

PRODUCT INFORMATION GUIDE.

FOR EXTERNAL FRAMES AND ATTACHMENTS.

CARE AND MAINTENANCE - GENERAL CLEANING.

The aim of regular cleaning and servicing is to prevent a build up of corrosive deposits, and to ensure continued safe operation of the frame and its attachments. Failure to follow these guidelines will invalidate warranty and reduce the expected life cycle of attachments fitted to external frames.

Frequency for general cleaning guidance is, if the windows of the building need cleaning then so does your external frame.

To reduce build up of salts and other abrasive residue on your external frame, every 3 months is the maximum period between thorough cleans.

- Remove all large debris using light brush and vacuum.
- Wash all parts with warm soapy water to remove all surface residue. Do not use Acid based chemicals as this will cause staining on exposed parts. 1% ammonia solution is recommended.
- When all visible residue has been removed please ensure all surfaces are rinsed with clean potable water.
- Dry all areas to remove water marks.
- Stubborn stains should be removed using a cream cleaner with calcium carbonate additions.
- Heavy stains can be cleaned using proprietary "chrome" metal polish, please ensure all cleaner residue is washed off and areas are rinsed and dried to reduce further staining.
- All fittings should be checked for tightness and operation.
- All material equipment, THAI bags, ropes, rope pulls, etc should be inspected and cleaned as appropriate.
- Lubricate all moving parts with a light oil.
- If areas of paint are damaged then repaint as necessary to prevent corrosion.
- Special attention should be shown to areas with high abrasion (rope eyes, claws, etc) as these may need additional cleaning.

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".

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