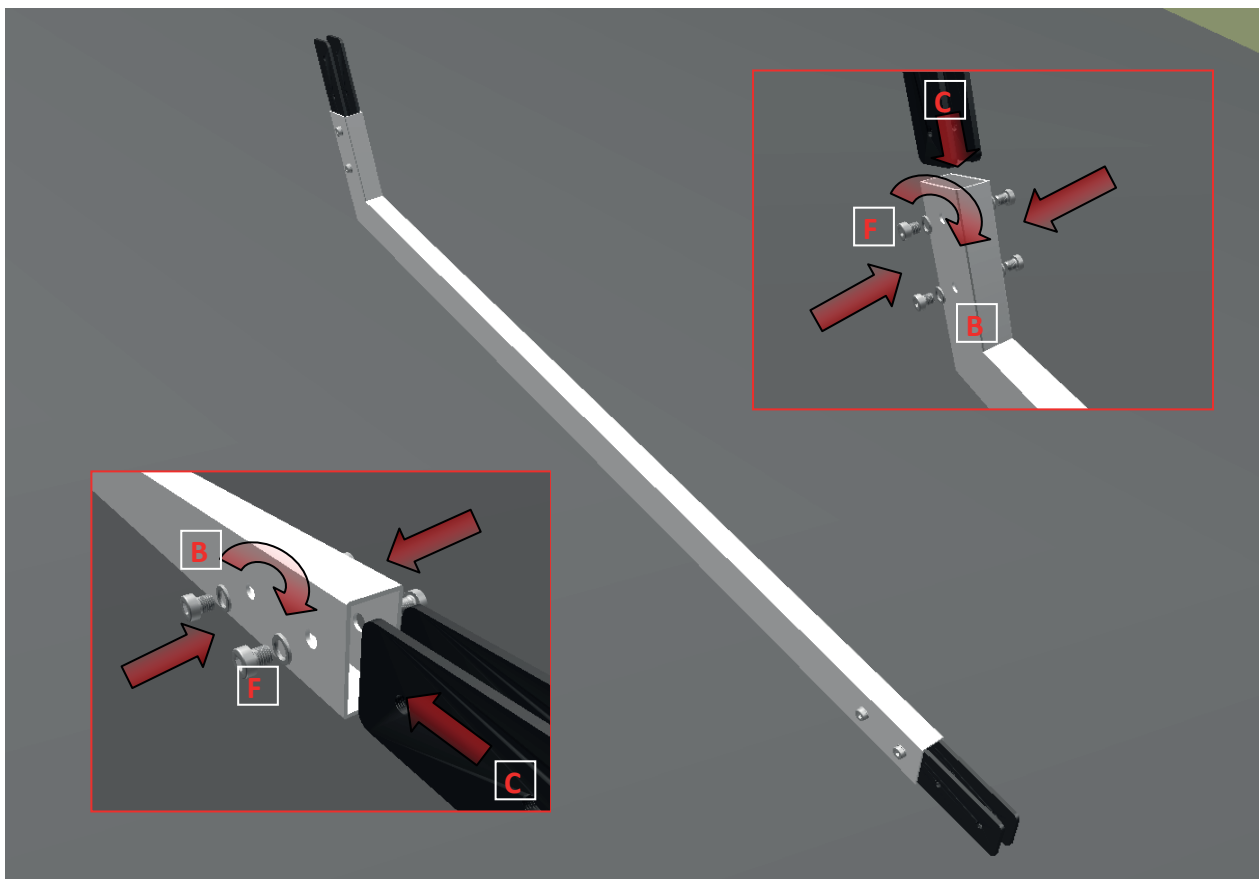
