

SAFETY TEST



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

1. Lower the sling/straps 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 that 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 degrees on normal cycle, no bleach or softener to be used.

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/straps. 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.



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