

**User Instructions for
Redcord Trainer and
Redcord Mini**



Thanks for choosing Redcord®!

Redcord is a flexible training tool and a complete exercise concept for functional strength training, based on performing exercises in the unstable red ropes with your own bodyweight as resistance.

Redcord combines unique equipment, specific exercises, and expert guidance to help you train all important muscle groups to improve performance, prevent injury and rehabilitate existing injuries.

Training

If your goal is to improve your functional strength and/or prevent injuries, the Redcord exercises in this manual will get you off to a great start.

Rehabilitation of Injuries

If you have existing injuries that you want to treat using Redcord, we recommend contacting a Redcord Clinic, or one of our cooperating physical therapists. They are uniquely qualified to match specific exercises to your injury profile. Please contact us for more details.



Please read this before you start training:

- Make sure the installation of the Redcord product will handle the load required. Perform the safety test described on page 3 before you begin training with Redcord Trainer or Redcord Mini.
- Practice adjusting the position of the grips before you start. This is particularly important when you start doing exercises while laying on your back with your legs elevated.
- In the Redcord Mini, avoid standing on the loose ropes while training. This might cause the rope to be pulled out of the locking mechanism.
- You should be able to do the exercises without feeling any pain. Start carefully.
- If certain exercises are painful no matter how carefully you perform them, please contact a doctor or physical therapist before you continue training.

Warning:

Children under 12 years old should not use Redcord Trainer or Redcord Mini without adult supervision. Never place the ropes around your neck, since this may cause strangulation.

Redcord AS may not be held responsible for accidents or injuries resulting from incorrect installation or improper use of Redcord Trainer or Redcord Mini.

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Testing the installation and load capacity:

Safety Test

After installing the Redcord Trainer following the installation instructions, lower the straps to about 6 inches above floor level. Put your foot in one strap and try to bounce up and down using your full body weight. Repeat the test on the other strap. You have now tested that each installation point tolerates a load far exceeding your bodyweight. Your Redcord is ready to use for training and treatment. If at a later time you are uncertain about the mounting, repeat the test. If you have problems with installation, contact your local dealer.



Testing the installation and load capacity

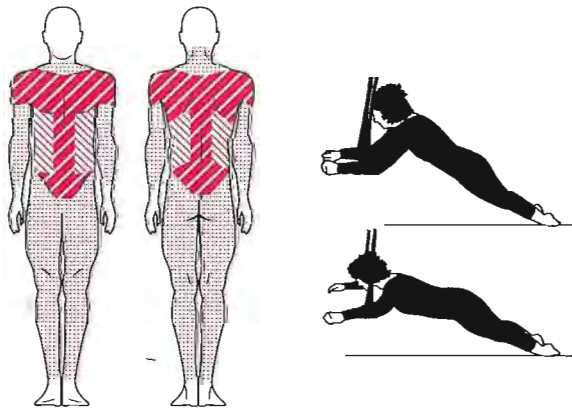
This is what makes Redcord effective:

- Redcord Trainer and Redcord Mini straps and slings create an unstable base of support. This increases the demands on stability and muscular control. It is also a powerful stimulus for activating the body's deep stabilizing musculature.
- Every Redcord strength exercise requires your body to turn on multiple muscle groups in a functional way, instead of working muscles in an isolated, artificial manner.
- A selection of a few, easy exercises enables you to train your whole body.
- All of the exercises can easily be adjusted to your strength capacity. Grandmas and Gold medalists alike can find an intensity and degree of difficulty that helps them improve.
- Both intense strength training and relaxation exercises can be performed using Redcord Trainer and Redcord Mini.
- You save time. With the Redcord installed in your home you can train whenever it suits you. A series of exercises performed in less than 15 minutes, 3 times per week, will give great results for the majority of people.

-  Heavy load
-  Moderate
-  Light
-  None/very light

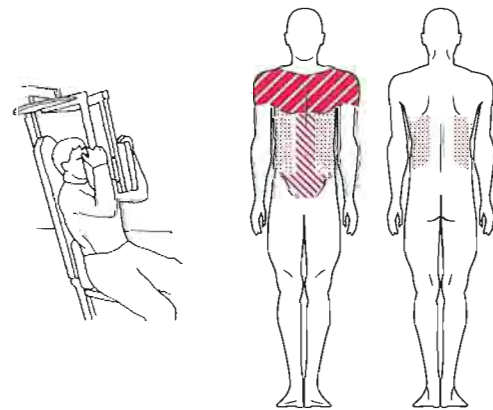
Training in Redcord: (Peck Deck)

Exercise for the chest and the shoulders, but also for the rest of the body.



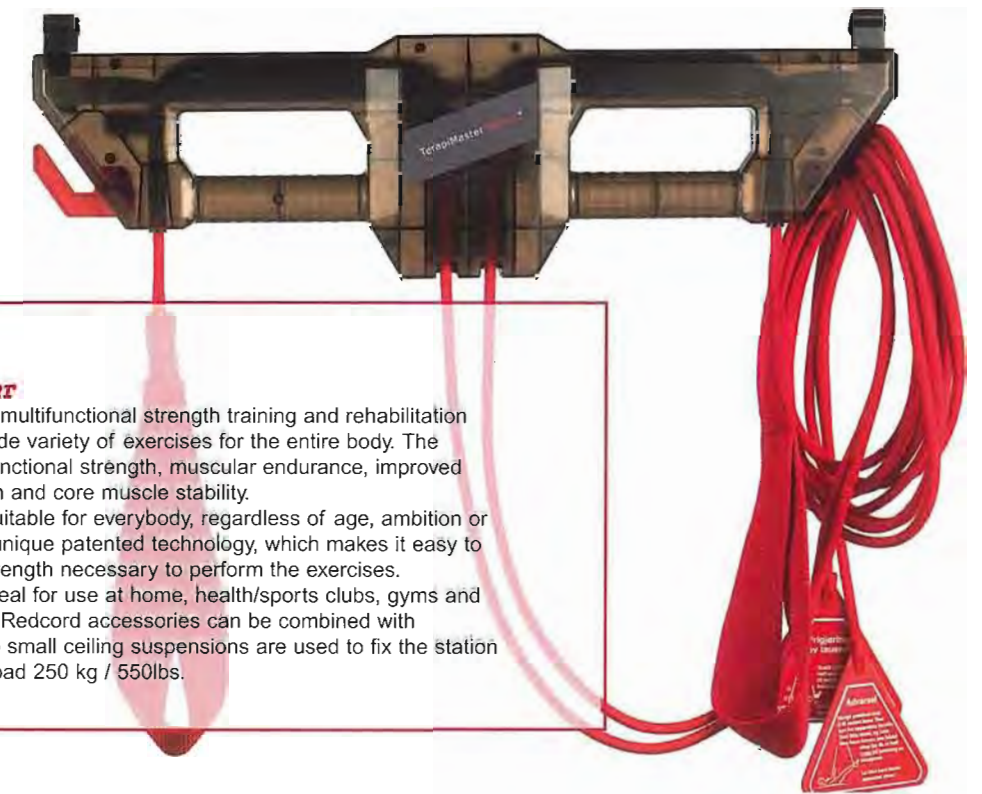
Traditional weight training: (Peck Deck)

Exercise for the chest and the shoulders.



Redcord Training Mat

We recommend that you use a cushioned training mat when training with Redcord indoors.



Redcord Trainer

Redcord Trainer is a multifunctional strength training and rehabilitation device, allowing a wide variety of exercises for the entire body. The exercises promote functional strength, muscular endurance, improved balance, coordination and core muscle stability. Redcord Trainer is suitable for everybody, regardless of age, ambition or skill, because of its unique patented technology, which makes it easy to adjust the level of strength necessary to perform the exercises. Redcord Trainer is ideal for use at home, health/sports clubs, gyms and wellness centres. All Redcord accessories can be combined with Redcord Trainer. Two small ceiling suspensions are used to fix the station to the ceiling. Max. load 250 kg / 550lbs.



Redcord Mini

Redcord Mini is a smaller and lighter version of Redcord Trainer. It is perfect for training outside, on the soccer field or wherever. It is lightweight and easy to bring along while travelling. Max load 150 kg / 330lbs.