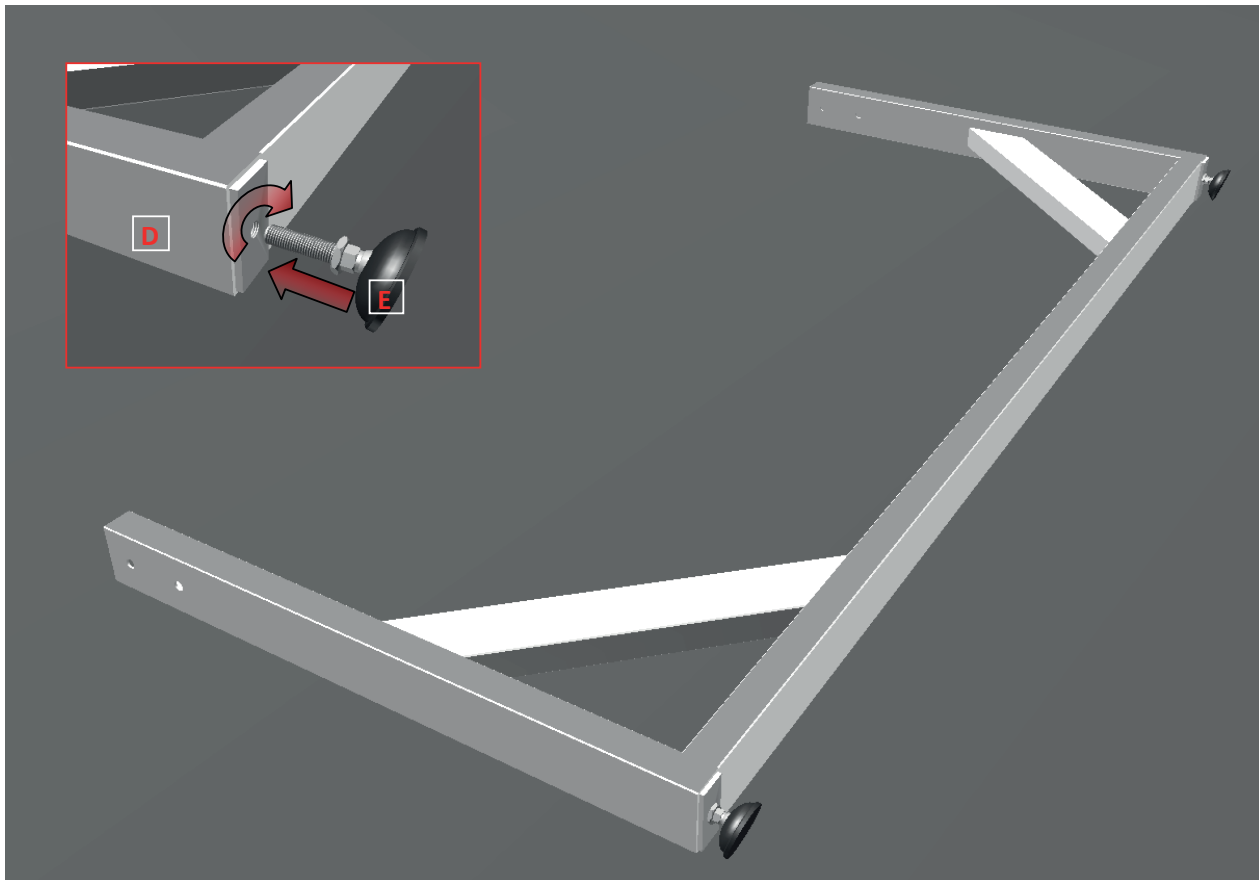
Two people are required for assembly.

