

SAFETY FIRST.

To get the best from your GRIPR 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 GRIPR to ensure there are no cuts or tears in the material. Running your hands over the surface may identify damage more readily. Check around the edge of each GRIPR to ensure the stitching remains intact.
- **Do** use on a stable floor / surface and check there are no trip hazards.
- **Do** check there is sufficient space around you to swing the GRIPR without making contact with any obstacle.
- **Do** return GRIPR's to storage racks specifically designed for the purpose after each and every use to help prolong their life and reduce tripping hazards in the exercise area.
- **Do** brush the surface of the GRIPR between uses with a soft bristled brush. Alternatively the material can be wiped with a damp cloth dipped in a very mild soap/washing powder solution (5% maximum).
- **Do** use and store products in a dry and clean environmet away from direct sunlight or damp or humid environments such as swimming pools or spas.
- **Do not** use the GRIPR if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do not** drop onto or drag GRIPR's over sharp objects as this may pierce or tear the material exterior.
- **Do not** lift weights beyond your capacity. Know your limits. Children must be supervised by an adult when using this product.

Warranty and Returns Policy:

The GRIPR has a warranty of 1 year which means that Escape guarantees that for this period, the GRIPR 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 GRIPR 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 GRIPR 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 GRIPR.

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DESIGN OF ESCAPE FITNESS LTD.

JOIN THE CONVERSATION.



VERSION.2

THE GRIPR®

Your user guide.



escape 

GETTING TO GRIPS WITH YOUR GRIPR.



THE GRIPR IS A VERY VERSATILE TRAINING TOOL THAT CAN BE USED FOR A HUGE VARIETY OF EXERCISES.

The GRIPR is incredibly user friendly and easy to learn with, making it the perfect tool for all ages and fitness levels. This very versatile training tool can be used for a huge variety of exercises.

The rapid movement of the steel shots contained within the GRIPR's inner casing during exercise makes the GRIPR a constantly varied, moveable tool that keeps users guessing. The outer casing is made of extra thick neoprene material, which is super tough and provides a good surface for gripping.

The GRIPR is completely sealed so there is no risk of leakage. The GRIPR's soft nature means there is no danger of damaging flooring and no bumping or bruising to the body. The design of the product allows users to move quickly and easily, creating any pattern or plane desired. These characteristics make the GRIPR the perfect training tool for functional and total-body workouts.

FRONT SQUAT.

Begin standing. Hold the GRIPR in both hands tight to your chest. Keeping head up and shoulders back begin driving hips down and back into a full squat position.



BACK SQUAT.

Begin standing, hold the GRIPR behind your head with both hands. Keeping head up and shoulders back begin driving hips down and back into a full squat position.



SQUAT PRESS.

Begin standing. Hold the GRIPR in both hands tight to your chest. Keeping head up and shoulders back begin driving hips down and back into a full squat position. As you stand up from the squat, press the GRIPR above the head.



TWO ARM SWING.

Begin standing. Hold the GRIPR in both hands. Perform a hip hinge, lift GRIPR in front of body and then push the GRIPR back through the legs. Extend the hips and swing the GRIPR forwards. Keep the arms relaxed at all times.



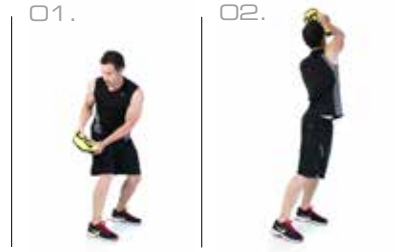
SINGLE ARM SWING.

Begin standing. Hold the GRIPR in one hand. Perform a hip hinge. Lift GRIPR in front of body then push the GRIPR back through the legs. Extend the hips and swing the GRIPR forwards. Keep the arms relaxed.



WOODCHOP.

Take the GRIPR in both hands. Keeping hips static and knees slightly bent, twist torso and lower the GRIPR to the outside of the body. Rotate and raise the GRIPR across to the other side of the body. Finish high to the side of the head.



BENT OVER ROW.

Hold the GRIPR in one hand. Perform a hip hinge and push the GRIPR back through the legs, then swing in front of the body. When it reaches the top of the swing, swap hands and lower the GRIPR in the other hand. Keep the arms relaxed at all times.



SLAM.

Standing tall start with the GRIPR above the head. Using the full force of your body, throw the GRIPR straight down towards the floor so that it slams.

