

BACKREST ADJUSTMENT.

1. Grab the backrest handle.
2. Pull the knob on the side of the box and hold.
3. Lift backrest to adjust level to desired position
4. **Do not** release backrest handle while knob is being pulled.
5. Release knob and make sure backrest is locked into desired position and then release handle.



RESISTANCE BAND ATTACHMENT.



STORAGE.

- **Do** ensure that the STRONGBOX is dry before storing, and store only in a dry and clean environment away from heat sources or direct sunlight.
- **Do not** locate the STRONGBOX in damp or humid environments such as swimming pools or spas.
- **Do not** overload shelves as this may cause instability and the tipping over of racks.

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.

News, workouts, videos and interviews. Visit the Escape blog and you'll find a wealth of education and entertainment, with regularly updated articles, insights, exercise plans and product news.

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



STRONGBOX.

Product information guide.



GENERAL GUIDANCE.



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

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 (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.

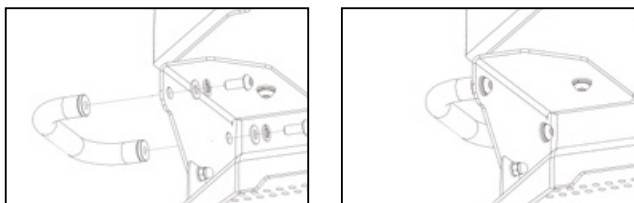
A product is only considered to be faulty if, during normal usage, a significant change occurs in the product which means that it cannot be used as originally intended. An example of a failure would be a crack or break in a product.

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.

BEFORE USE.

- **Do** check that the STRONGBOX is correctly assembled using the bolts and washers supplied, attach the handles as per the illustrations below.
- **Do** periodically check that all fixing nuts, bolts and screws remain tight.
- **Do not** use the STRONGBOX outdoors.
- **Do** place the STRONGBOX on a level, flat and firm floor.
- **Do** visually check the STRONGBOX at least weekly – preferably daily – for signs of damage such as nicks, splits and abrasions, and to ensure that they are fit for purpose.
- **Do** check the surface of your STRONGBOX for burrs or deep scratches that could damage any equipment being stored or used with your product.
- **Do** check the back adjustment of the STRONGBOX to ensure the locator spine is lubricated and locates easily without obstruction.
- **Do not** use a STRONGBOX if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do** ensure that users have been properly inducted at the facility, including equipment use, product training and health & safety.
- **Do** ensure that the maximum load on the STRONGBOX does not exceed 540kgs / 1100lbs.
- **Do** ensure the floor/surface is suitable for the cumulative weight stress of the STRONGBOX (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 STRONGBOX in an easily accessible area where it will not be a trip hazard.

ATTACHING THE HANDLES.



MOVING THE STRONGBOX.

- **Do** remove all equipment before moving the STRONGBOX.
- **Do** lift the STRONGBOX using the two handles, using the wheels to move it.



DURING USE.

- **Do** use on a stable floor/surface and check that there are no trip hazards.
- **Do** leave a minimum clearance area of 1.5m / 5ft between each STRONGBOX.
- **Do** ensure the user has adequate space to use equipment, free from restriction.
- **Do** wipe the STRONGBOX with a dry cloth if they have become damp, and then allow them to fully dry naturally.
- **Do** return all accessories to be stored within the STRONGBOX to the storage compartments after use.
- **Do not** move the STRONGBOX by sliding as floors could scratch and damage.
- **Do** ensure that all accessories on the STRONGBOX have been removed before moving the product.
- **Do** return the back pad back to a neutral (flat) position after use.

CARE AND MAINTENANCE.

- **Do** clean the STRONGBOX after use by wiping with a damp cloth, dipped in a very mild soap/washing powder solution (5% maximum).
- **Do** wipe the STRONGBOX 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 the STRONGBOX.