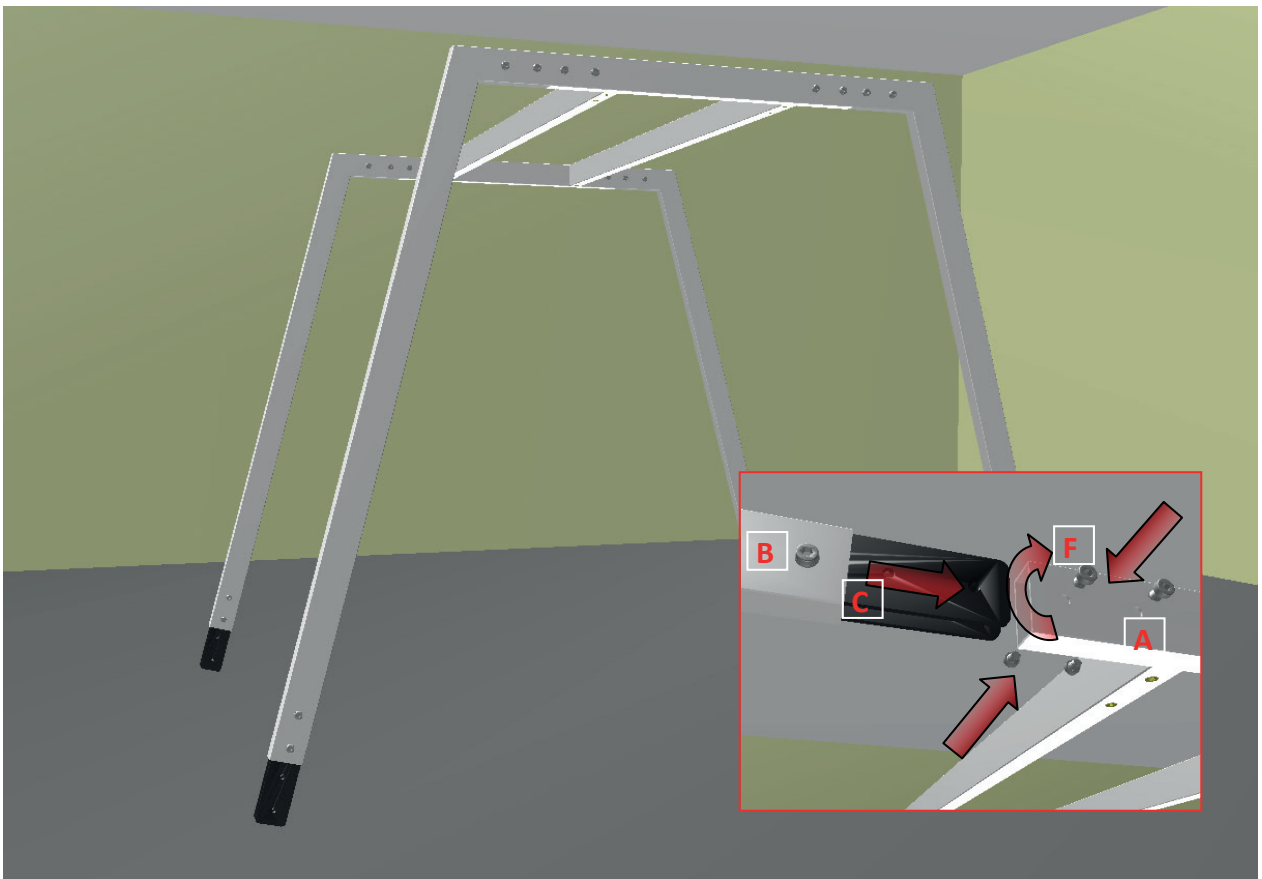