Redcord Sling

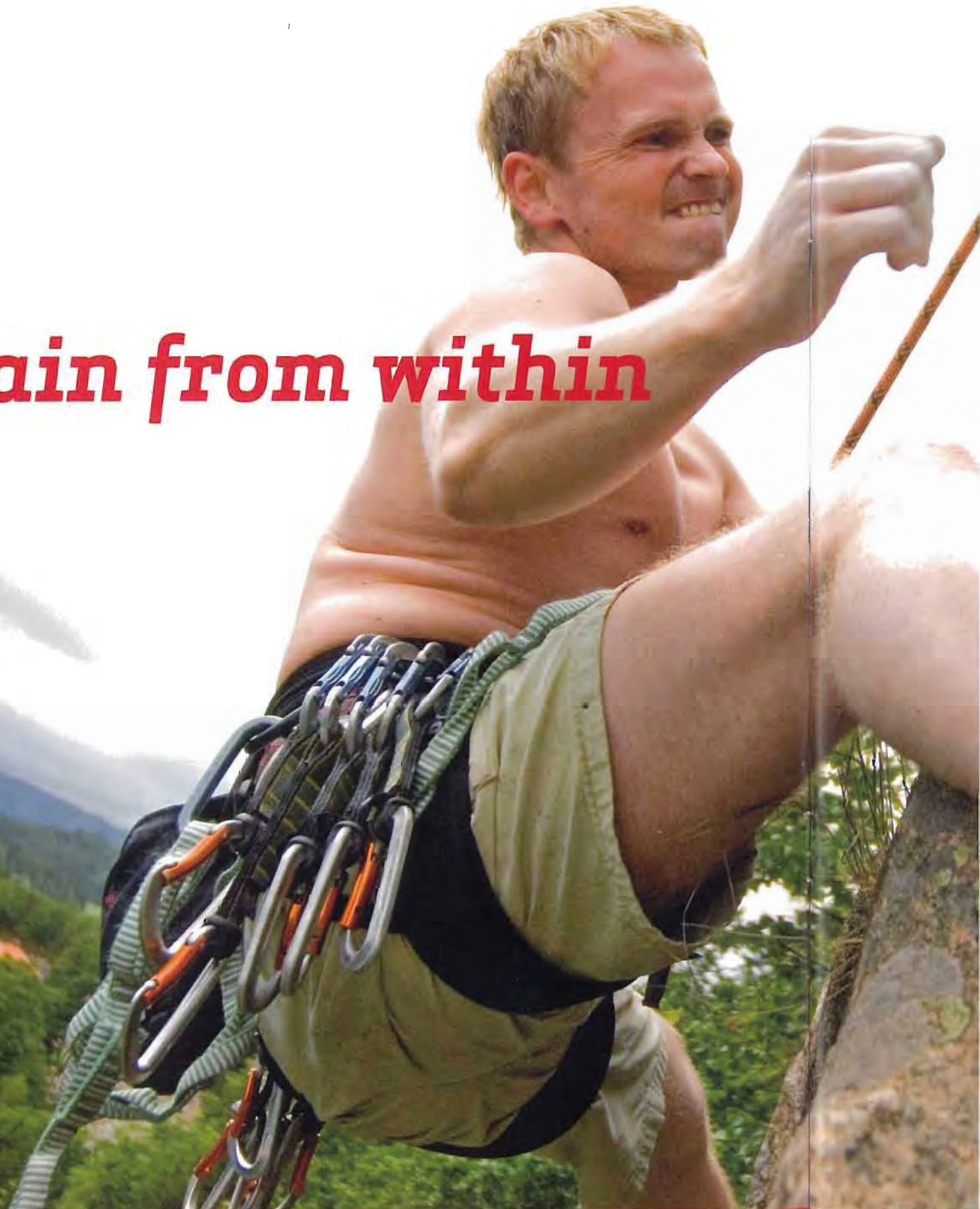
Wide sling for both Redcord Trainer and Redcord Mini. This attachment connects the two independent ropes of the Redcord. It both increases the range of exercises and makes some of them more comfortable and simple to perform.



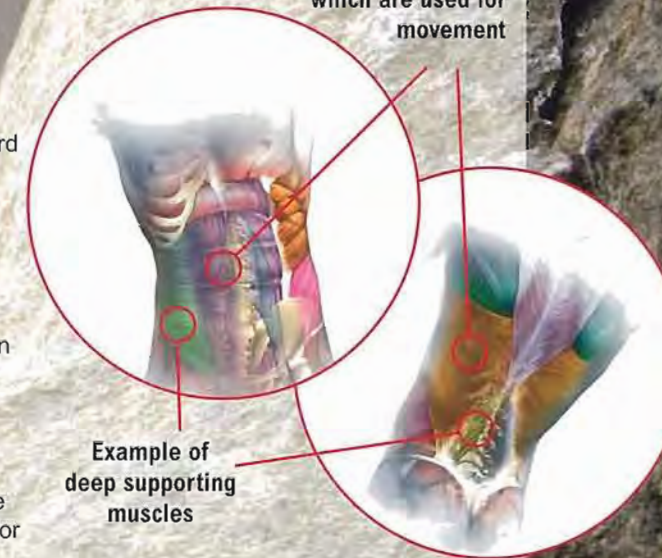
Redcord Balance

Balance pillow ideal for use in combination with Redcord Trainer or Redcord Mini. Makes all the exercises more intense and challenging. The Redcord Balance pillow can also be used in isolation.

Train from within



Global muscles which are used for movement



Example of deep supporting muscles

When you are training in Redcord Trainer or Redcord Mini, all of the exercises are performed in what is called an 'unstable' environment. This instability initiates activation of the body's deep supporting muscles during training. These are muscles which are usually not subjected to load during traditional training in machines. At first you may experience some soreness. This is natural, harmless and a sign that the training has the desired effect.

Plan your training

It is training over time that gives results. Be patient and enjoy the process of developing your body. Use the training diary at the end of this booklet to monitor your progress.

Warm-up

We recommend a general warm-up before starting your Redcord training sessions. Perform a few exercises with the Redcord with light resistance. Warming up reduces the risk for injury, and increases the effect of the training session.

Begin carefully

Before you start with an exercise program it is important that you test all of the exercises you will do, become comfortable with the basic movements, and identify the right intensity (body position and grip length). There is no shame in beginning carefully. Give your body time to adapt. The body also needs time to recover between each training session. With three or more training sessions each week, at least one training session should be at a lower intensity.

Rest is important

Rest is the necessary partner of training. Your body needs time to recover and adapt, making new and even more challenging training sessions possible later.

Basic Training Session

The load of each exercise should be as high as possible, but not greater than you can complete 4-8 repetitions with correct technique. Here are some basic guidelines:

- Perform 4-8 repetitions in a series and repeat for 3 series of each exercise.
- Hold the most challenging position in the exercise for 2-5 seconds.
- Take a 30 sec. rest between series.
- Before you increase the exercise intensity, try increasing how long you can hold the position.
- Work to become stable under the unstable conditions of the exercises. This means concentrating, and moving in a controlled manner.
- Keep your back straight. An arched back will easily result in lumbar pain and should be avoided.



Adjusting the exercises to your functional strength

To really get the most out of Redcord training it is important to understand how the intensity of the exercise can be adjusted.

All exercises can be adjusted from very light to extremely heavy. Intensity can be adjusted in one or more of the following ways:

- 1 **Your body position in relation to the line of the ropes hanging down**
- 2 The farther away you stand from the center point, the heavier an exercise will be.
- 3 **The length of the ropes**
The exercises will become heavier as you lengthen the ropes and bring the grips closer to the floor.
- 4 **Placement of the straps**
The farther out on your arms or legs you place the slings, the heavier the load will be during the movement. The exercises will be lighter when they are performed in a seated or kneeling position compared to standing.
- 5 The exercises will be heavier when performed with only one arm or leg in the sling.

Additional equipment

- 5 Using Redcord Balance as an underlay will make all exercises more challenging and stimulate several new muscles.
- 6 Redcord Sling allows for additional exercises as well as making several combinations simpler and more convenient.

