

PRODUCT INFORMATION GUIDE.

FOR THE BASESTATION.

GENERAL GUIDANCE.

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

This will ensure that your frame performs as designed and looks its best to enhance your home gym or studio. First, here are some general points about using your product and related warranty:

- 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 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 (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.
- The Basestation is recommended and designed for indoor use.
- The maximum working load for the Basestation is 120kg/265lb. This is inclusive of bars, discs and collars.

ADVICE FOR SAFE USE OF YOUR EQUIPMENT.

BEFORE USE.

- It is the responsibility of the user to check with a Health Professional before engaging in physical activity.
- This frame is designed to be used by adults only.
- If you do not have prior training and experience in using strength training equipment of this type, you must seek the advice of a Fitness Professional before attempting to lift Olympic weights for exercise.
- It is advised a spotter/partner is present to support at all times.
- **Do** ensure the surface is suitable for the cumulative total weight and floor loading of the frame. Together this should not exceed 350kg/772lb (including the weight of equipment and/or users, in addition to any other equipment located in the vicinity). This is especially important where the surface is a mezzanine floor or above ground level.*
- **Do** ensure that there is suitable overhead clearance before commencing a workout.
- This equipment is designed to assist only with weight bearing exercise using a professional or commercial grade weight lifting bar, weight discs or plates, and correctly fitting retaining collars.
- **Do** ensure that two people lift or move the Basestation. The rear wheels should be used when moving the Basestation.
- **Do** check that the frame is rigid and stable, and that the foot pads are flat and well supported before use and after moving.
- **Do** utilise the steel handles at all times when setting up/adjusting the Basestation to prevent injury to hands.
- **Do** check that products are correctly assembled using the bolts and washers supplied.
- **Do** ensure all fixings are locked in place and fully tightened before use.
- **Do** ensure the Basestation is installed on a flat level surface.
- **Do** use on a stable surface and check there are no trip hazards. (It is recommended that rubber floor or matting is placed under the Basestation and work area to prevent slippage or tripping while in use).
- **Do** ensure users have adequate space to use equipment unrestricted.
- **Do** visually check products at least weekly – preferably daily – for signs of damage and to ensure that they are fit for purpose.
- **Do** periodically check that all fixing nuts, bolts and screws remain tight.

DURING USE.

- **Do** ensure that when lifting weights with a bar, that the bar has the exact same amount of weight on each side of the bar.
- **Do** ensure that when lifting weights with a bar, that you use locking collars to secure the weights on the bar and prevent them from sliding off the bar.
- **Do** ensure that weights are always added or removed one plate at a time alternating between each side of the bar to maintain balance and prevent the bar from tilting.
- **Do not** add more than one plate at a time to any one side of the bar. Add one plate to one side of the bar, and then add one plate to the other side, and continue this pattern until you reach the desired weight on the bar.
- **Do not** remove more than one plate at a time from any one side of the bar. Remove one plate from one side of the bar, and then remove one plate from the other side, and continue this pattern until you reach the desired weight on the bar.
- **Do** ensure care is taken when returning the bar to the catch racks.
- **Do not** slide the Basestation. Use the rear wheels to move.
- **Do not** climb on or attach any kind of exercise ropes, bands or straps to the Basestation.
- **Do not** use the Basestation if it shows any signs of damage. Remove the Basestation from the area.

CARE AND MAINTENANCE.

- **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.
- Stubborn stains should be removed using a cream cleaner with calcium carbonate additions.
- Heavy or stubborn stains should be removed using either a cream cleaner with calcium carbonate additions or a proprietary “chrome” metal polish, please ensure all cleaner residue is washed off and areas are rinsed and dried to reduce further staining.
- All fittings should be checked for tightness and operation.
- Lubricate all moving parts SPARINGLY with a light oil and remove excess with a cloth.
- If areas of paint are damaged then touch up as necessary to prevent corrosion.

*Where applicable

STORAGE.

- **Do** ensure that two persons lift or move the Basestation. The rear wheels should be used when moving the Basestation.
- **Do** ensure the Basestation is stored horizontally.
- **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.

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