

# Redcord AXIS

«Get ready to rotate!»



**AOK Health Pty Ltd**  
Exclusive Distributor of  
Redcord Products in  
Australia &  
New Zealand  
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## Redcord AXIS - Suspension exercise to a new level!

*“Rotational movements are essential in most activities in your daily life, and especially in sports activities. Redcord AXIS is the ultimate tool to challenge these qualities! Redcord AXIS makes the range of exercises even bigger and provides increased variations in all exercise progressions. It increases unsteadiness in the rotational plane and enables precise rotational movements for the entire body. The exercises can be modified to any particular movement pattern and adapted to your specific needs. Redcord AXIS maximizes the demands for activity in stabilizing muscles and optimizes muscular coordination, which is essential for perfect movement control.”*



Øyvind Pedersen  
Research and development manager, Redcord AS

## Background

### *Replacing Redcord Professional*

Redcord developed the Redcord Trainer Professional about 15 years ago. This unit is equipped with two wheels and a special rope that allows rotation. The Redcord Professional is labelled with a weight limit of 50 kg. It is the structure that provides limits to the amount of weight that can be loaded into the ropes. This appliance is only suitable for treatment where only a small fraction of body weight is loaded in the slings, for example neck treatment.

### *Redcord Active courses with rotational exercise*

Redcord has developed courses for both fitness- and health professionals where rotation is a central factor. The Redcord AXIS, combined with courses/knowledge is a unique tool for those who want to invest in health and fitness because they know it will make a difference in performance. The sharpened and professional group of personal trainers with high demands and focus on functional enhancement exercise can now lead their clients in a revolutionary new way.

### *Healthcare market*

Redcord AXIS is primarily important in relation to exercise. Most physical therapists use some sort of exercise therapy, and Redcord AXIS will therefore be of great importance to the healthcare market.

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## Redcord AXIS benefits

- Correct anatomical and biomechanical movements
- Full body workout with one piece of equipment
- Enables tandem workout with the Redcord Trainer or Redcord Mini
- Increase range of exercises and variations in all progressions
- Enables precise rotational movements
- Sport specific exercises that can be modified to any particular movement pattern
- Functional enhancement training - enhancement of specific body functions
- More challenging exercises with increased instability in rotational plane
- Ensures equal weight load between injured and healthy side

## Who can benefit from using Redcord AXIS

Anyone can initially use Redcord AXIS. All professionals will see the advantages with the device in combination with existing Redcord solutions. As a home training equipment, Redcord AXIS appeals to athletes or those who are well trained.

Redcord AXIS is mainly targeted towards the following customer groups:

- **Medical:** Physical therapists performing Neurac® treatment
- **Active:** Personal trainers and pilates instructors
- **Sport:** Professional trainers, athletes and others who focus on performance enhancement