

How to exercise efficiently with the Redcord Apparatus

Redcord suspension exercises require high effort, therefore it is important to adjust the challenges so that each exercise is performed correctly.

The load for each exercise should be as high as possible without overcompensating or using improper technique.

All of Redcord's exercises can be adjusted to be more or less challenging by combining the following 3 elements:



**1. Changing your position.
relative to the device**

**2. Adjusting the length of
the ropes.**

**3. Adjust Sling/strap
placement**

IMPORTANT!

- Keep your back straight at all times (with good Lordosis at neck and low back)
- Do 2-3 series of 5-8 repetitions for each exercise
- Doing static exercises, keep the position for 5-8 seconds. Increase holding time before increasing the load.
- Fatigue will encourage poor technique – ensure adequate rest between exercises.
- All movements should be slow and controlled