Redcord Home Gym

The ideal solution for home exercise and individual training!

- Everything you need for a total body exercise in your home
- Easy adjustment with the Redcord Trainer and pull-to-rise mechanism
- Designed to tolerate the daily exposure of load, tear and wear

A gym in your home

The Redcord Home Gym is an exercise solution that includes everything you need for a complete home workout.

Redcord Trainer - An exercise partner for life

With the Redcord Trainer you can exercise your entire body with one piece of equipment. Its unique pull-to-rise mechanism makes it easy to adjust the height with your own bodyweight in the slings. By adjusting the height, the lever arm or your position beneath the Redcord Trainer, you can easily customize the exercises to fit your physical level, needs or ambitions.

Time efficient

Redcord suspension exercise activates multiple muscle groups at once. This makes your training more efficient, and you can reduce your training time. The exercises are effective and useful for anyone who would like to improve their body function. The methods are used by therapists, sport trainers and athletes world wide for rehabilitation, functional activity, injury prevention and performance enhancement.

For exercise programs and videos see www.redcord.com

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Redcord Trainer

Installation:
The Redcord Home Gym includes the standard Redcord Trainer Ceiling Suspension with screws for installation in wooden or concrete ceiling. Please read the User Instruction for Redcord Trainer before installation.

If you have suspended ceiling or ceiling panels, you might need a different suspension system. Please contact your local dealer to get the Redcord Trainer properly installed.

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Content of Redcord Home Gym art. no.101085:

1 x Redcord Trainer with straps

1 pair Redcord PowerGrip

1 x Redcord Wide Sling

1 x Redcord Rope Release

1 x Redcord Ceiling Suspension, with screws

1 x User Instructions
Redcord Trainer/Redcord Mini
1 x Redcord Exercise Poster