

PRODUCT INFORMATION GUIDE.

FOR THE ESCAPE BARROW.

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

This will ensure the Barrow performs as designed, and looks its best to enhance your facility. 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.

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 the Barrow at least weekly – preferably daily – for signs of damage such as nicks and abrasions, and to ensure that it is fit for purpose.
- **Do** check the surface of your Barrow for burrs or deep scratches that could damage any equipment being stored or used with your product.
- **Do** ensure the floor/surface is suitable for the cumulative weight stress of the fully loaded Barrow (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 Barrow in an easily accessible area where it will not be a trip hazard.
- **Do** check that the Barrow is stable before loading it with equipment, and that weights are evenly loaded across both pegs.
- **Do** check that the Barrow is correctly assembled using the bolts and washers supplied.
- **Do** periodically check that all fixing nuts, bolts and screws remain tight.
- **Do not** use the Barrow if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.

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 product with a dry cloth if it has become damp, and then allow them to fully dry naturally.
- **Do** ensure that weights are loaded evenly across both pegs.
- **Do not** climb or jump on the Barrow, or use as an exercise attachment feature.*

CARE AND MAINTENANCE.

- **Do** wipe product with a dry cloth after cleaning and allow it to finish drying naturally: ensure they are completely dry before use.
- **Do** lubricate all moving parts with a light oil.
- If areas of paint are damaged then repaint as necessary to prevent corrosion.
- We recommend if the Barrow is exposed to outside elements that you clean and treat on a weekly basis using a light oil or anti-corrosion/rust inhibitor spray.
- **Do** ensure the Barrow remains dry at all times and remove any excess moisture to prevent corrosion.
- **Do not** use any strong detergent, acetone, bleach or solvent based cleaners on equipment as they may damage the material.

STORAGE.

- **Do** ensure the Barrow is dry before storing, and store only in a dry and clean environment away from heat sources or direct sunlight.
- If the Barrow becomes wet, remove all moisture and apply a light oil or anti-corrosion/rust inhibitor spray.
- **Do not** locate Barrow 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

*Where applicable