

SAFETY FIRST.

To get the best from your Vertball 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 Do's and Don't'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 ball daily, for signs of damage and in particular scratches, cuts or tears which could lead to product failure.
- **Do** check that the weight labels are clean and easy to read.
- **Do** use on a stable floor / surface and check there are no trip hazards or sharp objects that could damage the bag. Check that there is enough space around you to throw the Vertball.
- **Do** return products to interior storage racks specifically designed for the purpose, both between sets of exercises and after use to avoid trip hazards and help prolong their life.
- **Do** wipe clean the surface of the ball with a damp cloth only. Ensure the ball is completely dry before use.
- **Do not** use any ball that shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do not** wear clothing with sharp edges such as buckles, belts and clasps when exercising with these ball(s).
- **Do not** throw / lift weights beyond your capacity. Know your limits. Children must be supervised by an adult when using this product.
- **Do not** patch or repair burst or punctured balls.
- **Do not** kick, hit or allow users to stand on the balls.
- **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 Vertball has a warranty of 1 year which means that Escape guarantees that for this period, the ball 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 Vertball 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 ball 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 Vertball.

THE VERTBALL.

Your user guide.



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JOIN THE CONVERSATION.



VERSION.2

escape 

GETTING TO KNOW YOUR VERTBALL.



NOT ALL MEDBALLS ARE EQUAL – VERTBALLS ARE DESIGNED TO BE THROWN.

The Escape Vertball is a large, soft feel medicine ball used for basic partner-based training drills and wall ball training options. Unlike other medballs - Vertballs are designed to be thrown.

All Vertballs are equal in diameter (350mm) regardless of their weight – a weight that is extremely accurate thanks to the rubber granules that are poured inside and then hand compressed. Their oversized design encourages a strong posture, keeping the core engaged and meaning the shoulder girdle is aligned for throwing and catching.

The Soft and spongy material of these balls prevent risk of injury in high velocity and partner based workouts. The Vertballs characteristics make it a simple tool to use with great versatility.

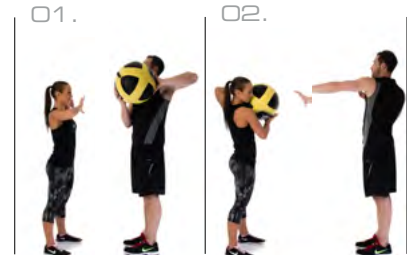
CHEST PASS.

Begin standing with your feet shoulder width apart. Start holding the ball at the chest. Power through the arms and launch the ball, driving it in the direction of your partner.



ONE ARM PUTT.

Begin standing a couple of feet away from your partner. Start with the ball at shoulder height, your palms flat behind the ball and elbows high. Allow slight rotation from your core and drive through the ball towards your partner.



LUNGE AND HORIZONTAL PASS.

Start standing opposite your partner with the ball at chest height. Take a lunge step forward and simultaneously release the ball towards your partner. Switch legs and repeat.



LYING CHEST THROW.

Begin lying, with the ball held at chest height. Position your partner above you ready to catch the ball. Brace your core and project the ball away from the floor and up towards your partner. Have them return the ball and repeat.



SEATED RUSSIAN.

Begin seated with both legs extended. Have your partner position themselves to one side and start with the ball. Extend your arms ready to receive the ball. Receive the ball and use the momentum to rotate at the core. Twist the ball in the direction of your partner and release to return the ball to them.



OVERHEAD THROW.

Begin standing a couple of feet away from your partner. Hold the ball over head with elbows high. Have your partner stand with their arms extended to act as a target. Squeeze your core and release the ball in the direction of your partner. Wait with your arms out ready to receive the ball back from your partner.



OVERHEAD THROW INTO LUNGE.

Begin standing with the ball held behind your and your elbows high. Take a forward lunging step and simultaneously throw the ball forwards. Switch legs and repeat.



SPRINT START THROW.

Position the ball on the floor about two feet in front of you. Start by sprinting towards the ball, keep the body low. Collect and release the ball in one motion as you run past. Concentrate on driving through the feet to produce power.

