

# PRODUCT INFORMATION GUIDE.

## WOD RINGS.

### GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' WOD Ring products.

This will enable users to quickly become familiar with the products, any necessary inspection protocols and how (and how not) to use, care for, maintain and store equipment. The aim is to help you ensure that your equipment performs as designed, and looks its best to enhance your facility.

- Each Escape product should only be used for its designed purpose, in suitable areas.
- All Escape Fitness products are warrantied to be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements. This warranty extends to the original end-user and commences on the date of delivery. Full details of the warranty conditions and the duration of the warranty for each product can be found on our website at [www.escapefitness.com/warranties-uk](http://www.escapefitness.com/warranties-uk) (non-USA) and [www.escapefitness.com/warranties-us](http://www.escapefitness.com/warranties-us) (USA only)
- Products have variable lifespans, which will depend on the materials used in their manufacture and the level of usage. Products do wear out. This is normal and not a fault. An example of fair wear and tear would be scuffing.
- Please be aware that rubber products may have a slight odour or surface blooming residue caused by the properties in the rubber. This is not a defect and the odour will disappear over time.
- A product is only considered to be faulty if, during normal usage, a significant change occurs in the product that means that it cannot be used as originally intended. An example of a failure would be a crack or break in a product.
- Products that are not stored, cared for, used as directed or in normal use conditions may fail. Failure in these circumstances is considered abuse and will be excluded from a warranty claim – even where the failure occurs during warranty period.

### ADVICE FOR SAFE USE OF YOUR EQUIPMENT.

#### BEFORE USE.

- **Do** visually check products for signs of damage and to ensure that they are fit for purpose.
- **Do** check all straps for wear and tear; check for frayed material or visible damage such as fused fibres or cut strands. Running your hand over the surface may identify damage more readily.
- **Do** check to make sure that the buckle sets firmly on strap and that there is no visible damage to the springs or any worn teeth.
- **Do** check rigging does not have an abrasive surface and is clear of any debris before mounting the rings.
- **Do not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do** check that anchor points are firmly fixed to structures before attaching/using products, and that anchor points are strong enough to support required movements. Pulling on anchor points before attaching equipment is recommended.

#### DURING USE.

- **Do** ensure that the rings are anchored to an appropriate anchoring point.
- **Do** ensure users have adequate space to use equipment unrestricted.
- **Do** use on a stable floor/surface and check there are no trip hazards.
- **Do** exercise on flooring free from rough surfaces or sharp objects that could damage the equipment.
- **Do not** try to perform movements beyond your capability. Children under 16 must be supervised by an adult when using this product.
- **Do not** exceed the maximum gross user weight limit 150kg.

## CARE AND MAINTENANCE.

- **Do** clean products by periodically wiping with a damp cloth dipped in a very mild soap/washing powder solution (5% maximum).
- **Do** wipe products with a dry cloth after cleaning and allow them to finish drying naturally: ensure they are completely dry before use.
- **Do not** use any strong detergent, acetone, bleach or solvent-based cleaners on equipment as they may damage the material.

## STORAGE.

- **Do not** store in direct sunlight, next to any heat source or in damp or humid environments – such as swimming pools or spas.
- **Do** ensure products are dry before storing them, and store only in a dry and clean environment away from heat sources or direct sunlight.
- **Do** return equipment to storage racks, specifically designed for the purpose, after each and every use to help prolong their life and reduce tripping hazards in the exercise area.

## WORKING OUT WITH YOUR EQUIPMENT.

Escape has created a number of resources that can help clubs, trainers and members to use Escape Fitness products safely, care for the products, and train more effectively.

**The 'Escape Your Limits' App.** Download our app for free and access an exercise library and workouts using some of Escape's best-selling products.



**Workshops and courses for trainers.** Escape offers a comprehensive suite of education solutions to help trainers become even more proficient in coaching around our products. Visit our website for more details on our product training workshops and instructor training courses.

**Workout of the Week (WoW) videos.** Visit the Escape blog and you'll find lots of WoW videos showing you how to perform all kinds of exercises and workouts.

**The Escape Your Limits podcast.** Join Matthew Januszek, co-founder of Escape Fitness, as he delves into the mindset of leadership and success. Visit [www.escapefitness.com/podcast](http://www.escapefitness.com/podcast) or search iTunes or your chosen podcast app for "Escape Your Limits".

**[escapefitness.com](http://escapefitness.com)**

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### FOR FURTHER INFORMATION PLEASE VISIT.

[www.escapefitness.com](http://www.escapefitness.com)

\*Where applicable.