

PRODUCT INFORMATION GUIDE.

TEXTILE TRAINING TOOLS.

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of soft 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 (non-USA) and www.escapefitness.com/warranties-us. (USA only)
- Products have variable life spans 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. This failure is considered abuse and will be excluded from a warranty claim – even where the failure occurs during the stated warranty period.
- Battle Ropes contain natural fibres and may therefore shrink by up to 15% and become firmer in the first weeks of use. Fraying and furring of the fibres will also occur. This is normal and not a defect.*

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 and to ensure that they are fit for purpose.
- **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 and using products such as Battle Ropes, and that anchor points will resist force. Pulling on anchor points before attaching equipment is recommended.*
- **Do** check the entire length of Battle Ropes to ensure there is no damage such as fraying or splitting of the fibres. Running your hands over the surface may identify damage more readily, but care should always be taken to ensure no sharp objects have adhered to the surface of the rope.*
- **Do** check that the grip at each end of a Battle Rope is intact. But remember – these are designed to be grips during battling exercises and not the part of the rope that's attached to structures. They should not be used as a grip during tug of war exercises as the Battle Rope is not designed for this purpose.*
- **Do** check the surfaces, handles and edges of weighted bags to ensure that there are no cuts, nicks, abrasions or tears in the material or stitching. Running your hand over the surface may identify damage more readily.*
- **Do** check the surface of filled balls daily for signs of damage, and in particular scratches, cuts or tears which could lead to product failure.*
- **Do** check that weight indicators are clean and easy to read.*
- **Do not** patch or repair burst or punctured balls.*

DURING USE.

- **Do** ensure users have adequate space to use equipment (e.g. swing a weighted bag) 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** attach other equipment to bags and drag or swing them.
- **Do not** stand on bags, especially at the outer circular edges as this can weaken the stitched joints resulting in product failure.

- **Do not** wear clothing with sharp edges such as buckles, belts and clasps.
- **Do not** kick or hit balls.*
- **Do not** allow users to stand on balls.*
- **Do not** slam or drop from a height any product – unless it has been specifically designed for that purpose.*
- **Do not** attach Battle Ropes to sharp objects or fixtures.*
- **Do** only use products for their intended use (for example, do not climb with Battle Ropes).
- **Do** wipe products with a dry cloth after use if they have become damp, and then allow them to fully dry naturally.

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** coil up Battle Ropes and store appropriately after use to help prolong product life and reduce tripping hazards in the exercise area.*
- **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** 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 or search iTunes or your chosen podcast app for "Escape Your Limits".

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FOR FURTHER INFORMATION PLEASE VISIT.

www.escapefitness.com

*Where applicable.