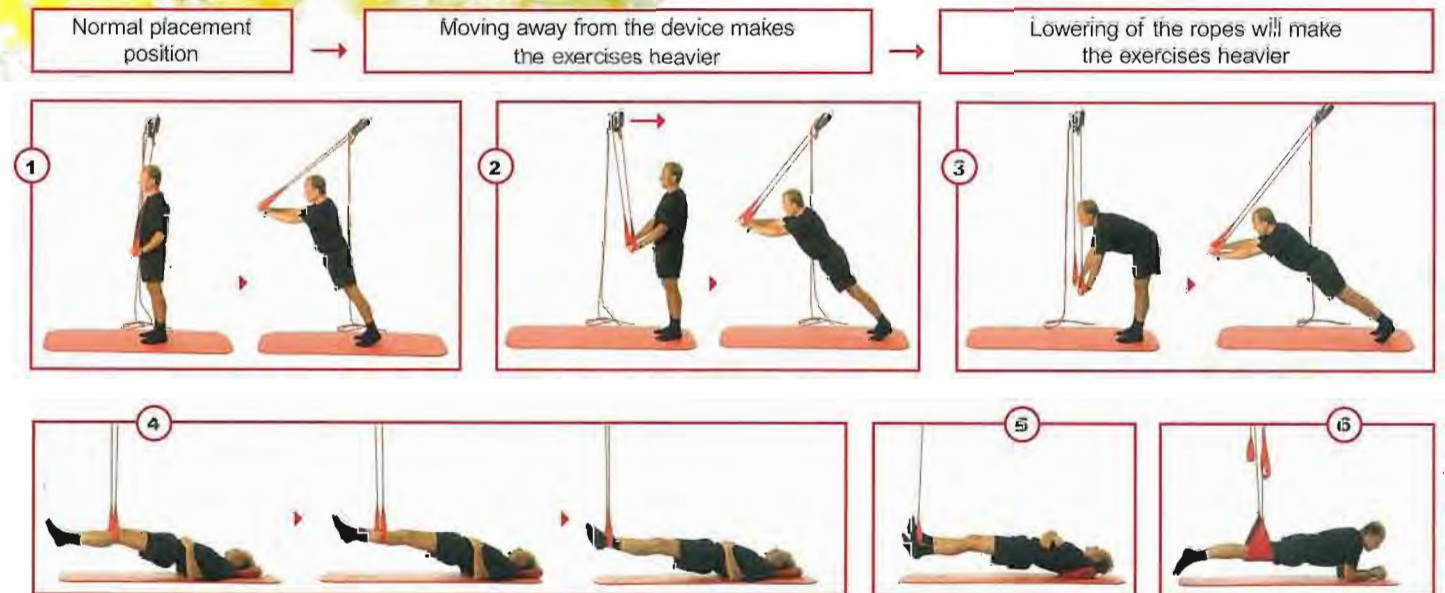
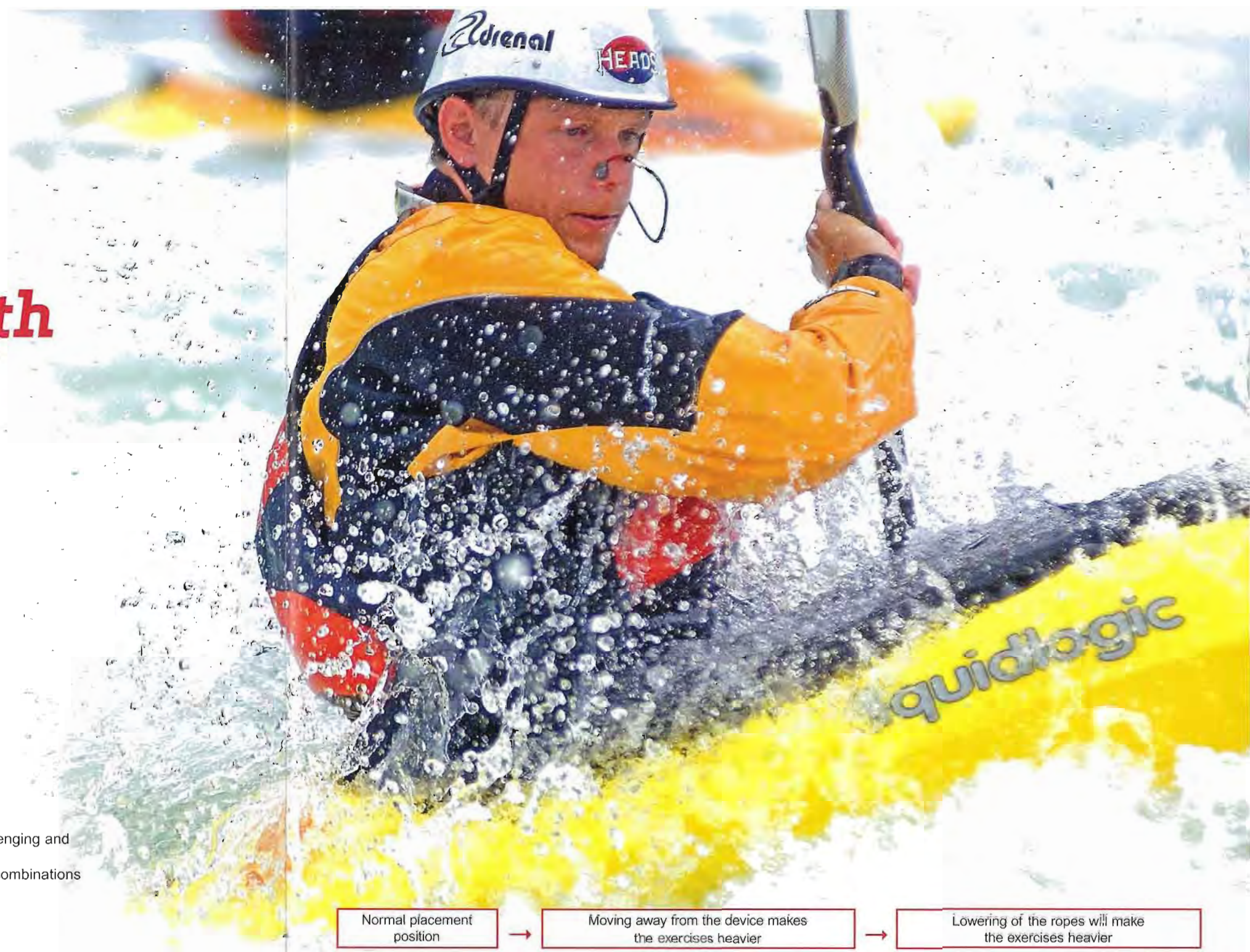
Correct use of the straps

The user's hands/feet should be inserted into the strap from the "back side" where the opening is narrower, in the same way as in the strap of a snow skiing pole. The strap should cradle the user's hands/feet comfortably.

Putting your hand in the strap:



Putting your foot in the strap:





Installation and proper use of Redcord Trainer

Ceiling height

The standard suspension brackets that come with Redcord are suited to ceiling heights of between 220 cm (7'2") and 260 cm (9'6"). Ceiling height up to 430 cm (14'2") can be handled. For higher ceilings, contact your dealer to order an installation set for higher ceilings. State the ceiling height and ceiling material.

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. Use the 100 mm wood screws and the enclosed Allen key.

Note: Use the same round hole in both brackets on account of the distance between the brackets. Check that the brackets have been mounted at the correct distance by hanging up the device. Then install screw number two in each of the brackets.

The screws can be screwed in using a drill without drilling a screw hole. Oil, wax or soap on the screws makes it easier to screw them in. If screw holes are necessary, a 3.5 mm bit is recommended. Test the installation using the load test (see page 3).

Concrete ceilings

Equipment: Drill with an 8 mm masonry bit and 13 mm open-end wrench. 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 40 mm deep with an 8 mm masonry bit. Push or pound in the 8x50 mm 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. Test the installation using the load test (see page 3).

Porous ceilings

Do not install Redcord in lightweight aerated concrete (Ytong, Siporex or Leca) ceilings using the above-mentioned procedures. Contact your dealer to order a special installation set

Other suspension systems

If you have a suspended ceiling or ceiling panels, contact your dealer to order an installation set specifically designed for suspended ceilings. Other special suspension systems facilitate installation on the side of rafters/beams and above door openings, on walls, where the brackets can be swung out, etc. For assistance, contact your dealer.



Make sure you train on the right side

The Redcord Trainer looks the same on both sides, but on the inside it is different. Consequently, if your body is placed on the correct side, pulling the ropes TOWARD you releases them and allows them to slide up and down. If you are positioned incorrectly, adjusting strap length is more difficult. The front and back of the device are clearly marked. Keep this in mind when trying to release and adjust the straps from a reclining position. Once the straps are locked, they will never give way or slip.

ADJUSTING THE STRAPS WHILE STANDING

Releasing and lowering the straps 1

Stand in front of the device, holding the middle ropes in one hand and the straps in the other. Gently pull the middle ropes straight down until they loosen and then forward. Holding the ropes taut, pull the straps straight down to the desired height (do not jerk them – gentle movements work best).

Locking the straps 2

Release the middle ropes so that they hang straight down. The straps will lock when a load is placed on them.

Raising the straps 3

Pull the middle ropes straight down until the straps are at the desired height. The straps will lock when a load is placed on them.

ADJUSTING THE STRAPS FROM A RECLINING POSITION

Raising the straps 4

Pull the middle ropes straight down until the straps reach the desired height. Gather the ropes by bending your knees and pushing your arms toward your feet. Release the middle ropes and the straps will lock when a load is placed on them.

Releasing and lowering the straps 5

Pull the middle ropes straight down until your legs are raised slightly. Keeping the ropes taut, pull them toward your head and lower your legs to the desired height. Gather the ropes by bending your knees and pushing your arms toward your feet. Let the middle ropes go and the straps will lock when a load is placed on them.



Installation and proper use of Redcord Mini

Ceiling height

Recommended installation height for Redcord Mini is between 220 cm (7'2") and 260 cm (9'6").

Distance between the ropes

The recommended distance between the ropes is 60-90 cm (24-36 in.)

Wooden ceilings

Make sure you are installing the brackets in the ceiling joists and not just in panels or wallboard. Use the accompanying installation screws and pre-drill with a 7mm bit. Test the installation using the load test (see page 3).

Concrete ceilings

Make sure that the ceiling is concrete and not made of a porous material with a poor load capacity. (Ytong, Siporex, Leca). Drill two holes 40 mm deep with an 12 mm masonry bit. Ensure that the hole is deep enough for the plastic plug to fill the entire hole. Screw in the installation screws and test by performing the load test (see page 3)

Other installation options

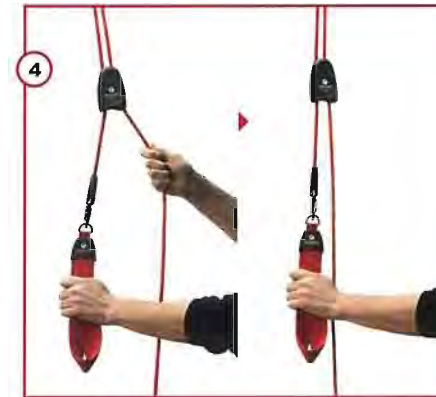
Redcord Mini can be used anywhere you can locate a supporting beam of sufficient height. Make sure the beam will support your full bodyweight by always performing the load test before training (see page 3).

