



Rarp-ID - PRODUCT INFORMATION GUIDE.

Resistance Bands and attachments/accessories

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Rarp-ID' range of resistance bands and attachments / accessories.

This will enable users to quickly become familiar with the products, any necessary inspection protocols and how (and how not) to use, care for, maintain and store equipment. The aim is to help you ensure that your equipment performs as designed.

- Each Rarp-ID product should only be used for its designed purpose, in suitable areas.
- All Rarp-ID products are warranted to be free from defects and comply with all applicable statutory and regulatory requirements. This warranty extends to the original end-user and commences on the date of delivery. Full details of the warranty conditions and the duration of the warranty for each product can be found on our website at www.rarp-idfitness.uk/terms-and-conditions
- Products have variable lifespans, which will depend on the materials used in their manufacture and the level of usage. Products do wear out. This is normal and not a fault. An example of fair wear and tear would be scuffing and bands breaking due to age.
- Please be aware that rubber products may have a slight odour or surface blooming residue caused by the properties in the rubber. This is not a defect and odours will disappear in time.
- A product is only considered to be faulty if, during normal usage, a significant change occurs in the product that means that it cannot be used as originally intended. An example of a failure would be a crack or break in a product.
- Products that are not stored, cared for, used as directed or in normal conditions may fail. This failure is considered abuse and will be excluded from a warranty claim - even where the failure occurs during the stated warranty period.

BEFORE USE.

- **Do** visually check products at least weekly – preferably daily – for signs of damage and to ensure that they are fit for purpose.
- **Do** check that barbell carabiners fixing points are fixed securely to the ends of the barbell and that the barbell is not bent when screwed together.
- **Do** check the surface of the item visually and by touch to ensure it is dry and free of debris and that there is no damage.
- **Do** check that bars are straight. For bars that screw together, check that they are free to rotate and end screws are tight (tolerance of 1.5mm allowable at the end of a bar).
- **Do not** use products if they show any signs of damage. Remove the product from the area and consult the facility supervisor and supplier

DURING USE.

- **Do** prevent slips and damage to users, products and flooring, by using free weights in an unobstructed free weight area. This should feature rubber or similar impact absorbing flooring materials to a minimum depth of 12mm.
- **Do** ensure that in heavy use environments there is enough space to use the product properly.
- **Do** ensure that users are using suitable collars at all times to secure plates to bars.
- **Do** encourage users to wear hand and forearm protection, especially if they are new to using free weights, to avoid friction calluses.
- **Do not** allow free weights to be dropped as damage will occur to both the floor and the products, especially if contact is made with any force. Such damage will be worse on wood, vinyl or laminated flooring. Similar damage will also be caused if the surface is abrasive or especially hard as scratches and chips will appear on the product which will oxidise and become unsightly. Use impact absorbing flooring materials, preferably a lifting platform.
- **Do not** allow users to bang the products together or drop on to any metal object, such as fitness benches or racks as this will damage the product (in particular the barbell, stickers and any rubber or PU coatings). This is considered product abuse and will invalidate the product's warranty.



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CARE AND MAINTENANCE.

- **Do not** clean metal or rubber handles with any silicone-based lubricant.
- **Do** use products such as a stiff nylon bristle brush, WD-40 or 3in1 oil.
- **Do** clean the chalk out of the knurling on a daily basis.

STORAGE.

- **Do** store products in provided storage bags, or an appropriate rack/shelf and return them after each use (including between sets) to prevent trip hazards and help prolong product life. All rubber and urethane free weight products should be stored and used in dry, well ventilated, well-lit and preferably air conditioned environments.
- **Do not** store bars/bands/clips with bands/carabiners attached.
- **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.

WORKING OUT WITH YOUR EQUIPMENT.

Rarp-ID has created a section on our website of video resources that can help clubs, trainers and members to use our products safely, care for the products, and train more effectively.

Ambassadors.

Rarp-ID ambassadors can offer a comprehensive guide of education solutions to help users become even more proficient in coaching around our products. Visit our website for more details on our product videos.

Workout of the Week (WoW) videos.

Visit the Rarp-ID video lounge and you'll find lots of videos showing you how to perform all kinds of exercises and workouts.

www.rarp-idfitness.uk/home