

PRODUCT INFORMATION GUIDE.

FOAM-FILLED TRAINING TOOLS.

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of foam-filled 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 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 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** use on a non slip/stable floor/surface (preferably with a small element of cushioning) and check there are no trip hazards, sharp objects or obstructions that could damage the boxes.
- **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 and (including cuts, nicks, tears and abrasions) to ensure that they are fit for purpose. Running your hands over the surface may identify damage more readily.
- **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 Velcro fixing straps on plyo boxes for fraying or splitting.*

DURING USE.

- **Do** check there is sufficient space around you to use equipment without making contact with any other obstacles.
- **Do not** slam, throw or hit products with any metal wooden or other solid training tools.
- **Do not** use products as buoyancy aids in water.
- **Do** ensure only one user at a time is on a plyo box.*
- **Do not** use outdoors in adverse weather conditions as surfaces may become slippery and dangerous.
- **Do not** use the Velcro fixing straps for dragging, lifting or pulling the boxes.*
- **Do not** drop onto or drag the boxes over sharp objects/rough areas e.g. metal door thresholds as this may pierce or tear the exterior covering.
- **Do** ensure a spotter is present to prevent boxes from tipping when stacked.
- **Do** check the weight of a product before committing to lifting it. If necessary, two people should stack/unstack the boxes to avoid injury.
- **Do** ensure that the height of a box or stack of boxes is within your limits.*
- **Do** check that all the Velcro fixing straps are attached before jumping onto the box. After each change of configuration reseal the Velcro straps to retain their integrity and prolong their life.*
- **Do** ensure that when attaching harnesses or bungees to the TIYR, they are only attached to the small anchor points around the outside circumference of the TIYR. Check that no sharp edges cut into the handles or loops as this will lead to wear and eventual product failure.*

- **Do not** drag upside down (i.e. with the top handles facing down) or with the TIYR on its side as this will damage the handles.
- **Do not** drag on high surface friction materials such as rubber.
- **Do not** use outdoors if damp, raining or snowing as the product may not be waterproof.

CARE AND MAINTENANCE.

- **Do** clean products by 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.

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.