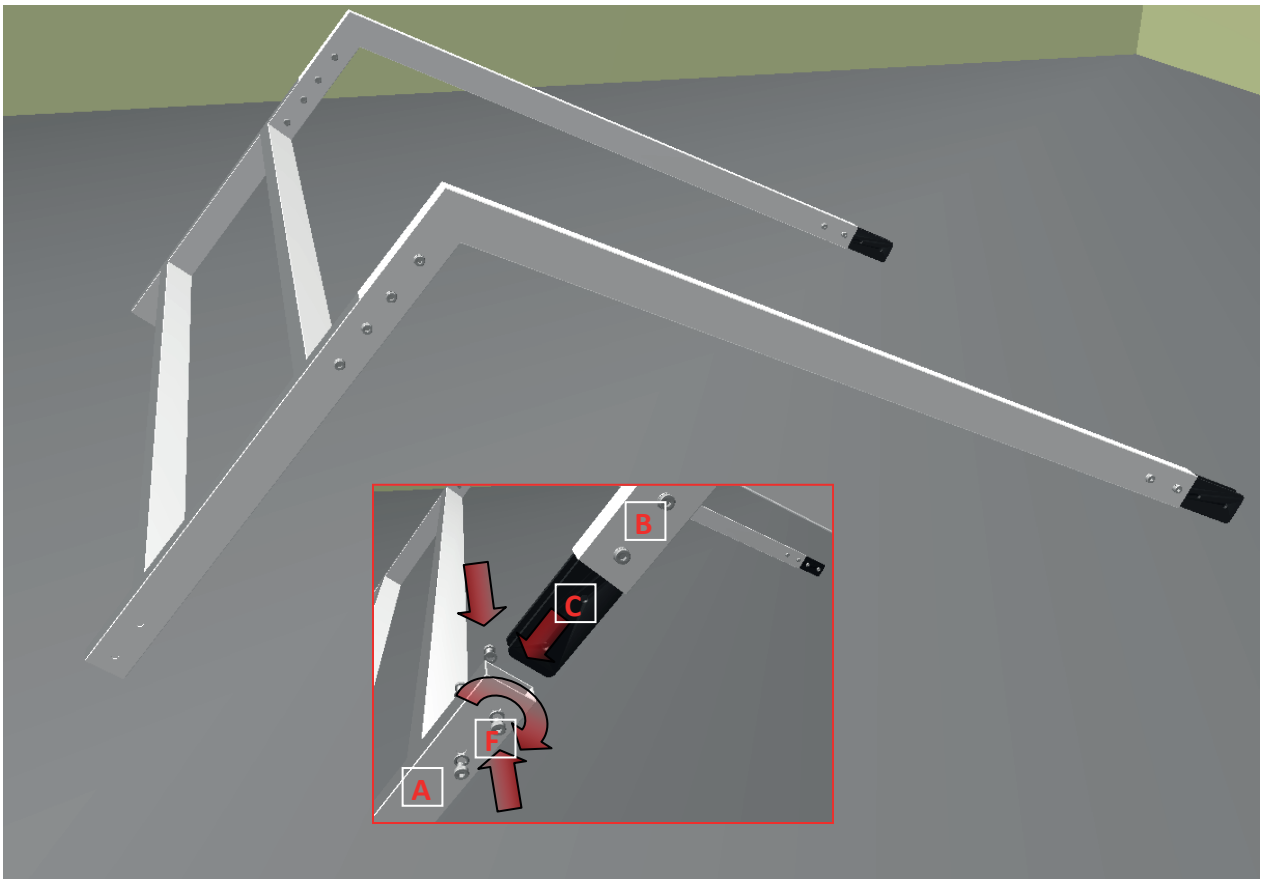
### IMPORTANT:

