

SAFETY FIRST.

To get the best from your Sandbag 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 and handles of the bag to ensure there is no fraying, cuts, nicks abrasions or tears in the material. Check around the edges to ensure the stitching remains intact. Running your hands over the surface may identify damage more readily.
- **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 swing the bag without making contact with any obstacle.
- **Do** return bags 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 Sandbag between uses with a soft bristled brush to keep it clean.
- **Do** store the product indoors.
- **Do not** drop onto or drag bags over sharp objects as this may pierce or tear the material exterior.
- **Do not** slam, drop from a height or stand on the Sandbag especially at the outer circular edges as this can weaken the stitched joints resulting in product failure.
- **Do not** attach other equipment to the bag and drag or swing it. Handles are for holding only.
- **Do not** lift weights beyond your capacity. Know your limits. Children must be supervised by an adult when using this product.
- **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 Sandbag has a warranty of 1 year which means that Escape guarantees that for this period, the bag 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 Sandbag 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 Sandbag 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 Sandbag.

**THE
SANDBAG.****Your user guide.****ESCAPE FITNESS LTD.**

Eastwood House, The Office Village,
Cygnet Park, Hampton,
Peterborough,
Cambridgeshire, PE7 8FD,
England
Telephone +44(0)1733 313 535
Facsimile +44(0)1733 316 539
Email sales@escapefitness.com
Website www.escapefitness.com

© ESCAPE FITNESS LIMITED 2015. ALL RIGHTS RESERVED.

JOIN THE CONVERSATION.



GETTING TO KNOW YOUR SANDBAG.



THE BAG THAT WILL KEEP YOU GUESSING AS ITS SHAPE IS NEVER QUITE THE SAME.

The Escape Sandbag is a popular tool used for lifting, throwing and running. The bag is always changing shape during a workout, because of the small weighted bags within the durable outer case that are free to move constantly. Whenever you lift, press or pull the Sandbag it will keep you guessing as it's never quite the same.

Its soft touch and easy to handle design makes it a great tool for users of all levels. Available in three weights, there is a version that's suitable for everyone. From the 10kg model for smaller, lighter people right up to the 20kg version for the serious athlete.

The Sandbag can be used to perform big sagittal plane movements, functional movements and dynamic exercises. It is a very versatile tool and thanks to its many handles and shape, it can be picked up in all in a variety of fashions.

FIREMANS LIFT.

Straddle the bag and set up in a deadlift style posture. Take hold of the side handles. Lift the bag onto the shoulder, keeping the same grip. Return the bag back to the floor and then lift it up to the opposite shoulder.



SHOULDER THROW.

Take hold of one of the end handles with both hands. Swing the bag through the legs. As the bag comes upwards flip it over, onto the shoulder so the hands are in a forward position and the bag is lying over the shoulder. Flip it back off the shoulder and through the legs. Swap shoulders each time.



ONE ARM HIGH PULL.

Take hold of a side handle with one hand and set up in a deadlift position. Pull the bag high up to chest height. Return the bag to the floor and repeat on opposite side.



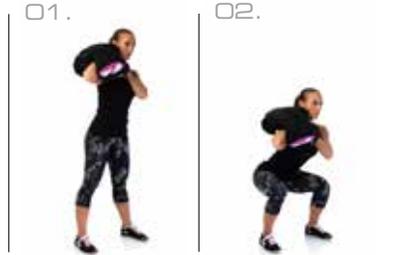
SQUAT AND PRESS.

Hold the wide handles with the bag in the rack position. Go into a squat keeping the bag close to the body. On the upward phase use the vertical momentum of the squat to press the bag above the head.



SACK SQUAT.

Hold the side handles with the bag on the shoulder. Sit back into hips as if sitting on a chair, keeping head and chest up. Sit deep into the squat, so knee joints go through 90 degrees, keeping the bag on the shoulder. Then return to standing position.



DYNAMIC HALO.

Take hold of the end handles with both hands. Start with the bag at hip height and take up a strong stance with feet wider than shoulder width apart. Start swinging the bag around the head in a dynamic fashion.



SUITCASE LIFT.

With a bag on either side of the feet, sit down to pick them up using the side handles. Stand up with the bags staying to the side of the body.



FARMERS WALK.

Take two bags by the side handles, holding one in each arm. Keep the chest up and shoulders back to maintain good posture for the walk. Walk the distance required. Farmer's Walks can sometimes be used as races, at which point a run is acceptable but this does not have the same postural benefits as a walk.

