



## For personal trainers, gyms or sport clubs

- Full body multi-suspension exercise
- Experience the challenges with exercises in all three planes of motion
- Rotational exercises with the Redcord AXIS

### Multi-suspension exercise

The Redcord Tandem Station consists of two Redcord Trainers, enabling exercises with your entire body fully suspended above the floor.

The solution includes a large variety of slings, elastic cords and balance cushions for more variations and proper loading/unloading.



### Rotational movement with Redcord AXIS

The Redcord Tandem station includes the Redcord AXIS, which enables precise rotational movements in suspension exercises. Increased instability in the rotational plane makes the exercises more challenging, maximizing the demand for muscular control. Sport specific exercises with AXIS can be modified to any particular movement pattern.



# Redcord Tandem Station

Art. no: 101100



Redcord Trainer with Redcord AXIS®

## Installation:

The Redcord Tandem Station includes the standard ceiling suspension for ceiling height up to 250 cm with screws for installation in wooden or concrete ceiling. Please read the User Instruction for Redcord Trainer before installation. Recommended distance between the two Redcord Trainers is 120 cm, in order to do full body multi-suspension exercise.

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.

## Redcord Tandem Station content:



2 x Redcord Trainer with straps



1 x Redcord AXIS with straps



1 x Redcord Wide Sling



2 x Redcord Narrow Sling



1 pair Redcord PowerGrip



3 x Carabiners  
1 x Redcord AXIS Ceiling Suspension with screws



1 x Redcord Cord Lock for Redcord AXIS



2 pairs Redcord Trainer Ceiling Suspension with screws



1 pair Redcord Elastic Cord 60 cm  
Black, low resistance



1 pair Redcord Elastic Cord 60 cm  
Red, high resistance



2 x Redcord Balance



1 x Redcord AXIS Exercise Poster  
1 x Redcord AXIS User Manual



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



1 x Redcord DVD  
Introduction to Redcord Exercise