

# PRODUCT INFORMATION GUIDE.

## BARS AND ATTACHMENTS WITH BEARINGS.

### GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of bars and attachments with bearings.

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 should only be used for its designed purpose, in suitable areas.
- All Escape products are warrantied to be free from defects 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.
- Please be aware that rubber products may have a slight odour or surface blooming residue caused by the properties in the rubber. This is not a defect and odours will disappear in time.
- A product is only considered to be faulty if, during normal usage, a significant change occurs in the product that 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** visually check products at least weekly – preferably daily – for signs of damage and to ensure that they are fit for purpose.
- **Do** check that dumbbell and barbell weight heads and end plates are fixed securely to their handles and that the handles are not bent.
- **Do** check all weight level indicators are visible so that users can easily identify the weight of items.
- **Do** check the surface of the item visually and by touch to ensure it is dry and free of debris and that there is no damage.
- **Do** check that bars are straight. For bars with rotating sleeves, check that they are free to rotate and end screws are tight (tolerance of 1.5mm allowable at the end of a bar).
- **Do not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor.

#### DURING USE.

- **Do** prevent slips and damage to users, products and flooring, by using freeweights in an unobstructed freeweight area. This should feature rubber or similar impact absorbing flooring materials to a minimum depth of 12mm. (Please see Escape's brochure or website for details of available flooring, or contact Escape or your sales representative for advice).
- **Do** ensure that in heavy use environments there is enough space to use the product properly.
- **Do** ensure that users are using suitable collars at all times to secure plates to bars.
- **Do** encourage users to wear hand and forearm protection, especially if they are new to using freeweights, to avoid friction calluses.
- **Do not** allow freeweights to be placed on benches that have cross members supporting the front leg or which feature protruding carrying handles. Benches should have only one front leg supported by one foot pad.
- **Do not** allow freeweights to be dropped as damage will occur to both the floor and the products, especially if contact is made with any force. Such damage will be worse on wood, vinyl or laminated flooring. Similar damage will also be caused if the surface is abrasive or especially hard as scratches and chips will appear on the product which will oxidise and become unsightly. Use impact absorbing flooring materials, preferably a lifting platform.

- **Do not** allow users to bang the products together or drop on to any metal object, such as fitness benches or racks as this will damage the product (in particular the end plates, stickers and any rubber or PU coatings). This is considered product abuse and will invalidate the product's warranty.
- **Do not** drop discs directly onto hard floors as this will damage the flooring and may cause the disc to crack. Do not drop discs from above waist height.\*
- **Do not** use the 5kg bumper plates singly on any Escape Training Bar as this may lead to breaking or cracking of the plates. The 5kg bumper plate is for perfecting technique and must not be dropped during use.\*

#### CARE AND MAINTENANCE.

- **Do not** clean metal handles or rubber heads with any silicone-based lubricant.
- **Do** use products such as a stiff nylon bristle brush, WD-40 or 3 in 1 oil.
- **Do** clean the chalk out of the knurling on a daily basis.

#### STORAGE.

- **Do** store products in single rows only, on appropriate racks and return them after each use (including between sets) to prevent trip hazards and help prolong product life. All rubber and urethane freeweight products should be stored and used in dry, well ventilated, well-lit and preferably air conditioned environments.
- **Do** store bars in an upright position – ideally on a rack designed for the purpose – to prolong their lifespan.
- **Do not** store bars with plates/discs attached.
- **Do not** use or store products next to any heat source, in direct sunlight, or 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 our 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.