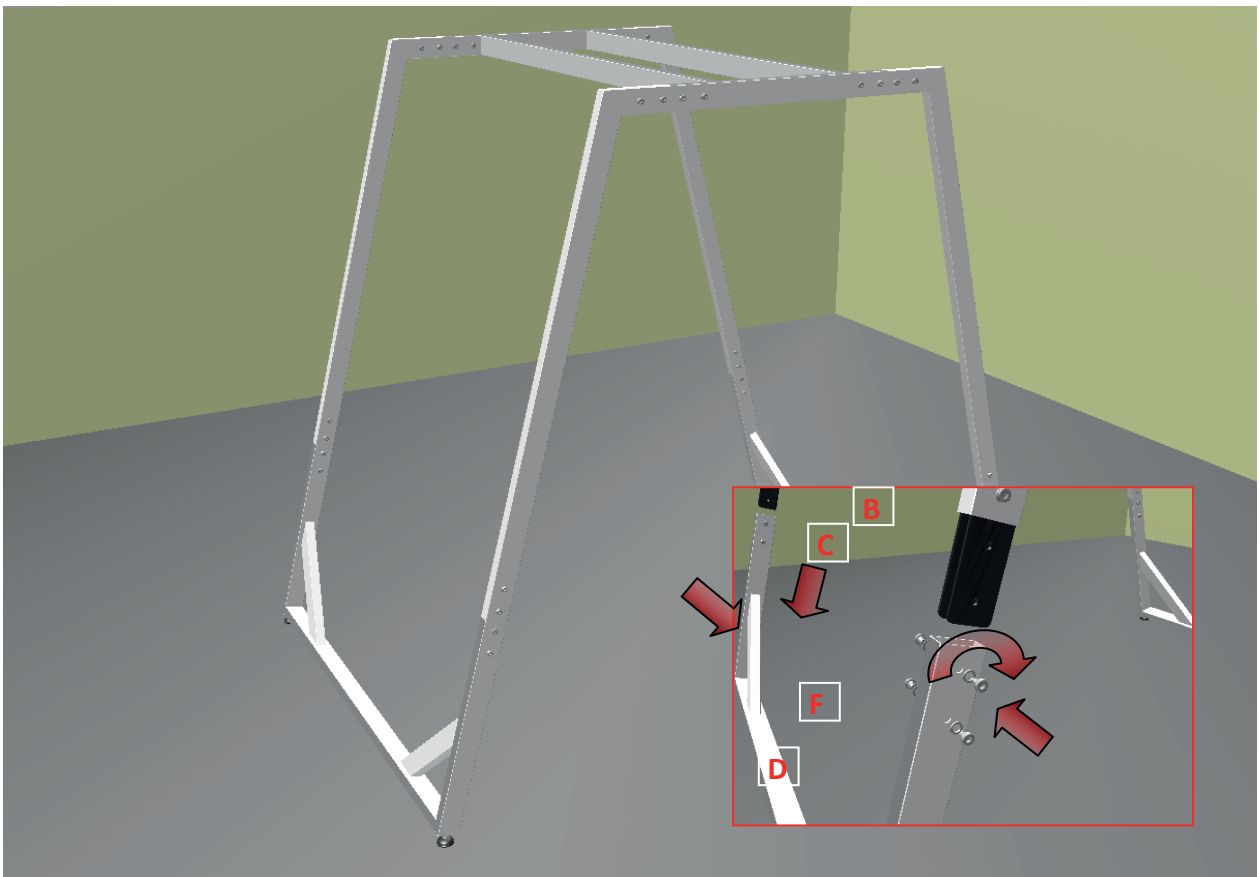
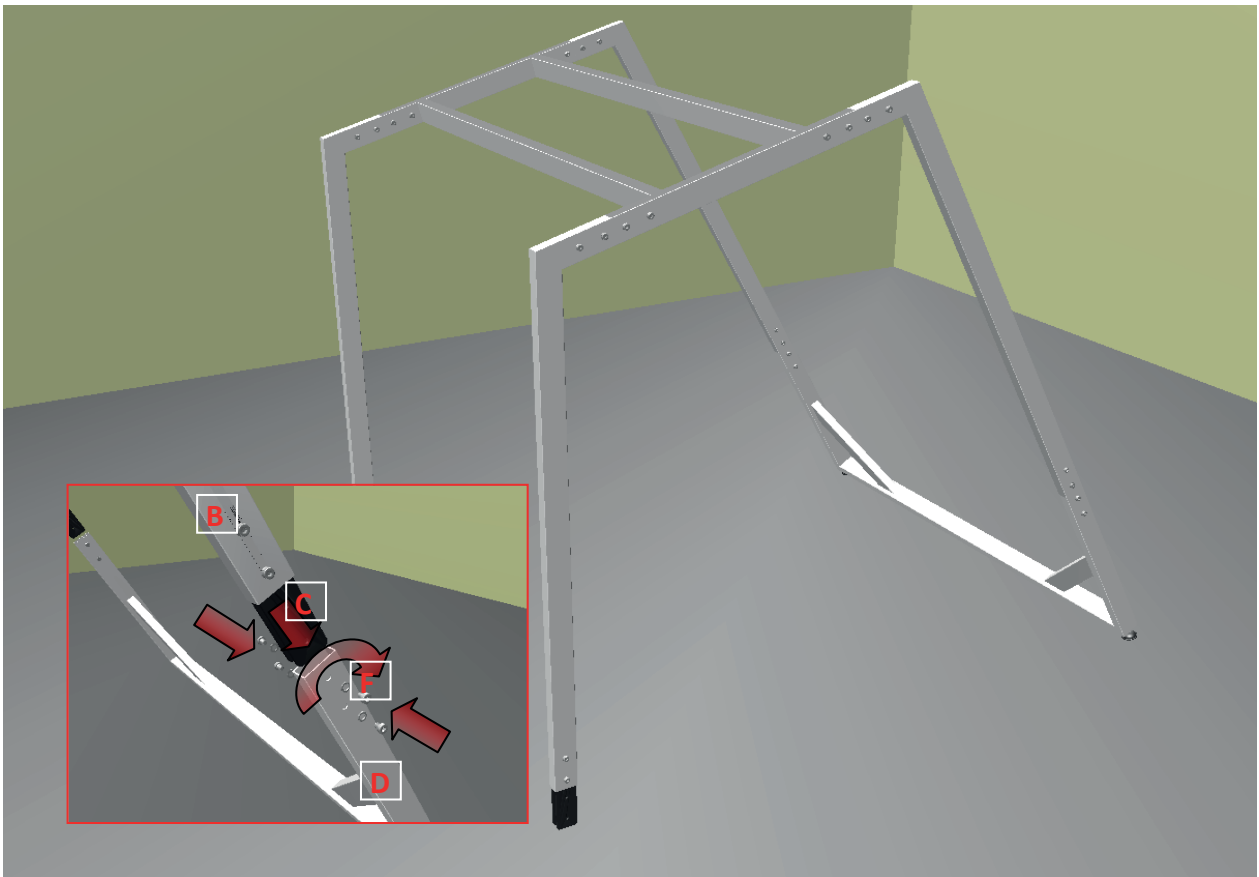
Redcord takes no responsibility for any personal or physical damages that might arise due to incorrect installation and/or incorrect use of Redcord equipment. Redcord does not recommend using the SSS for purposes other than supervised treatment. Sport activities and heavy exercises may increase the risk of damaging the equipment and/or the user for which Redcord will not be held accountable.