Installation

- 1 Thread the rope through the provided hooks or over a tree branch, bar or beam. Thread the end of the rope through the locking device from above. Test the load tolerance with the safety test (see page 3).

Disassembly

- 2 To pull out the adjustable rope from the locking mechanism, use the pin attached to the bag. Place the pin underneath the rope and into the locking mechanism.
- 3 Keep the pin steady, and the rope can now easily be pulled out.



4 Adjusting the rope length

- 4 Hold the end with the grip taut in one hand. Pull the other end straight down and towards you until you reach the desired grip height. When hanging parallel, the ropes will lock automatically upon loading.

Warning

Do not stand on the loose ropes when training with Redcord Mini. This can result in the ropes sliding out of the locking mechanism and you falling forward.



The picture shows the Redcord Mini hanging from a soccer goal.





Each workout can be completed in 20-30 minutes. Rotate through the different programs, or better yet combine exercises from each to build your own favourite routine.

Create your own exercises
Your creativity is the only limitation on how to train in Redcord.

5 recommended training programs emphasising different body segments.



5 training programs

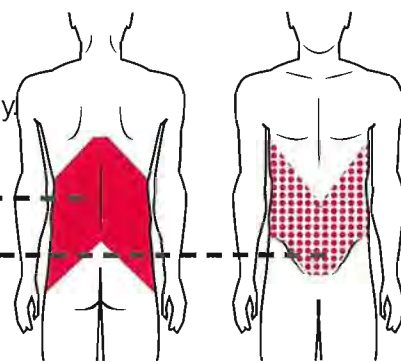
1 Exercise Program

Refer to page 8 for adjusting an exercise to your strength level.

See which muscle groups you are training:

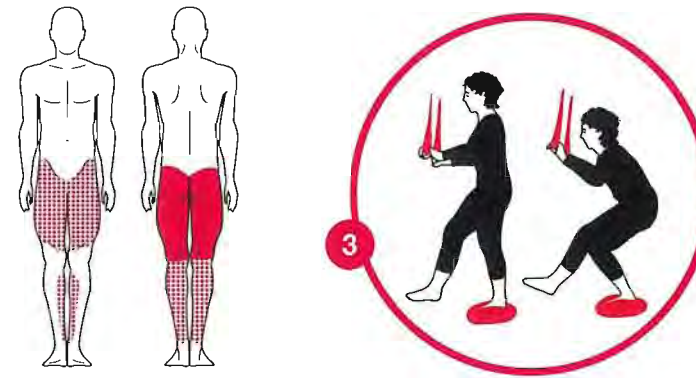
The figures for each exercise illustrate the muscle groups which are being trained most with that exercise.

All of the exercises provide training to several parts of the body. The primary muscle groups being trained are illustrated in bold red, and the secondary muscle groups are illustrated in shaded red.



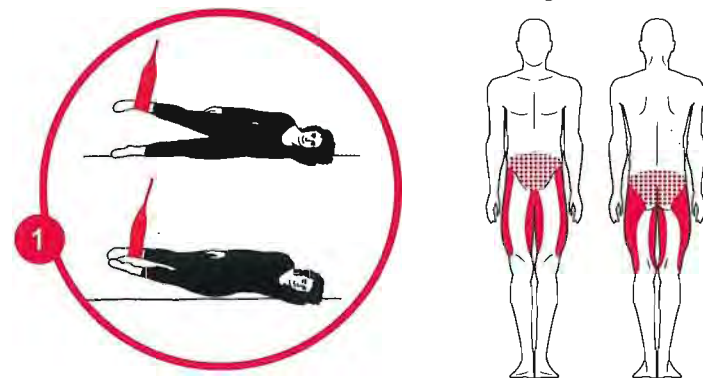
1.3 Exercise for: Buttocks, hamstrings, calves and balance

Stand on one leg – hold the Redcord straps if necessary. Perform knee bends (squats). Perform the exercise with both legs. Stand on a Redcord Balance pillow to make the exercise more challenging.



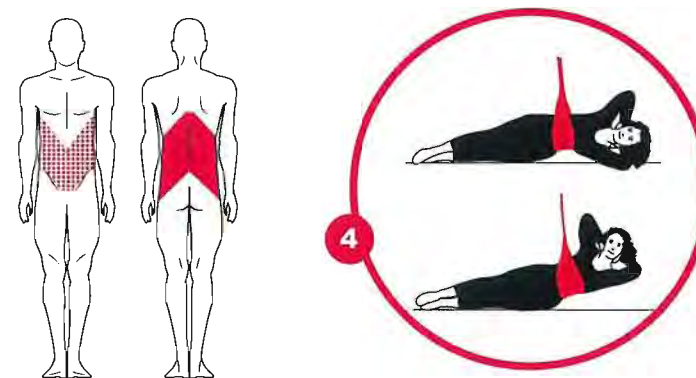
1.1 Exercise for: Inner and outer thigh muscles and groin

Lie on your side with the straps under the ankle of the top leg. Lift your hip by pressing the top leg down against the strap. The exercise is made more difficult by lifting the leg on the bottom up to the other leg at the same time. Perform the exercise with both legs.



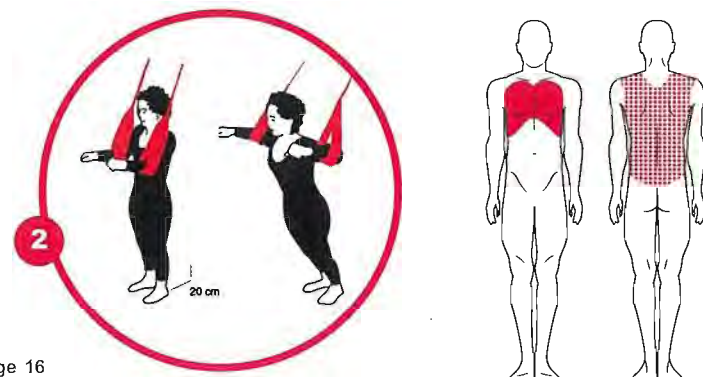
1.4 Exercise for: Back and abdominals

Lie on your side with a Redcord Sling around your waist and your hands behind your neck. Lift your upper body sideways up and lower yourself slowly down again. Perform the exercise on both sides.



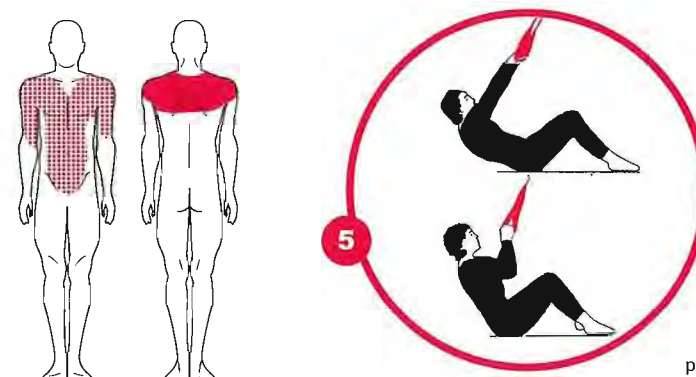
1.2 Exercise for: Chest, back and shoulders

Begin with the straps in the middle of the forearm. Hold your elbows at a 90 degree angle. Press your arms slowly out to the side and lean your body forward. Bring your arms together so that you return to the starting position.



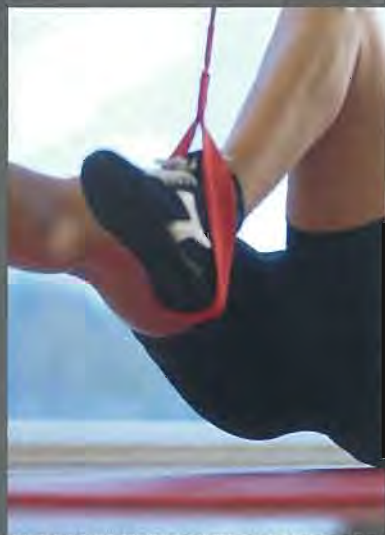
1.5 Exercise for: Shoulders, biceps, chest and abdominals

Sit on the floor with arms stretched out. Holding the straps in your hands, pull your upper body up and lower yourself slowly down.



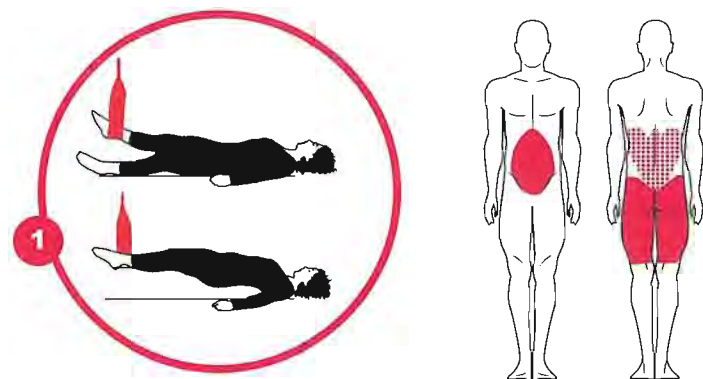
2 Exercise Program

Refer to page 8 for adjusting an exercise to your strength level.



