

PRODUCT INFORMATION GUIDE.

MOULDED ACCESSORIES AND RUBBER PRODUCT.

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of moulded plastic and rubber-based products.

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 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 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.
- 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 the odour will disappear over 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** 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 not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do** check the CMT before each use to ensure the handles are fitted correctly and the location pins are located correctly through the sockets. Test this by pulling each handle away from the core.*
- **Do not** force CMT handles into the sockets. Handles should slide smoothly into the slot (once pin is depressed) and a simple twisting action should be sufficient to locate the retaining pins in their location holes; these holes are indicated by red arrows.*
- **Do** check the CMT handle sockets and pin location holes for damage such as cracking.*
- **Do** check that anchor points are firmly fixed to structures before attaching and using resistance products such as Resistance Tubes, and that anchor points will resist force. Pulling on anchor points before attaching equipment is recommended.*

DURING USE.

- **Do** ensure users have adequate space to use equipment unrestricted.
- **Do** pay particular attention to the amount of clearance users have above their head when using the CMT. For some of the exercise moves they will be raising their hands above head height.*
- **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** use the CMT wrist strap to prevent dropping the product and damaging it.*
- **Do not** attach Resistance Tubes to sharp objects or fixtures.*

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 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".

escapefitness.com

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FOR FURTHER INFORMATION PLEASE VISIT.

www.escapefitness.com

*Where applicable.