### 3. Assembly of Redcord Floor Stand

At the start tighten all allen screws by hand. Note that the frame connectors are a bit flexible. This makes it easier to insert the connector and fasten it to the appropriate frame.



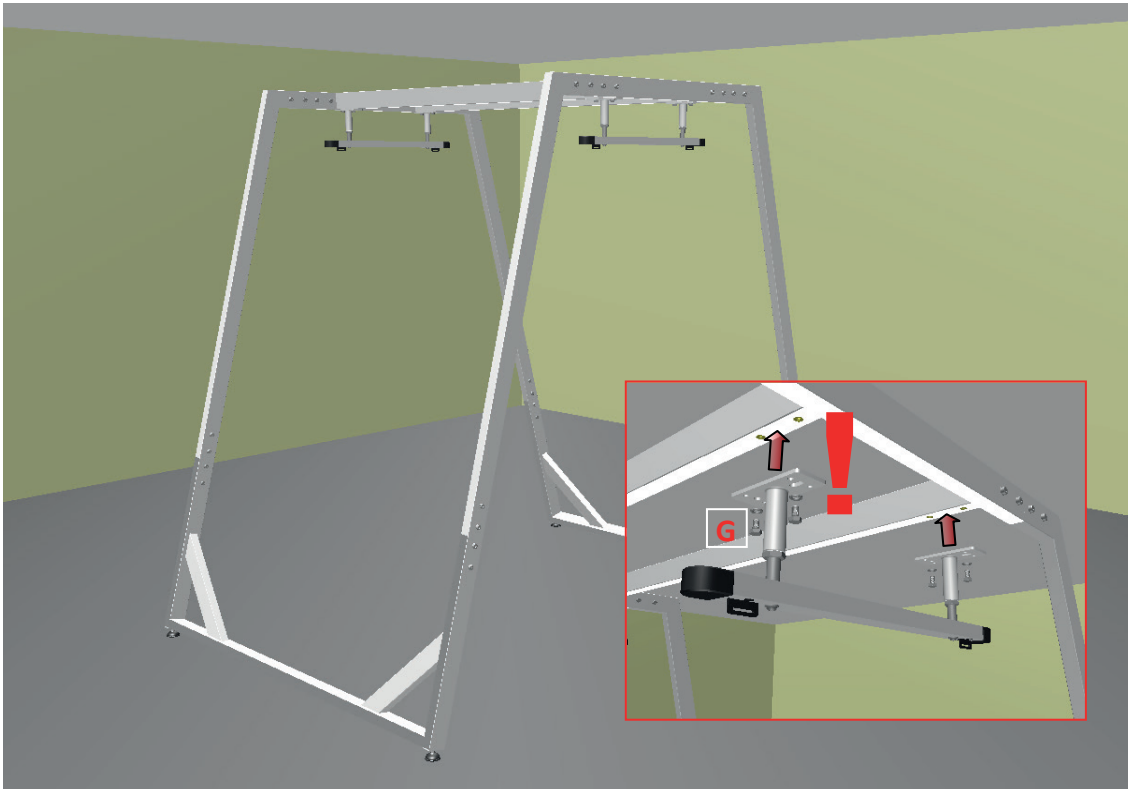




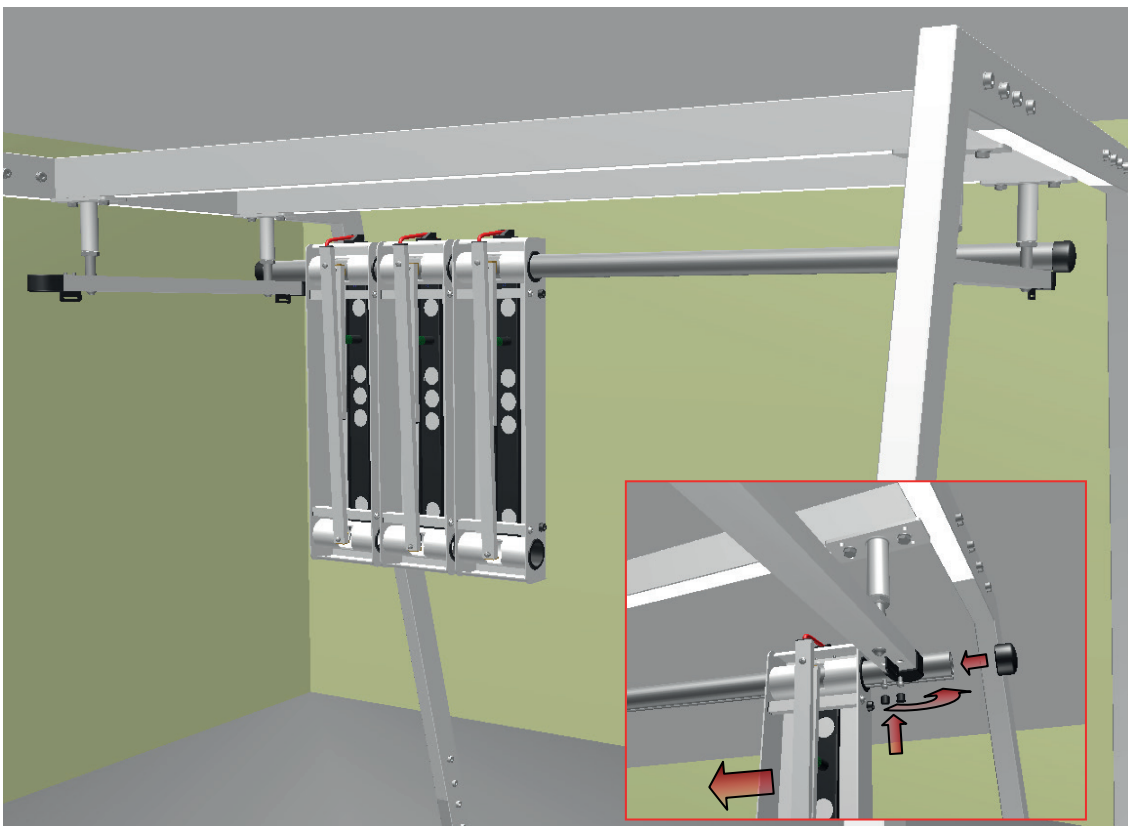
**Tighten all screws well after final assembly**