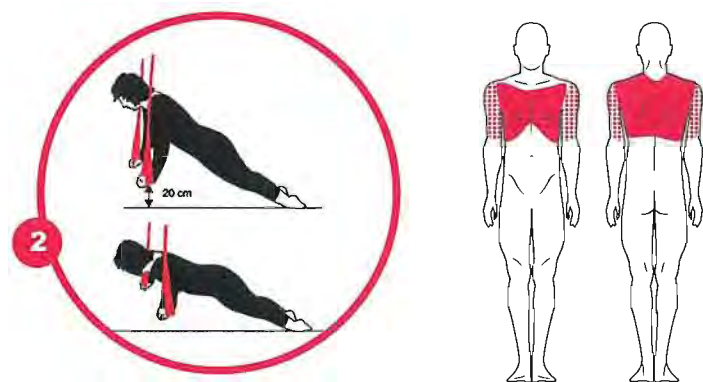
2.1 Exercise for: Buttocks, hamstrings, abdominals, hips and back

Lie on your back with one leg in the straps. For more comfort, use a Redcord Sling. Press the leg in the sling down so that your buttocks are lifted from the floor. At the same time, lift your free leg up to be parallel with the other leg. Press the free leg slowly out to the side, hold briefly, and return. Perform the exercise on both sides.



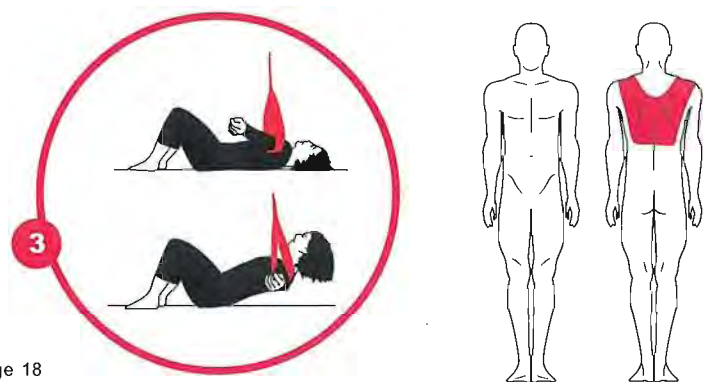
2.2 Exercise for: Chest, shoulders and arms

Perform push-ups in your Redcord. Choose whether you will begin in a kneeling position or with your legs stretched out and on your toes. Vary the load with body placement and the height of the slings from the floor.



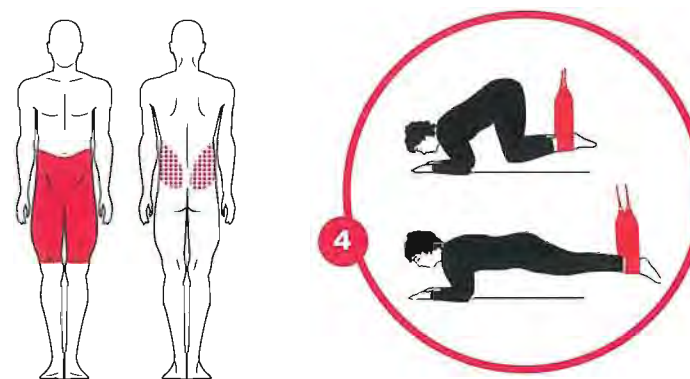
2.3 Exercise for: Shoulders and upper back

Place the straps on the upper arms. Hold the arms out to the side of the body. Press the arms down so that your upper body is lifted from the floor. Take care not to lift yourself with your abdominals. Let the upper back and real shoulder muscles do the work.



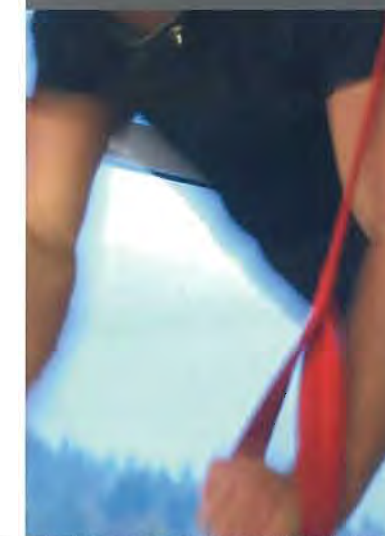
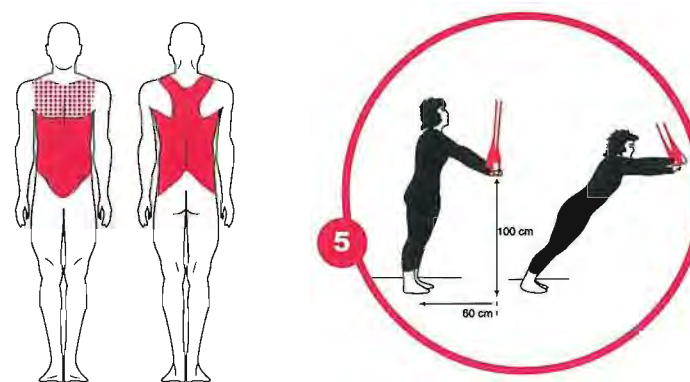
2.4 Exercise for: Quadriceps, abdominals, hips and back

Lie on your stomach and place the straps around your ankles. The slings shall be approximately 30 cm (12 in.) above the floor. Raise your upper body and rest your forearms on the floor to hold your body straight. Pull your knees in towards your chest so that your hips are lifted. Return your legs slowly back to the starting position. Note: Avoid arching your back!



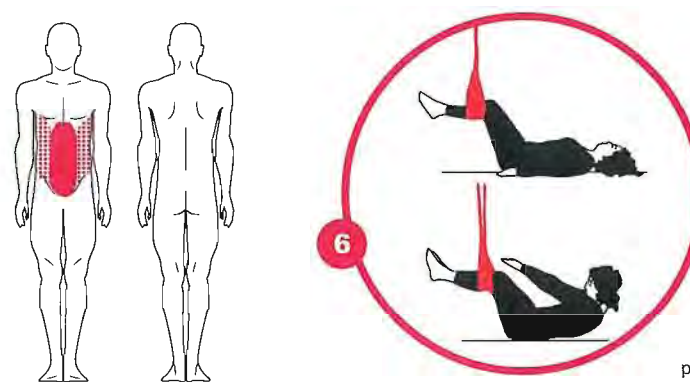
2.5 Exercise for: Back, abdominals and shoulders

Hold the straps in your hands. Lean your body slowly forward while pressing your arms forward. Return to the starting position by pressing your arms downward. Note: Avoid arching your back, and hold a straight line between your ankles, hips, and shoulders.



2.6 Exercise for: Abdominals

Place your legs in the Redcord Sling. Adjust the height so you have a 90 degree bend in your knees. Hold your lower back against the floor the whole time. Pull your upper body half way up and slowly return to the starting position.



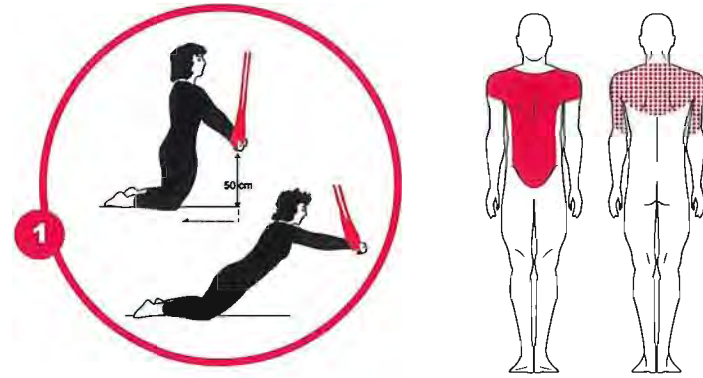
3 Exercise Program

Refer to page 8 for adjusting an exercise to your strength level.



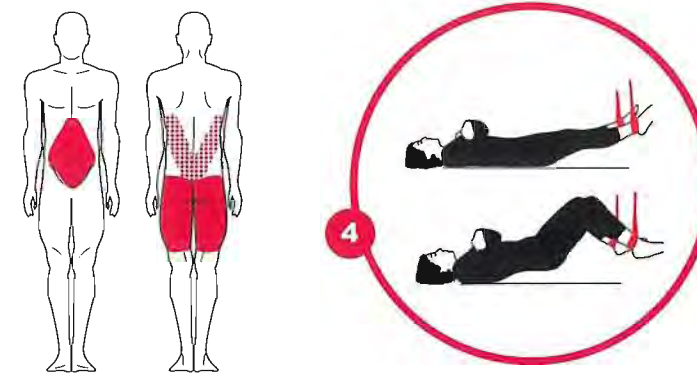
3.1 Exercise for: Shoulders, chest and abdominals

In a kneeling position, place the straps on your wrists or forearms and bend your elbows out to 90 degrees. Lean your body slowly forward between your arms. Press yourself slowly up again. Moving the position of the straps from near the elbow towards the hands, or lowering the ropes closer to the floor will intensify the exercise.



