

New opportunities with Redcord AXIS



The Redcord AXIS introduces rotational movements to suspension exercise - creating the potential for a large number of new functional exercises, progressions and variations.

- Increase range of exercises and variations in all progressions
- Two rollers ensure anatomically and biomechanically correct execution
- Ensures equal weight load distribution between injured and healthy side in Neurac treatment
- Maximizes the demand of muscular control
- More challenging exercises with increased instability in rotational plane
- Enables specific rotational movements
- Full body workout with one piece of equipment
- Enables tandem workout with the Redcord Trainer or Redcord Mini
- Functional enhancement training - enhancement of specific body functions
- Enables sport specific exercises that can be modified to any particular movement pattern



Redcord AXIS features

Redcord AXIS

The Redcord AXIS is the main device and includes a 5 meter rope to attach slings and straps. The apparatus can either be mounted directly to a wooden or concrete ceiling, or attached to a Redcord Trainer or Redcord Mini (see separate installation instructions).



Redcord Cord Lock

The Redcord Cord Lock is a versatile adjustment tool. You can easily adjust the height of the straps with one hand. Simply press the button on top, and move the Redcord Cord Lock to the desired height.



Torx screws/Bolt wedge anchor x 4

Use the torx screws for mounting in wooden ceilings and the bolt wedge anchors for mounting in concrete ceilings. See page 5.

Ceiling brackets x 2

The ceiling brackets are used to mount the Redcord AXIS apparatus to wooden or concrete ceilings. Please read the installation instructions before mounting the brackets to the ceiling.



Redcord Straps (Pair)

The Redcord Straps is the standard Redcord handle equipment that enables exercises for both upper and lower body. The straps can easily be changed with other Redcord handles or slings.



Carabiners x 3

The carabiners are used for attaching the Redcord AXIS to the two ceiling brackets. The third carabiner is used to attach the straps/slides to the Redcord Cord Lock.