

## SAFETY FIRST.

To get the best from your Escape TIYR 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, handles and stitching of the TIYR to ensure there are no cuts, nicks, abrasions, frays or tears in the material. Running your hands over the surface may identify damage more readily.
- **Do** use on a stable and flat floor/surface and check there is sufficient floor space where there are no trip hazards or sharp objects/pieces of equipment that could damage the TIYR.
- **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 and check that no sharp edges cut into the handles or loops as this will lead to wear and eventual product failure.
- **Do** store the TIYR flat and periodically wipe the surfaces with a damp cloth dipped in a very mild soap/washing powder solution (5% maximum) to ensure it remains clean and bright. Make sure it is completely dry before use.
- **Do not** use the TIYR if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do not** lift weights beyond your capability. Know your weight limits. Children should only use the TIYR under supervision.
- **Do not** add additional weight to the product.
- **Do not** use the inner neutral grip handles to attach ropes or for pulling or dragging the TIYR.
- **Do not** slam, throw or hit the TIYR with any metal, wooden or other solid training tools.
- **Do not** drag on abrasive floors such as concrete and gravel.
- **Do not** drag upside down IE top handles face down nor on the TIYR side as this will damage the handles.
- **Do not** drag on high surface friction materials such as rubber.
- **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.
- **Do not** use outdoors if damp, raining or snowing as the TIYR is not waterproof.
- Using the TIYR on rough, uneven or abrasive surfaces may damage its protective coating.
- If using the TIYR outdoors only use on soft, non abrasive surfaces such as grass, astro turf etc. After use always clean and store inside.

### Warranty and Returns Policy:

The TIYR has a warranty of 1 year which means that Escape guarantees that for this period, the TIYR 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 TIYR 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 TIYR as directed among 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 Escape's "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 TIYR.

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JOIN THE CONVERSATION.



VERSION 6

# THE TIYR®.

## Your user guide.



escape

# USING YOUR ESCAPE TIYR®.



THE ESCAPE TIYR IS NOT JUST USED FOR FLIPPING LIKE A TRADITIONAL RUBBER TYRE WOULD BE!

The TIYR is a unique training tool created by Escape. Its design is based on the traditional dirty, smelly tyres that are often seen in or around small gyms but with a couple of big differences – the Escape TIYR is an attractive, clean and soft product that has many more exercise options than just flipping.

The TIYR is manufactured from high quality materials. Its reinforced base layer uses the toughest of materials allowing it to be dragged across the floor. The grab handles, made from reinforced strapping, wrap around the whole TIYR ensuring strength and durability. The top cover, made from BTEX, allows the TIYR to take the toughest of punishment – it will easily cope with being jumped on and flipped.

The TIYR comes in four different weights – 40kg, 60kg, 80kg and 100kg allowing members of all abilities to train with this great fitness product.

## TIYR PUSH.

INDIVIDUAL.

Place your hands on the side of the TIYR, keep the body low and your back straight. Drive through the legs to push the TIYR forwards. Always push the TIYR with the top surface facing upwards.

01.



02.



## LEG PRESS.

Lying on your back allow the TIYR to rest on your feet. Lower your knees to your chest and then extend the legs to press the TIYR away from the body.

01.



02.



## PIKE.

Set up with feet on the TIYR, push the hips upwards, keeping the legs straight and allow the hips to flex.

01.



02.



## FARMERS LIFT.

Stand inside the TIYR, take the neutral grip handles or top grab handles and pick the TIYR up. Your back should be neutral and hips should extend when lifting.

01.



02.



## PARTNER TIYR PUSH.

PAIRS.

Place your hands on the side of the TIYR, keep the body low and back straight. Drive through the legs to push the TIYR towards your partner, then allow them to push it back.

01.



02.



## LEG PRESS PASS.

Pass the TIYR between each other using the legs. Make sure the knees go to the chest and then extend as you pass the TIYR.

01.



02.



## SQUAT AND PASS.

Stand either side of the TIYR. Go into a squat taking the TIYR with you. Stand up out of the squat and press the TIYR across to your partner.

01.



02.



## CHEST PRESS PASS.

With your hands on the TIYR lower it towards the chest allowing your feet to extend through the TIYR. Press the TIYR over to your partner taking your feet out to leave space for them to perform the exercise.

01.



02.