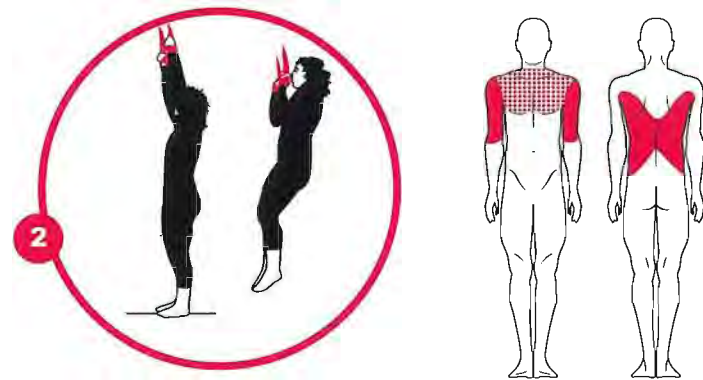
3.4 Exercise for: Quadriceps, buttocks, abdominals and back

Place the straps under your heels. Raise your hips from the floor by pressing your heels down in the straps. Bend your knees and slowly straighten them out again. Keep your hips elevated from the floor as you bend your knees!



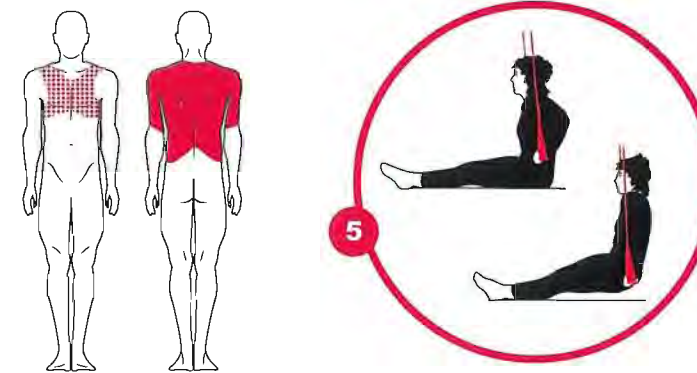
3.2 Exercise for: Biceps, back, chest, and shoulders

Hold the straps in your hands facing upward. Pull yourself up with your back and arms as far as possible. Use your legs for assistance, if necessary.



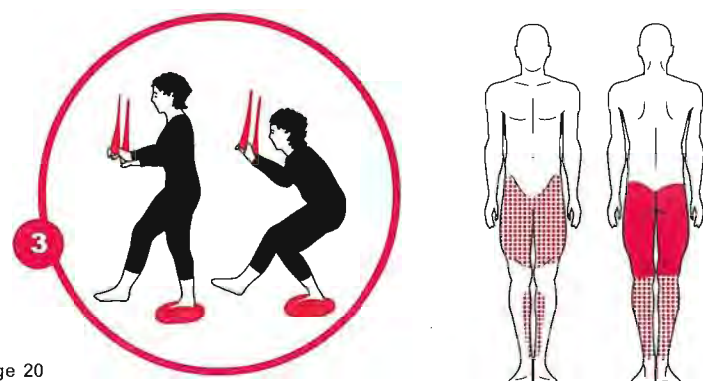
3.5 Exercise for: Triceps, back, and shoulders

Sit on the floor with legs straight out in front of you. Grip the slings in your hands with your elbows bent. The straps should be 10-20 cm (5-10 inches) over the floor. Press your hands down in the straps, lifting your hips off the floor. Slowly return to the starting position.



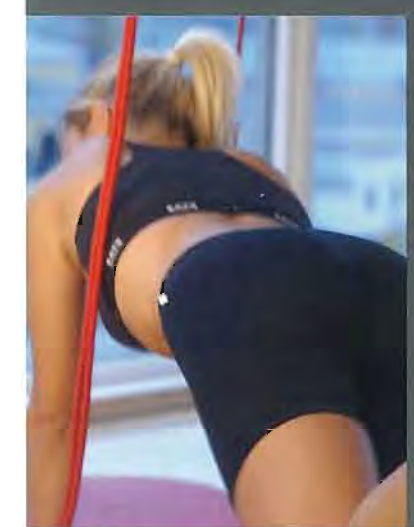
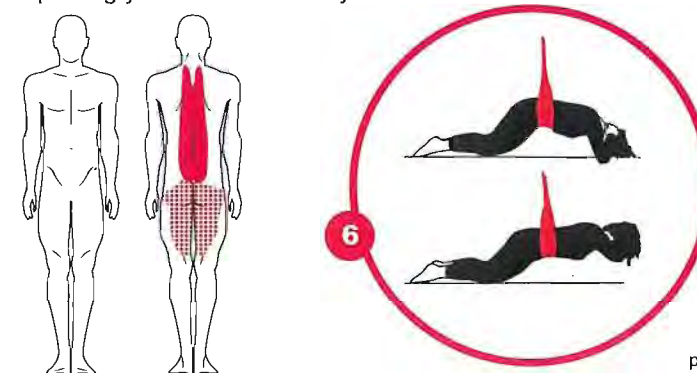
3.3 Exercise for: Buttocks, thighs, calves and balance

Stand on one leg – hold on to the Redcord straps if necessary. Perform knee bends (squats). Perform the exercise with both legs. Stand on a Redcord Balance pillow to make the exercise more challenging.



3.6 Exercise for: Back and buttocks

Adjust the Redcord Sling to 30-40 cm (12-16 in) above the floor. Place the Redcord Sling under your stomach as shown in the illustration. Arms are held along the side of your body. Lower your head toward the floor. Lift your upper body up to a horizontal position. Slowly return to the starting position. The exercise can be made heavier by placing your hands behind your neck.



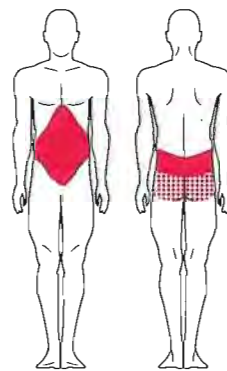
4 Exercise Program

Refer to page 8 for adjusting an exercise to your strength level.



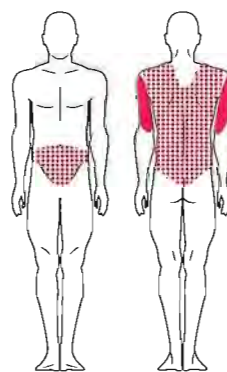
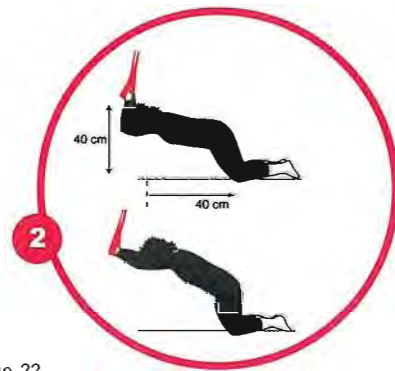
4.1 Exercise for: Abdominals, back

Sit on a Redcord Balance pillow, lift your legs and do a cycling motion. The exercise is even more challenging if you close your eyes.



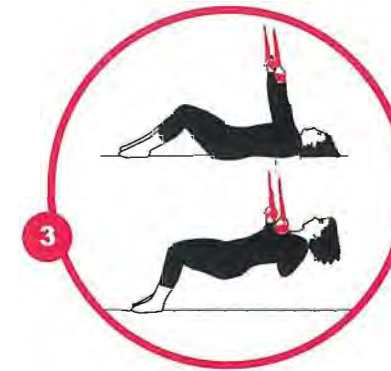
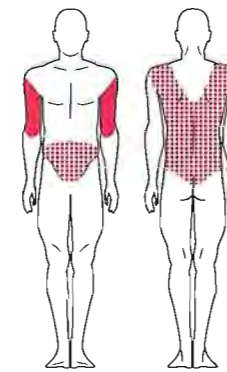
4.2 Exercise for: Triceps, back and abdominals

In a kneeling position, hold the straps in your hands facing downward. Fall slowly forward as your elbows bend. Keep your upper arms at the level of your ears during the entire exercise. Press yourself up again by straightening your elbows.



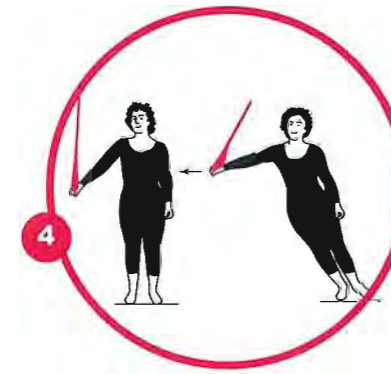
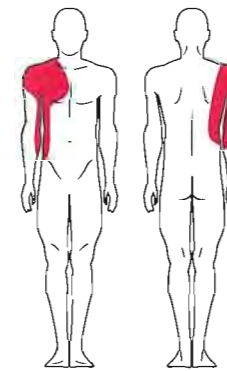
4.3 Exercise for: Biceps, shoulders and back

Lie on your back with the straps in your hands and pull your upper body up. The exercise can be done with legs straight or bent at the knees.