## 4. Assembly of Redcord SSS on Floor Stand

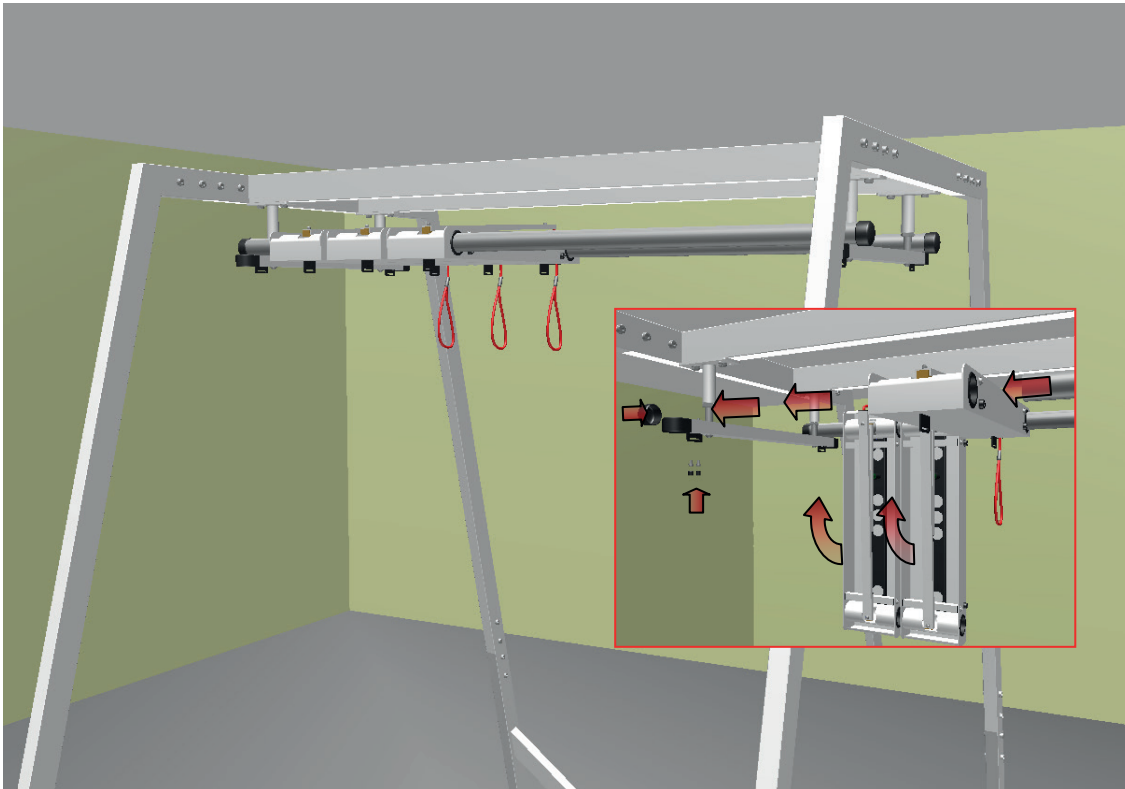


Turn the additional legs on both crossbars to 90 °.  
The slots must face the assembly, all in the same direction.



The aluminum section/rail can temporarily be secured to the cross piece with a rope. Slide the traverses onto the aluminium sections. Then fasten the aluminium section to the cross piece with screws. Ensure that the brackets on the traverse are facing up, and the brake lever arm is facing down. Ensure that both of the brake arms and the ropes are on the same side of the SSS.





For more information on assembly and operation of Redcord SSS and traverses, please see the User Manual included with the SSS

## 5. Security, maintenance and cleaning

### Security:

The user must be sure that all screws and nuts are tightened well and that the Redcord Floor Stand is stable in all directions. The frequency of this routine depends on how much the Redcord Floor Stand is used, but we highly recommended that you perform a security check every week.

We recommend that you document your security check by using the form found in the User Manual for SSS

### Maintenance and cleaning:

Keeping your Redcord Floor Stand and SSS clean is the best maintenance you can perform. Regular cleaning will secure proper function for many years.

Dust should be removed from the Redcord Floor Stand with a vacuum cleaner or dry dust cloth. If washing is required use a soft cloth and hot water. Do not use detergent or soap.

### Spare parts:

If you need screws or other parts to your Redcord Floor Stand, contact your supplier. An overview of all suppliers can be found at [www.redcord.com](http://www.redcord.com)

**NOTE:** Only original screws from Redcord must be used.

For maintenance, cleaning and security check on SSS, please see User Manual for SSS



**redcord<sup>®</sup>**

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