

# Instruction Manual

## Redcord Trainer



### Warning

Avoid problems with lowering the legs. Face the front of the apparatus at all times. Never exercise alone and do not raise your legs higher than illustrated before you are skilled in adjusting the ropes.

Keep your legs and feet straight and slightly apart. Keep the ropes taut, move them towards your head and lower your legs.

# SAFETY TEST



## Perform safety test to test installation and load capacity of installation and safety of ropes, slings and straps:

1. Lower the sling/strap to about 6 inches above the floor.
2. Place one foot in one sling/strap and press in a bouncing motion up and down using your full body weight.
3. Repeat step 2 on other sling/strap.

You have now tested each installation point tolerates a load far exceeding your bodyweight.

Your Redcord is ready to use for workout.

Practice adjusting the position of the slings/straps before you start. This is particularly important when you start doing exercises while laying on your back with your legs elevated.

You should be able to do all the exercises without any pain. Start carefully.

## WARNING

Children should not use Redcord Trainer or any of Redcord equipment without adult supervision.

Never place the ropes around your neck, since this may cause strangulation, injury or harm.

Redcord AS may not be held responsible for accidents or injuries resulting from incorrect installation or improper use of equipment including and not limited to the Redcord Trainer.



PLEASE READ BEFORE USING EQUIPMENT

# SAFETY INFORMATION



To keep the safety and quality of your slings/ straps please follow the guidelines:

**Replace all slings and straps with visible damage.**

## WARNING

Inspect your slings and straps frequently. Your slings and straps should always be without any visible damage. We recommend that the safety test be performed before first use and then on a monthly basis to test the condition of your equipment. Replace slings and straps with visible damage such as : Bleached webbing around the metal ring• Flossy or crispy webbing around the metal ring• Divided metal ring• Cracks in the plastic.

**Cleaning of slings /straps:** Hand wash or Machine washable up to 60 degree normal cycle no bleach or softener.

**Air dry only, NO SUN exposure.**

Do NOT use rinsing agents when washing/cleaning the slings• Do NOT use benzine and other stain removers to clean the slings• Do NOT disinfect with hot steam • Do NOT dry in sunlight or by using a drying cabinet. The slings/straps should be stored indoor without exposure to direct sunlight in normal humidity and temperature without exposure to heating elements.

**Avoid shock loads** - shock loads may damage your slings/straps permanently. Avoid using the slings/straps as a swing - Repetitive movements will involve much more wear and tear than any normal use and may reduce the strength permanently.  
( Max. Load 100kg power grip, slings/ strap. Max Load 150kg wide sling, narrow sling.)

**NOTE:** Our slings and straps are made of strong fabric and the work load limit is given with robust safety factors according to the EU directives. Still, fabric will be exposed to wear and tear over time and in some cases wrong cleaning, storage, shock loads or wrong use may reduce the quality and lifespan of the product. It is therefore important to frequently inspect the equipment and replace damaged and/or worn slings/ straps- equipment.

Find exercises on [www.redcord.com](http://www.redcord.com).

**PLEASE READ BEFORE USING EQUIPMENT**





# SOURCE TO A BETTER LIFE

SINCE 1991



redcord®

powered by

NEURAC®



## WHO WE ARE

Redcord is the first Norwegian company to design and manufacture medical sling devices for treatment of neuromuscular disorders. Redcord developed a treatment method specializing in the assessment and treatment of neuromuscular disorders called **Neurac**.

We continue practicing our company mission to help people to a life in motion through education, equipment and treatment method. We educate medical personal, organizations and caregivers to provide options and solutions to those dealing with neuromuscular disorders. Our products are available globally and we further develop our Neurac Method through an international network of Neurac Practitioners and direct data from Neurac clinics in Norway. Today, both the method and the equipment are used by medical personnel and in hospitals all over the world.

## WHAT WE DO

Help people to a life in motion through education, treatment and equipment.

## VALUES

### **We are Responsible:**

- We take responsibility for ourselves, our customers, treatment method and the company through our actions.

### **We take action:**

- We take action to improve the quality of life for everyone struggling neuromuscular disorders.
- We engage in research and further development of the Neurac method.

### **We are Innovative:**

- We are constantly evolving. Good is not good enough. We will make a difference by thinking outside the box to find solutions to improve quality of life.
- We teach and share our method with the rest of the world.

# REDCORD TRAINER

Redcord Trainer is a multifunctional strength training and rehabilitation device; allowing a wide variety of exercises for the entire body. Our exercises promote functional strength, muscular endurance, improved balance, coordination and core muscle stability.

Redcord Trainer is suitable for all body type, regardless of age, ambition or skill. Its unique patented technology allows one to adjust the strength and endurance level with ease.