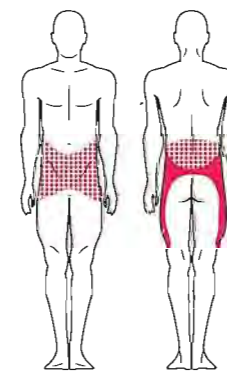
4.4 Exercise for: Shoulder and side muscles

Stand with your weight on one leg and one hand in the straps. Lean your upper body carefully forward and to the side. Support your body weight in the sling with your arm. Perform the exercise on both sides.



4.5 Exercise for: Outside thigh, hip, back and buttocks

Lie on your side; place the Redcord Sling under your ankles. Keep your hips and legs straight. Press your legs down in the Redcord Sling so that your hips are raised from the floor. Lift the leg on top as you come off the floor. Perform the exercise on both sides.



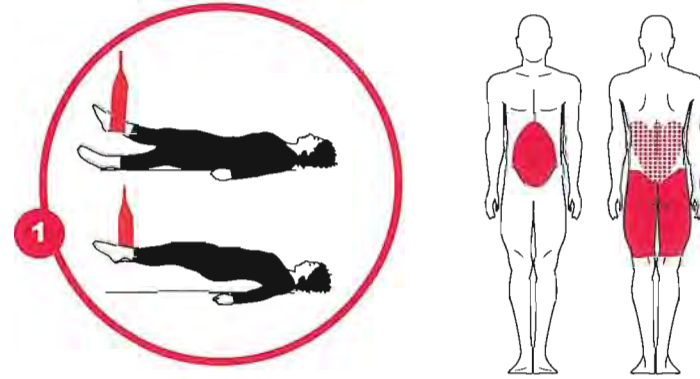
5 Exercise Program

Refer to page 8 for adjusting an exercise to your strength level.



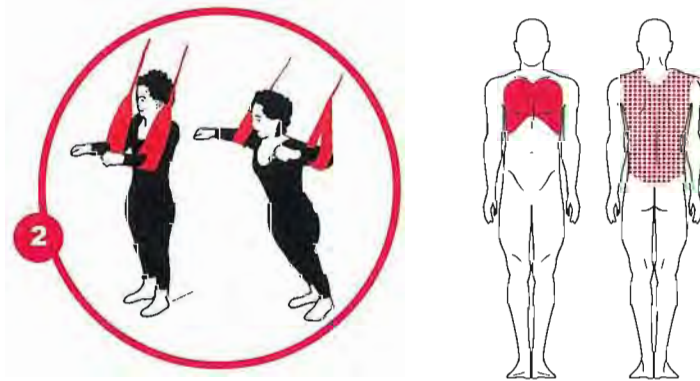
5.1 Exercise for: Buttocks, hamstrings, abdominals, hips and back

Lie on your back with one leg in the straps. For more comfort, attach a Redcord Sling to the ropes. Press the leg in the sling down so that your buttocks are lifted from the floor. At the same time, lift your free leg up to be parallel with the other leg. Press the free leg slowly out to the side and return within the holding time. Perform the exercise on both sides.



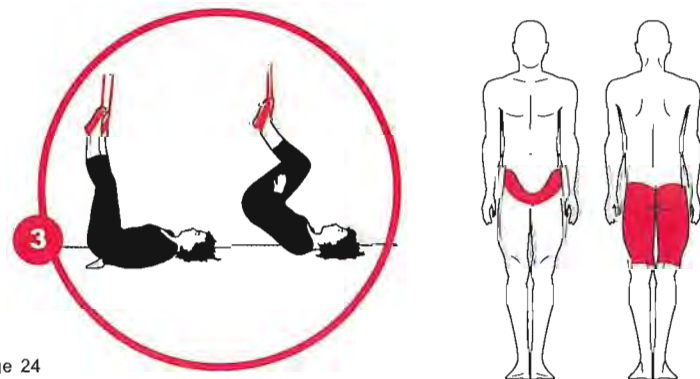
5.2 Exercise for: Chest, back, and shoulders

Begin with the straps in the middle of the forearm. Hold your elbows at a 90 degree angle. Press your arms slowly out to the side and lean your body forward. Bring your arms together so that you return to the starting position.



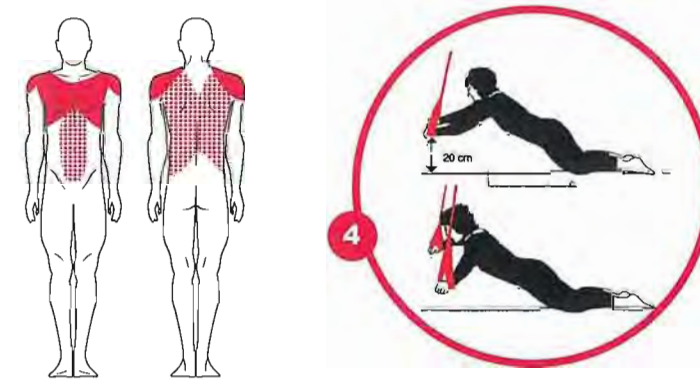
5.3 Exercise for: Hamstrings, buttocks and hips

Lie on your back with the straps around your heels, straight knees and an approximately 90 degree bend at the hips. Press your ankles down, bend your knees and pull your buttocks up from the floor. Lift your upper body from the floor, depending on your strength.



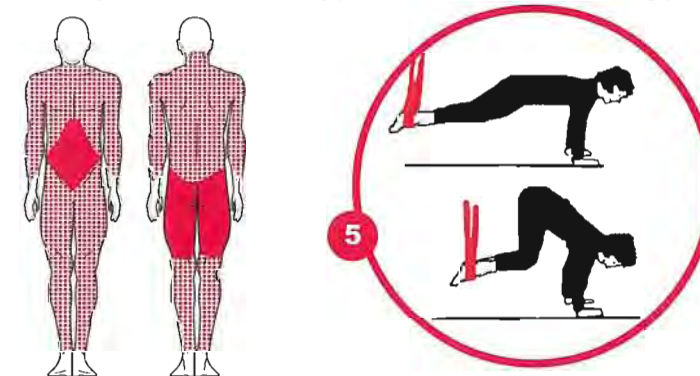
5.4 Exercise for: Chest, shoulders, abdominals and back

Grip the straps with your hands and extend your arms. Lean your body slowly forward and press your arms slowly out to the side. Press your arms together so that you return to the starting position. Keep your back straight during the movement.



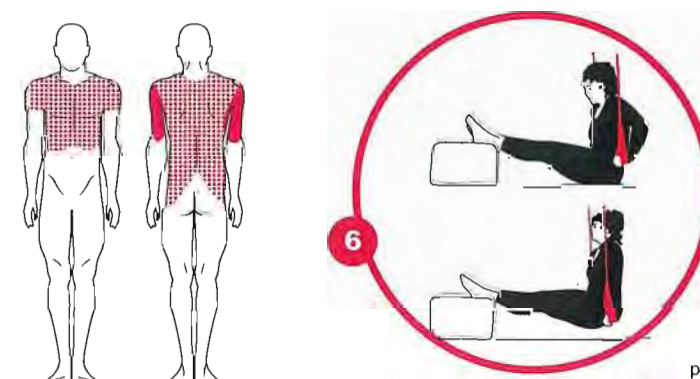
5.5 Exercise for: Abdominals, buttocks, thighs and back

