Safety information - Redcord PowerGrip

This page provides general safety information for Redcord PowerGrip. It does not replace the official Instructions for Use (IFU). Always read and follow the IFU supplied with each product.



General Safety Principles:

- Before starting exercises, inspect the product and ensure that there are no visible defects or damage.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.
- Perform a safety test before starting exercises and repeat it regularly as part of routine use.
- Ensure that the PowerGrip are correctly attached to the Redcord ropes using a carabiner.
- Use only original Redcord components and accessories.
- Do not modify any Redcord components and accessories.
- Never let children play with or use the Redcord products unsupervised.
- Avoid heat, chemicals, and UV/sunlight during use and storage, as these factors may degrade materials.
- **Respect the maximum load limit:** 100 kg per PowerGrip

When should you replace the PowerGrip?

The Intended lifetime for Redcord PowerGrip is 4 years.

We recommend replacing PowerGrip when they exceed the intended lifetime for safety reasons, or/and if they show any signs of wear or damage. Sunlight/UV, humidity, heating and sweat reduce durability and shorten lifetime.

Stop using and replace immediately if any signs of wear or damage are present:

- There are visible cracks or fractures in the plastic body.
- Worn or damaged rotating handgrip.
- Slippery or greasy surface that cannot be cleaned effectively.

Do NOT use old versions of PowerGrip – see below (!)

Their lifetime has already expired.







Safety Test

After attaching the PowerGrip to your Redcord Trainer/Axis/Mini, you must test the installation and the load tolerance before using the product.

Testing of PowerGrip

- Pull the PowerGrip to its highest position.
- Place your hands in one PowerGrip and lift your body off the ground while keeping one foot on the floor.
- Repeat the test in the other PowerGrip.



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.