

## SAFETY FIRST.

To get the best from your Escape Deck 2.0 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 surface of the Deck 2.0 has no nicks, abrasions or damage.
- **Do** use on a flat level floor surface.
- **Do** check that there is enough space around you to use the Deck 2.0 without making contact with any other person or obstacle.
- **Do** ensure that fitness equipment is not dragged or dropped on or over the Deck surfaces as this may tear or damage them. Although it will endure most contact surfaces, any sharp objects may tear, rip or damage the mat surface and scratch the subframe.
- **Do** clean using a mild detergent (5% solution). Aggressive detergents and bleach should not be used as these may discolour the surface and remove graphics.
- **Do** return the Deck 2.0 to a storage rack or area specifically designed for the purpose after each and every use to help prolong the life of the product and reduce tripping hazards in the exercise area.
- **Do not** stand on top of the back rest when in the open position.
- **Do not** try to perform movements beyond your capability. Know your limits. Always take instruction, training and advice from qualified instructors. Children under 16 must be supervised by an adult when using this product.
- **Do not** exceed the maximum gross user weight limit of 170kg.
- **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 Deck 2.0 has a warranty of 1 year which means that Escape guarantees that for this period, the Deck 2.0 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 Deck 2.0 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 the user's failure to store, care for or maintain the Deck 2.0 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 Deck 2.0.

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VERSION.4

# ESCAPE DECK2.0.

Your user guide.



escape 

# ONE STEP BEYOND.



## WITH 16 TOTALLY DIFFERENT CONFIGURATIONS - MAKE YOUR WORKOUTS LIMITLESS.

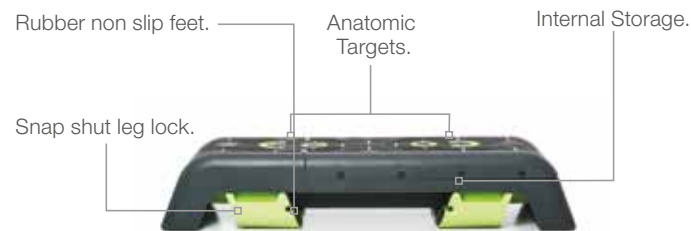
Step, Circuits, Bodypump™, Bootcamps. The Escape Deck 2.0 is a multi-purpose, portable workout system that can be used as an aerobic stepping platform and as an adjustable strength training bench. It can be configured in 16 different ways, making this the perfect tool for today's studios.

With two different stepping heights (205mm and 355mm) to cater for different levels of ability, the new look Deck features new anatomic surface targets to create new programming options. The targets have been intelligently designed and manufactured onto an anti-slip formula rubber mat surface. The textured grooves ensure the grip is greater in the areas where users need it most.

### Added features:

- Attach tubes or bands for added workout options.
- Internal space storage.
- Easily switch between configurations.

## KNOWING YOUR DECK 2.0.



## BASIC STEP.

Facing the Deck, begin standing tall with head up and maintaining a strong posture. Step up on top of the platform one leg at a time maintaining focus on a fixed point a few meters in front. Try to synchronize arms and legs if possible. Extend the legs of the Deck to increase the stepping height for an extra challenge.



## BRIDGE ON HANDS.

Begin seated on one end of the Deck with the platform running lengthways. Create a decline by extending the opposite leg. Extend your legs and grip the outside of the platform just behind where you are seated. Extend your arms and hips and engage the core to perform a solid plank position.



## CHEST PRESS USING BANDS.

Begin seated with the Deck feet both extended and back adjusted to an incline. Position a resistance tube in the foot locator and grip a hold of the handles with your arms flexed. Brace the core and contract your chest muscles while simultaneously extending your arms. Slowly return your arms to the start position.



## LIFT STEP.

Begin at one end of the Deck with the platform running lengthways. Extend the leg of the Deck furthest away to create an incline. With your lead foot take a wide step onto the platform aiming for the middle of the Deck. Drive through with your following leg and finish tall with a knee drive.



## DIPS.

Begin seated with your legs bent. Position the Deck behind you at its highest setting. Grip the top of the platform with both your arms bent and extend - raising the body up off of the ground. Gently return back to the start position.



## FLY USING HANDWEIGHTS.

Begin Lying lengthways on the Deck with your legs bent. Grab a dumbbell in each hand and extend your arms out and above your chest. Maintain straight arms and lower the dumbbells towards the ground. Engage pec muscles and return your arms back to the start position.