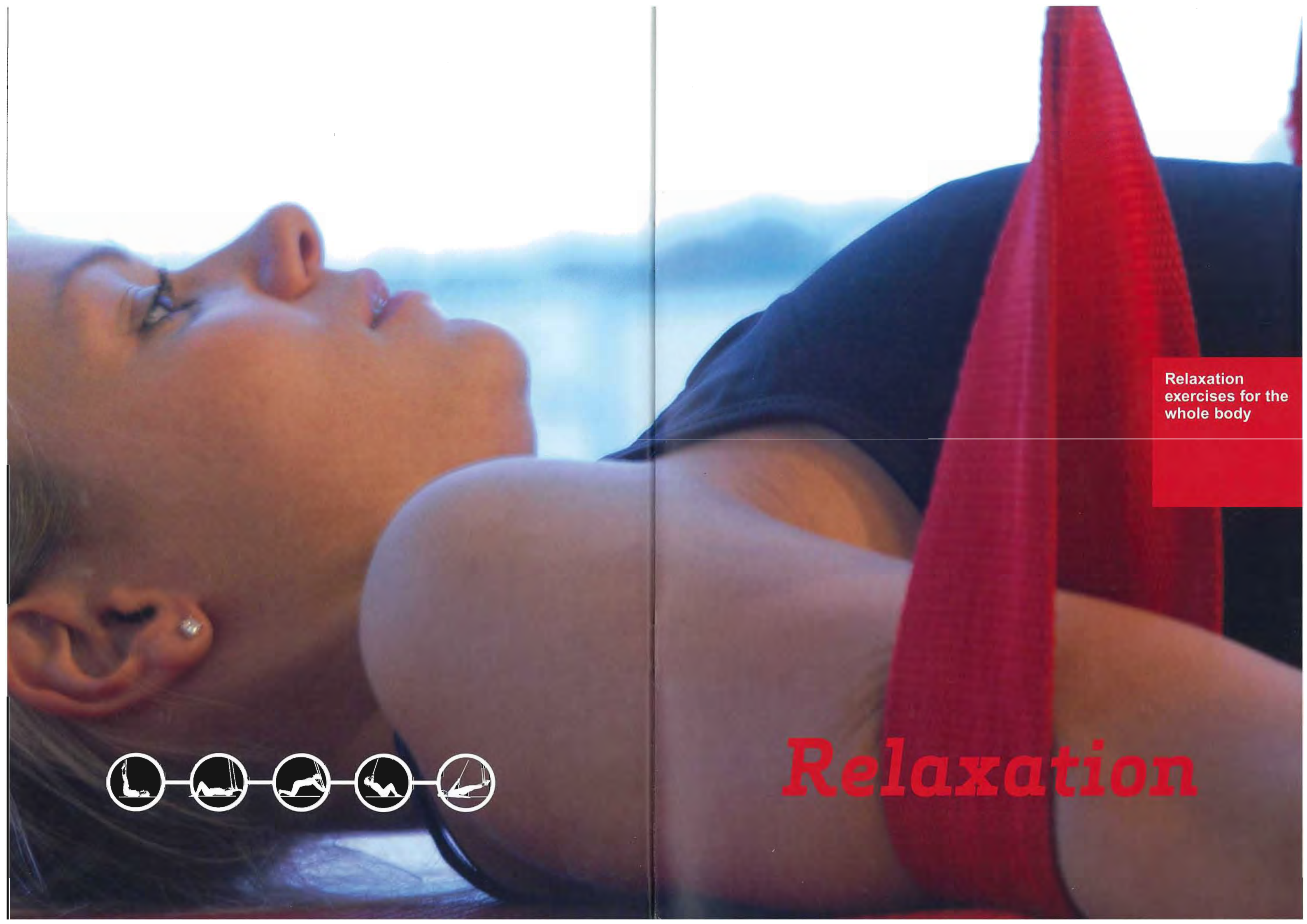
Lie on your stomach and place the straps on your ankles. Lift your body up until you have straight arms and a horizontal, straight body. Bring your knees in under you toward your chest. Return your legs slowly back to the starting position. Note: Avoid arching your back!



5.6 Exercise for: Triceps, shoulders and back

Sit on the floor with legs on a chair or something similar in front of you. Adjust the strap height above the floor so that your elbows are bent to 90 degrees when gripping the straps. Press your hands down so that your hips are lifted off the floor. Slowly return to the starting position.





Relaxation
exercises for the
whole body



Relaxation

Mobility and stress-reducing (relaxation) exercises

1. Place your hips directly under the centre of the Redcord. The straps should be 10-20 cm (5-10 inches) above the floor. Place the straps around your ankles and slowly swing your legs from side to side.



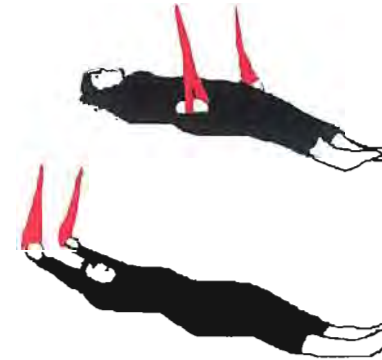
2. Place the straps around your ankles. Pull your legs up until your buttocks are just above the floor. Slowly swing from side to side.



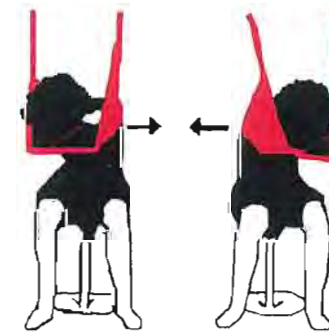
3. Grip the straps in your hands. Release your weight by sinking your knees until your arms are stretched and you feel a slight pull in your back.



4. Lie on the floor. The straps should be about 10 cm (4 in) above the floor. Place the straps on your upper arm, just above the elbow. Slowly swing your arms in an arc out from your sides until they are fully outstretched and return.



5. Sit on a chair under the Redcord. Lie your head on your crossed arms in the Redcord Sling. Slowly swing from side to side.



6. Lie on your back and place your head in the Redcord Sling, hanging approximately 5-10 cm (2-5 inches) above the floor. Slowly move your head from side to side.



My goals

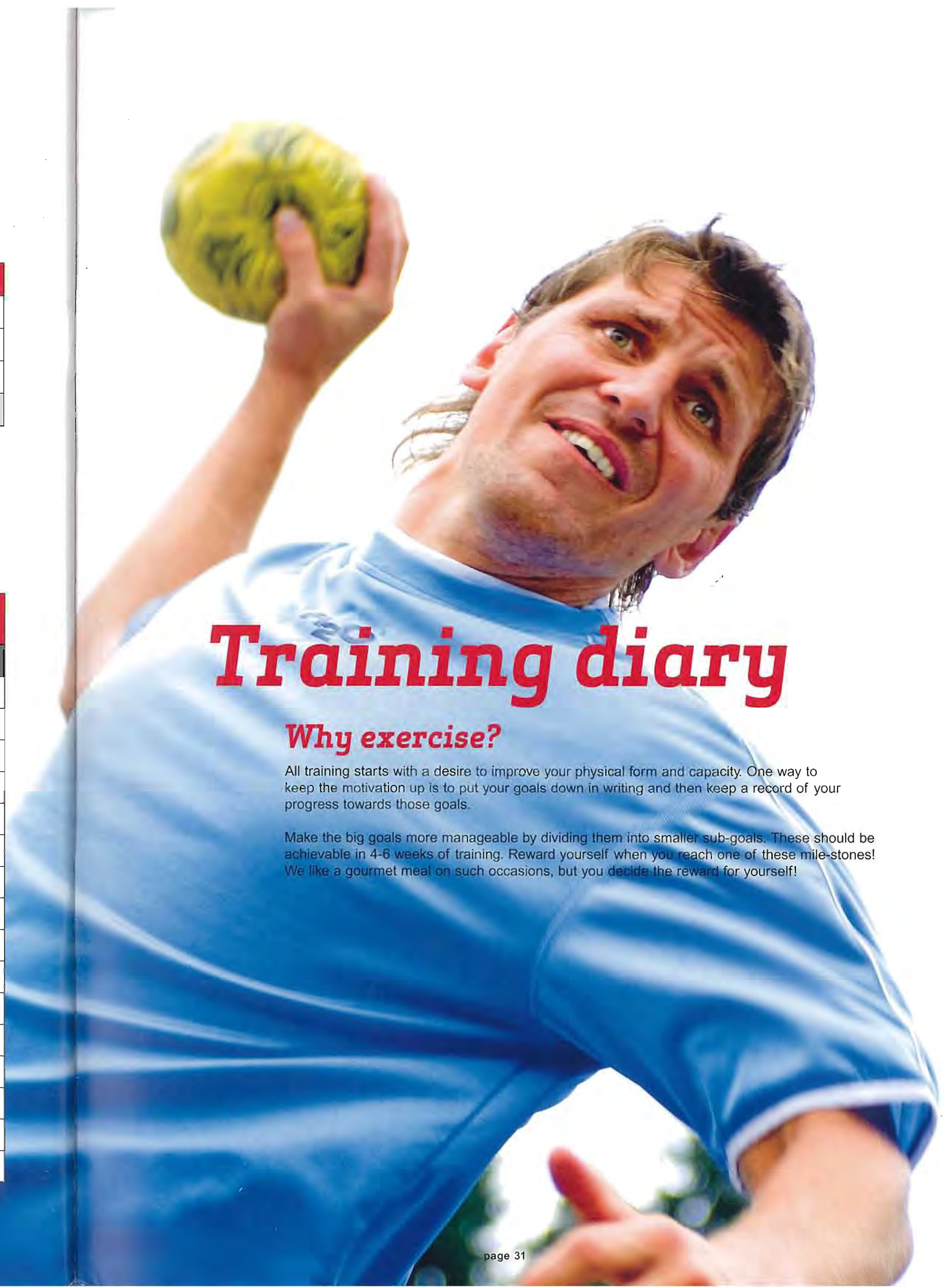
Sub-goals	Date for achievement	Achievement	Reward
Main goal			

Training diary

A training diary assists you in planning your training sessions and staying true to the goals you have set. Below, you will find an example of a training diary. Write in the date for each day you shall train and which exercise programme you plan to do. Put a check mark for each training session completed.

Training Programme 1		Training Programme 2		Training Programme 3		Training Programme 4		Training Programme 5		Special exercises	
Date	Completed	Date	Completed	Date	Completed	Date	Completed	Date	Completed	Date	Completed

Download a new training diary from www.redcord.com



Training diary

Why exercise?

All training starts with a desire to improve your physical form and capacity. One way to keep the motivation up is to put your goals down in writing and then keep a record of your progress towards those goals.

Make the big goals more manageable by dividing them into smaller sub-goals. These should be achievable in 4-6 weeks of training. Reward yourself when you reach one of these mile-stones! We like a gourmet meal on such occasions, but you decide the reward for yourself!

***Release your
potential***



redcord[®]