Redcord Trainer is ideal for use at the office, home, health/sports clubs, gyms, wellness centres and hospitals.

All Redcord accessories can be combined with Redcord Trainer.



FULL BODY WORKOUT



# FULL BODY WORKOUT NEEDS NUTRITION

## EAT SMART







# BE EFFECTIVE

Redcord Trainer and Redcord Mini ropes, straps and slings provides instability to adjust your workouts to your need. Have a low tensiity stretch then increase at your pace to a full load workout activating deep stabilizing muscles.



Heavy Load



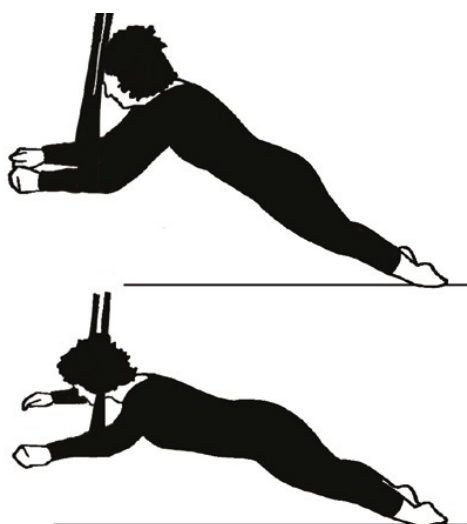
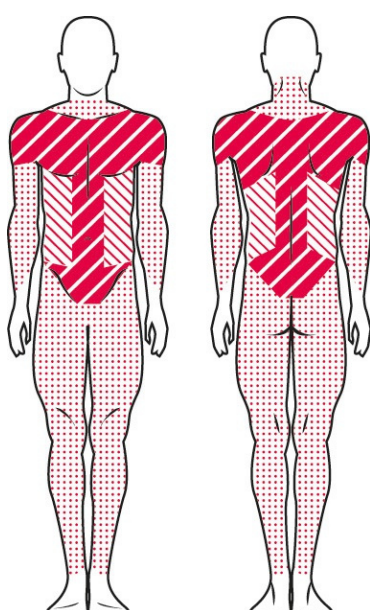
Light Load



Moderate

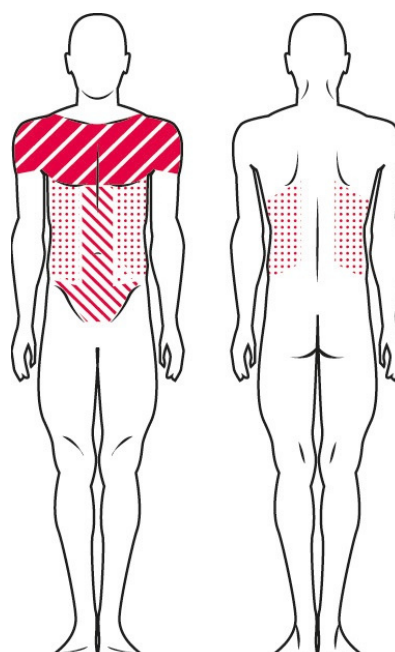
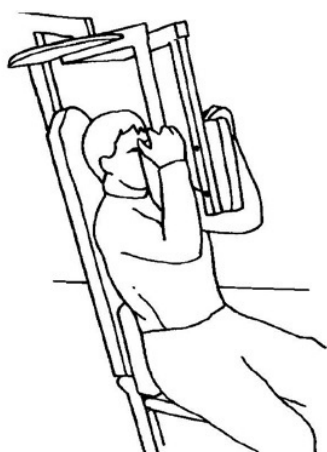


Little to zero Load



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.

FULL BODY WORKOUT

# REDCORD TRAINER



## Ceiling height

The standard suspension brackets included is suited to ceiling heights between 220 cm (7'2") and 260 cm (9'6").

## Wooden ceilings

Make sure you are installing the brackets in the ceiling joists and not just in panels or wallboard. Mark off two points exactly 60 cm apart (standard distance between joists) and screw in the two brackets with one screw in each bracket.

**Note:** Test the installation using the load test as described in Safety page.

## Concrete ceilings

Make sure that the ceiling is concrete and not made of a porous material with a poor load capacity. Mark off two points exactly 60 cm apart and drill two holes 50 mm deep 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.

**Note:** Test the installation using the load test as described in Safety page.

## Porous ceilings

Do not install Redcord in lightweight aerated concrete (Ytong, Siporex or Leca) ceilings using the above-mentioned procedures.

## How to use:

Make sure you facing the correct side of the Trainer before use. The front and back of the device are clearly marked.

For more exercises visit [www.redcord.com](http://www.redcord.com)

INSTALLATION AND PROPER USE





*invest in you*







Helping people to a life in Motion

Since 1991

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