

Exercise everywhere!

- Flexible mounting solution
- Train your entire body with one piece of equipment
- Seamless adjustment to your physical level, ambitions or needs



The Redcord Mini allows you to be active wherever you go!

Redcord Mini is probably the most versatile and applicable solution for suspension exercise the world has ever seen. It can be used everywhere, either you are at home, on the soccer pitch or on travel. The Redcord Mini can be fixed to the ceiling (with hooks), over a branch/beam or simply to a doorframe using the Redcord DoorFix.

Now you don't have any excuses for not exercising when you are on the move. Bring your gym in the little red bag when you are on the move! Select the solution that meets your needs:

Redcord Portable Gym

Art. nr. 10210

Don't leave your workout behind. Bring it with you whether you are: on vacation, business trip, indoors or outdoors.

The kit includes slings and accessories that ensure effective Redcord training for your whole body.

Redcord Mini Extra

Art. nr.12120

The Redcord Mini Extra includes the Redcord DoorFix and the extra comfortable PowerGrip for your comfort.

Redcord Mini

Art. no 12110

Probably the most versatile and light weight training tool on the market. A gym in your handbag. Fits perfectly in your suitcase.

Visit www.redcord.com to read about the Redcord educational program.

Turn the page

Works for everybody!

Redcord Mini portable exercise solutions



Redcord Mini with straps



Redcord Portable Gym

Art. no. 10210

Content:

- 1 x Redcord Mini with straps
- 1 x PowerGrip, one pair
- 1 x DoorFix, one pair
- 2 x Narrow Sling

- 1 x User Instructions
- 1 x Exercise Poster
- 1 x Bag
- 1 x Ceiling Suspension Hook, one pair
- 1 x Redcord DVD

Redcord Mini Extra

Art. no. 12120

Content:

- 1 x Redcord Mini with straps
- 1 x PowerGrip, one pair
- 1 x DoorFix, one pair

- 1 x User Instructions
- 1 x Exercise Poster
- 1 x Bag
- 1 x Ceiling Suspension Hook, one pair
- 1 x Redcord DVD

Redcord Mini

Art. no. 12110

Content:

- 1 x Redcord Mini with straps

- 1 x User Instructions
- 1 x Exercise Poster
- 1 x Bag
- 1 x Ceiling Suspension Hook, one pair



Redcord Mini with straps



Redcord PowerGrip



Redcord DoorFix



Redcord Narrow Sling



Redcord Bag



Redcord Trainer/Mini User Instructions
Redcord Exercise Poster



Ceiling
Suspension Hook



Redcord DVD
Introduction to Redcord
Exercise