

# PRODUCT INFORMATION GUIDE.

## STORAGE RACKS, BENCHES AND TRAINING TOOLS.

### GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of storage racks, benches and training tools.

This will ensure that your equipment performs as designed, and looks its best to enhance your facility. First, here are some general points about using your products and the warranty for them:

- 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](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 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 which 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 the stated warranty period.

### ADVICE FOR SAFE USE OF YOUR EQUIPMENT.

#### BEFORE USE.

- **Do** ensure that users have been properly inducted at the facility, including equipment use, product training and health & safety.
- **Do** visually check products at least weekly – preferably daily – for signs of damage such as nicks and abrasions, and to ensure that they are fit for purpose.
- **Do** check the surface of your product for burrs or deep scratches that could damage any equipment being stored or used with your product.
- **Do not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do** place racks and benches on a flat and firm floor. Use adjuster feet to level the product.\*
- **Do** ensure the floor/surface is suitable for the cumulative weight stress of the fully loaded rack or bench (including the weight of equipment and/or users, in addition to any other equipment located in the vicinity). This is especially important where the floor/surface is a mezzanine floor or above ground level.\*
- **Do** site the product in an easily accessible area where it will not be a trip hazard.
- **Do** check that racks are stable before loading them with equipment.
- **Do** check that products are correctly assembled using the bolts and washers supplied. Note: shelves on the RACK5 have an intentional two-degree upward angle.
- **Do** periodically check that all fixing nuts, bolts and screws remain tight.
- **Do not** use products if they show any signs of damage or movement. Remove the product from the area and consult the facility supervisor.
- **Do not** use steel products without rubber feet or pads on floors that are susceptible to scratching; place mat protection underneath.\*

#### DURING USE.

- **Do** use on a stable floor/surface and check that there are no trip hazards.
- **Do** ensure the user has adequate space to use equipment, free from restriction.
- **Do** wipe products with a dry cloth if they have become damp, and then allow them to fully dry naturally.
- **Do** add weight plates to the Reaction Pro Bouncer's weight horns for stability and to stop movement when using.\*
- **Do not** use anything other than weight plates to stabilise the Reaction Pro Bouncer.\*

- **Do not** move racks or the Reaction Pro Bounder when loaded with weight plates.\*
- **Do not** use balls heavier than 3kg with the Reaction Pro Bounder.\*
- **Do not** use the Reaction Pro Bounder as a trampoline or as a weighted pulling exercise device.\*
- **Do not** climb on any rack or storage product, or use as an exercise attachment feature.\*
- **Do not** move racks or other storage products by sliding as floors could scratch and damage.\*
- **Do not** stand or jump on benches. Do not use as a step platform.

#### CARE AND MAINTENANCE.

- **Do** clean products by shaking after use and 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** ensure training equipment is dry before storing them on racks, and store only in a dry and clean environment away from heat sources or direct sunlight.
- **Do not** locate racks in damp or humid environments such as swimming pools or spas.
- **Do not** store kettlebells on the upper three shelves of the RACK5.
- **Do not** overload shelves as this may cause instability and the tipping over of racks.\*

#### 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.