

SAFETY FIRST.

To get the best from your Escape STEP and RISER and prolong the product 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 surfaces of the Escape STEP and RISER to ensure there are no nicks, abrasions or damage.
- **Do** use on a flat level, dry, non slippery floor surface.
- **Do** ensure that when using the product in a stack, the feet are aligned and locked into position.
- **Do** use the designated hand grips when transporting the Escape STEP around the studio for ease and comfort.
- **Do** check that there is enough space around you to use the Escape STEP and RISERs without making contact with any other person or obstacle.
- **Do** ensure that other fitness equipment is not dragged over or dropped onto the top mat surfaces of the STEP and RISER as this may tear or damage them. Although the mat 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 Escape STEP and RISER 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** use for incline stepping. When on incline use as a bench only.
- **Do not** over stack STEPs or RISERs when using or storing such that they become unstable.
- **Do not** stack the RISERs on top of the STEP platform.
- **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 these products.
- **Do not** exceed the maximum gross user and equipment weight limit of 175kg/ 385lbs.
- **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 Escape STEP and RISER has a warranty of 1 year which means that Escape guarantees that for this period, the Escape STEP and RISER 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. They 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 Escape STEP and RISER 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 Escape STEP and RISER 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 the Escape Fitness 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 Escape STEP and RISER .

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JOIN THE CONVERSATION.



VERSION.2

ESCAPE STEP.

Your user guide.



escape 

ANOTHER STEP BEYOND.



LAY OUT THE STEPS AND RISERS TOGETHER FOR MULTI-PLANER WORKOUTS.

The new Escape STEP injects life and dynamism into stepping workouts. Unique properties ensure this step delivers something to excite both trainers and members, and shake up studio-based sessions.

17 possible STEP and RISER configurations as a platform ensure members of all abilities get the challenge they need. Add to this the possibility of laying out the STEPs and RISERS together for multi-planer workouts and the possibilities and challenges are endless.

FEATURES:

- **Innovative locking system** - Ensures RISERS and STEPs stay securely located even during the fastest stepping workouts.
- **Points for Power and Resistance Tubes** - Dedicated points ensure tubes stay secure during workouts.
- **Target zones** - For further programming opportunities the top mat of the STEP has green target zones (anatomic hotspots) for placing both your hands and feet.

A VARIETY OF CONFIGURATIONS.

Use the Escape STEP and RISER as individual stepping platforms or combine the two to create a variety of workout options. Here are just a few possibilities to get you started ...



LYING CRUNCH AND PUMP POSITION.

Use the Escape STEP as a bench by lying length ways along it. Raise one end using the RISERS to work on an incline.

01.



02.



STEP POSITION.

Use the inner hotspots as the perfect target for general stepping drills.

01.



02.



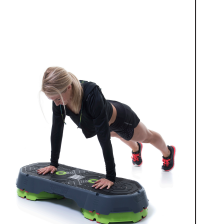
HAND POSITION.

For plank work or exercises in the prone position, the outer hotspots have been designed to align perfectly with the shoulder girdle.

01.



02.



WIDE STEP POSITION.

For wide step work aim your feet towards the outer hotspots.

01.



02.



NARROW HAND POSITION.

For smaller users or for narrow push ups or plank work, hands should be positioned on the inner hotspots.

01.



02.

