

# PRODUCT INFORMATION GUIDE.

## PLATFORMS.

### GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of step and deck platforms.

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](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 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 which are not stored, cared for, used as directed or in normal use conditions may fail. Failure in these circumstances is considered abuse and will be excluded from a warranty claim even where the failure occurs during the stated warranty period.
- 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.

### 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 that there is enough space around the platform so that users can perform their workout without making contact with any other person or obstacle.
- **Do** watch the comprehensive series of STEP and RISER 'How To' videos on the Escape Fitness YouTube channel before using these platforms.\*

#### DURING USE.

- **Do** pay particular attention to the amount of clearance users have above their head when using a platform. 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 not** drag or drop heavy fitness equipment over the surface of the platform, as this may tear or damage the top surface.
- **Do not** exceed the maximum user weight limit for your platform. Please refer to the product information on the Escape website for details.
- **Do not** stand on top of the Deck 2.0 back rest when in the open position.\*
- **Do not** stack RISERS on top of the STEP.\*
- **Do** ensure that when stacking STEPs or RISERS, the red feet are aligned and units are fitted securely together.\*
- **Do** use the designated hand grips when transporting the Escape STEP around the studio for ease and comfort.\*

## 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** return platforms to an area designed for the purpose after each use to help prolong the life of the product and reduce tripping hazards in the exercise area.
- **Do** ensure platforms 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 not** over stack STEPs or RISERS when storing. A stack of eight STEPs or fifteen RISERS is our recommended maximum.\*
- **Do not** over stack the Deck 2.0 when storing: a stack of six Decks is our recommended maximum.\*

\*Where applicable.

## 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](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.

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