

PRODUCT INFORMATION GUIDE.

COMBAT RANGE.

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' Freeweight 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 is designed for a specific purpose and should only be used for that purpose, in areas designed or suitable for that product's use.
- All Escape Fitness products are warranted 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 (non-USA) and 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 or discoloration.
- A product is only considered to be faulty if, during normal usage, a significant change occurs in the product which 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 conditions may fail. Failure in these circumstances is considered abuse and will be excluded from a warranty claim - even where the failure occurs during the stated warranty period.

ADVICE FOR SAFE USE OF YOUR EQUIPMENT.

INSTALLATION.

- **Do** check that where chains are used to hang a bag, each chain is of the same length to ensure equal weight bearing of the bag. Do not shorten chains by removing links or connecting the carabiner to lower links – this can lead to unequal chain length affecting bag stability and lifespan.
- **Do** attach the carabiner through the last link of each chain and then lift to a height that will allow the carabiner to be clipped to the device supporting the bag. Once attached, ensure the carabiner is properly closed.
- **Do** follow relevant manual handling guidelines when installing or removing a punchbag (e.g. two or three people should perform the task and may require the use of a step ladder or raised platform).
- **Do** fit an intermediate swivel unit when attaching a bag to a fixing unit that does not have an integrated swivel bearing; this will allow for full use of the bag and will extend its life.

BEFORE USE.

- **Do** ensure that users have been properly inducted at the facility, including in terms of equipment use, product training and health & safety.
- **Do** visually check products, at least weekly and preferably daily, for signs of damage (including cuts, nicks, tears and abrasions) to ensure that they are fit for purpose. Running your hands over the surface may identify damage more readily. Pay special attention to the seams along the body of the bag and the attachment loops for signs of fraying or splitting.
- **Do not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do** check the device from which the bag is suspended. Where fitted, a swivel bearing should rotate freely and wall fixings (where used) should be tight and not working loose; they should also include a flat washer and a spring washer.
- **Do** check that carabiners are fully closed and have no signs of wear. Replace if more than 25% of the metal thickness is worn away.
- **Do** check that the filling of the bag is consistently dispersed.

DURING USE.

- **Do** check there is sufficient space around you to use equipment without making contact with any other obstacles.
- **Do not** hit bags with any metal, wooden or other solid training tools.
- **Do** wear boxing gloves or mitts at all times.
- **Do** protect punchbags installed outdoors with a fully waterproof cover during inclement weather; remove and store inside when inclement weather persists.
- **Do not** jump on or hang from a punchbag or hit/strike the punchbag with weapons or hard objects including shoes as this may cause the outer material to puncture/wear.
- **Do not** kick punchbags unless they are specifically designed for that purpose (e.g. Thai Bag).*

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.
- **Do** periodically check if substantial core vibration is felt or movement heard. This can be done by shaking the bag vigorously.
- **Do** remove the bag from its attachment device and examine at floor level at least once a week.
- **Do not** drag, drop on its edge or roll the punchbag along or on the floor. For maintenance work, the punchbag should be placed on an unobstructed and clean floor using appropriate manual handling equipment.
- **Do** spray lubricant (e.g. 3-in-1 oil) on carabiners, chains and swivels wherever metal parts touch, once per week to reduce wear. Take care not to overspray to avoid the bag becoming slippery.
- **Do** replace carabiners periodically – Escape's recommendation is to replace every three months.

STORAGE.

- **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 not** store equipment in damp or humid environments such as swimming pools or spas.
- **Do** store punchbags vertically when not in use.

*Where applicable.

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 or search iTunes or your chosen podcast app for "Escape Your Limits".

escapefitness.com

ESCAPE FITNESS LTD HEAD OFFICE.

Eastwood House, The Office Village, Cygnet Park, Hampton, Peterborough, Cambridgeshire, PE7 8FD, England

TELEPHONE +44 (0)1733 313 535

EMAIL sales@escapefitness.com

FOR FURTHER INFORMATION PLEASE VISIT.

www.escapefitness.com