

SAFETY FIRST.

To get the best from your Battle Rope and prolong its life, we recommend that it is visually checked prior to every use, particularly where there are multi-users. Understanding and heeding the Dos and Dont's below will ensure users quickly become familiar with using the product as intended and how to inspect and care for it.

- **Do** check the anchor point is firmly fixed to the structure and that it will resist force before every use. Pulling on the anchor point before fitting the rope is recommended.
- **Do** check the entire length of the rope to ensure there is no damage such as fraying or splitting of the fibres. Running your hands over the surface may identify damage more readily but care should always be taken to ensure no sharp objects have adhered to the surface of the rope.
- **Do** check the rope to see if any "manufacturing knots" (where yarns are joined in the manufacturing process) are visible at the surface. If so, push back inside the plait or snip close to the knot. This will not affect the performance of the rope.
- **Do** check the grip at each end of the rope is intact and remember – these are grips not handles. It is intended to be gripped. It is not intended to be pulled, used to bear weight or to attach objects or weights to.
- **Do** use on a stable floor / surface and check there are no trip hazards. Check there is sufficient space around you and that using the rope will not make contact with any obstacle.
- **Do** face the rope when exercising with it.
- **Do** coil up the rope and store appropriately after use to help prolong product life and reduce tripping hazards in the exercise area.
- **Do** clean the rope by shaking after use and periodically wiping with a damp cloth dipped in a very mild soap/washing powder solution (5% maximum). The rope should always be wiped dry after cleaning.
- **Do not** use the Battle Rope if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do not** attach other equipment to any Battle Rope. They are specifically designed for battling exercises. Do not use the equipment unless you have been trained.
- **Do not** wrap around sharp objects, use smooth fixtures.
- **Do not** allow children under 16 years to use the Battle Rope unless supervised by an adult correctly trained in its use.
- **Do not** use or store products next to any heat source, in direct sunlight or in damp or humid environments such as swimming pools or spas.

Warranty and Returns Policy:

The Battle Rope has a warranty of 1 year which means that Escape guarantees that for this period, the Battle Rope will be free from defects in materials and workmanship when it is used for the intended purpose and the above use and care instructions are followed. It will also comply with all applicable statutory and regulatory requirements. This warranty extends to the original end-user and commences on the date of delivery to the end-user (as recorded by the carrier) provided always that this date is not more than 3 calendar months from the date of dispatch from Escape.

To make a warranty claim, you should contact your distributor in the first instance. If you purchased your Battle Rope directly from Escape then claims should be addressed to our Customer Services Department on **01733 313 535** or email aftersales@escapefitness.com quoting the Order Number of the product. The warranty does not cover failure due to fair wear and tear, wilful or negligent damage, or user's failure to store, care for or maintain the Battle Rope as directed amongst other exclusions. For full details of our T's and C's, warranties and returns policy please refer to our "Standard Terms and Conditions of Business" supplied with your order confirmation or Escapes "Professional Products User Guide" found on our website.

Limitation of Liability:

Escape shall not be liable for any damage, injury or death caused by the misuse or improper use of any of its products or the interpretation of any exercise shown. Once delivered, the user assumes all risks and responsibilities for the use of the product. Under no circumstances will Escape accept liability for any claim for economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred and arising out of or in connection with the supply or use of the Battle Rope.

NOTE: Ropes will shrink by up to 15% and become firmer in the first weeks of use. Fraying and furring of the fibres will also occur. This is normal and not a defect.

BATTLE ROPE.

Your user guide.



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JOIN THE CONVERSATION.



VERSION.3

escape

LEARNING THE ROPES.



BATTLING DRILLS PROVIDE A GOOD AEROBIC AND ANAEROBIC WORKOUT.

The Escape Battle Rope is a strength and conditioning tool used for the upper body, forearms and torso strength. Battling drills provide a good aerobic and anaerobic workout as well as being challenging and completely unique.

The rope is made from high quality tight weave waterproof nylon. It's ready to take the strongest beating any gym can throw at it and can even be used outdoors in all weather conditions. The specially designed mouldable grips feel great, whilst also improving grip and forearm strength.

A good anchoring point is required to battle properly, one that won't move. Once the rope is anchored, it needs to be pulled taut and stretched out fully. To get the best set-up position, take hold of the rope and stretch it out so it is off the floor, then walk towards the anchor point until the rope starts to touch the floor again. The whole rope should be touching the floor except for the last metre which will enable easy grip. Battling exercises can now begin.

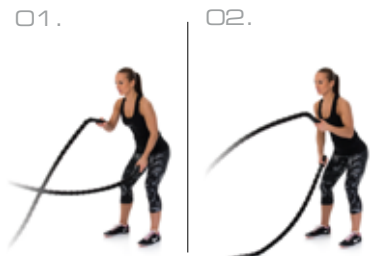
DOUBLE BATTLE.

Keeping an upright posture with elbows down to the side, start to battle the rope with both hands moving in the same direction and at the same time.



ALTERNATING BATTLE.

Pick up the rope in both hands. Keeping an upright posture with elbows down to the side, battle the rope with one hand moving up as the other moves down. Constantly alternate the hands so the rope moves in fast ripples.



SIDE-TO-SIDE.

Take a stable stance with a wide base of support and hold the rope at hip height. Keeping both hands close together move the hands from side to side in a quick, rhythmic fashion, snaking the rope along the floor.



RUNNING BATTLE.

Keeping an upright posture with elbows down to the side, start to run on the spot. As you do so the arms will start to battle the rope in alternate battling moves—the more you pick the knees up, the more your arms will work and the harder the battle will be with the rope.



DOUBLE BATTLE WITH SQUAT.

Keeping an upright posture with elbows down to the side, start to battle the rope with both hands moving at the same time. As you get the rhythm going, start to allow the body to lower working with the rope, so eventually you're performing a squat as you battle the rope.



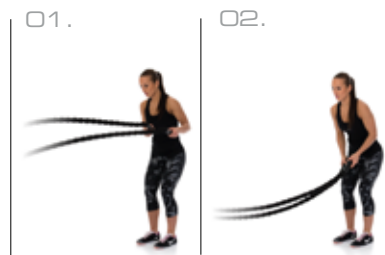
OVERHEAD PRESS.

Take hold of the rope and hold it with straight arms above the head. Grip end facing up. Start to press the rope up and down to your shoulders – if you are able start to use your legs to create more momentum. The rope isn't expected to snake as much as it would do with a battle.



CIRCLES.

Take a stable stance with a wide base of support and hold the rope at waist height. Keep the hands and arms close together and rotate them in a circle. Both arms should go in the same direction and the rope will start to move in a circular motion.



DOUBLE CIRCLES.

This is the same as the Circles, except the arms are going in the opposite direction to each other. So they are both doing individual circles, either both going inwards or outwards.

