

## SAFETY FIRST.

To get the best from your Corebag 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** wipe clean the surface of the Corebag with a damp cloth. Avoid using detergents and ensure the bag is completely dry before use.
- **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 Corebag 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 Corebag 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 Corebag 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 Corebag 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 Corebag.

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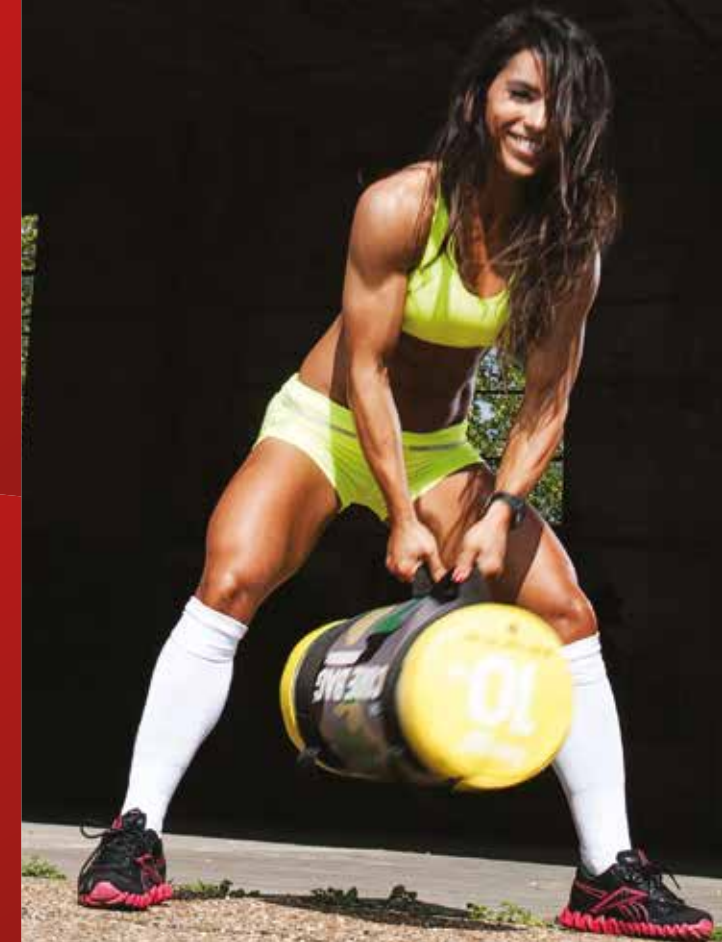


VERSION.3

# THE COREBAG.®

Art.Nr. 1322806

## Your user guide.



escape 

# THE CORE OF STRENGTH TRAINING.



## THE IDEAL TOOL FOR BOTH INDIVIDUAL AND GROUP TRAINING WORKOUTS.

The Corebag's soft touch and easy-to-handle design makes it a great tool for clients of all levels. It can be used for big sagittal plane movements, functional movements and dynamic exercises.

Right from the start the Corebag's design means that it is easy to pick up and start moving. It is non-restrictive and does not limit movement. This means that exercises can be taught and learnt relatively quickly and that performing the more complex movements is achievable more readily.

The Corebag's thick and tough material makes it highly durable and versatile, the range of weights and grip positions means the bag can cope with all types of workouts.

The adaptability of the Corebag also allows for workouts to be tailored to the desired muscle groups, making it the ideal tool for both individual and group training workouts.

### BACK SQUAT.

Place the Corebag on your back, holding the handles. Keeping your elbows forwards and your chest up, perform a squat. Ensure you use a full range of motion whilst maintaining a neutral spine. Stand up tall and extend your hips.



### FRONT SQUAT.

Hold the Corebag in front of the body with your elbows forwards. Keeping your elbows forwards and your chest up, perform a squat. Ensure you use a full range of motion whilst maintaining a neutral spine. Stand up tall and extend your hips.



### GOOD MORNING.

Place the Corebag on your back with your elbows forwards. Perform a bend from the hip maintaining a neutral spine. The knees should only bend as a result of sitting back in the hips. Extend the hips and stand tall.



### DEADLIFT.

Stand over the Corebag with your feet next to it. Set back in the hips and take hold of the Corebag handles. Keep your chest over the bag sit up in a strong position and perform the lift. Keep a strong spinal position. Extend the hips at the top of the lift.



### REVERSE LUNGE.

Place the Corebag on your back with your elbows forwards. Take one leg behind you and plant the foot on the floor. Allow the knee to bend on the back leg. Keep the front foot on the floor. Return to standing and extend the hips.



### FRONT LUNGE.

Place the Corebag on your back with your elbows forwards. Take a step out in front of you and plant the foot on the floor. Allow the knee to bend on the back leg. Keep the front foot on the floor. Return to standing keeping a tall spine throughout.



### BENT OVER ROW.

From a standing position, holding the Corebag by the handles at waist height, go into a hinge at the hip, maintaining a neutral spine. Hold the bag close to the body with arms outstretched. Pull the bag towards the chest, keeping the spine in neutral. Once the bag touches the chest, return to the floor with arms straight.



### SHOULDER PRESS.

Start with the bag in the rack position in front of the body, holding the handles. Press the bag above the head. Extend the elbows and keep the eyes looking forwards. Maintain tension in the glutes and core to support the back. Return the bag to the rack position. Keep the legs locked out throughout the press.

