



2020 CATALOGUE.

YOUR ESSENTIAL GUIDE TO
FUNCTIONAL TRAINING.

ESCAPE YOUR LIMITS.[®]

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THERE IS NOTHING WE CAN'T DO WHEN WE SET OUR MINDS TO IT.



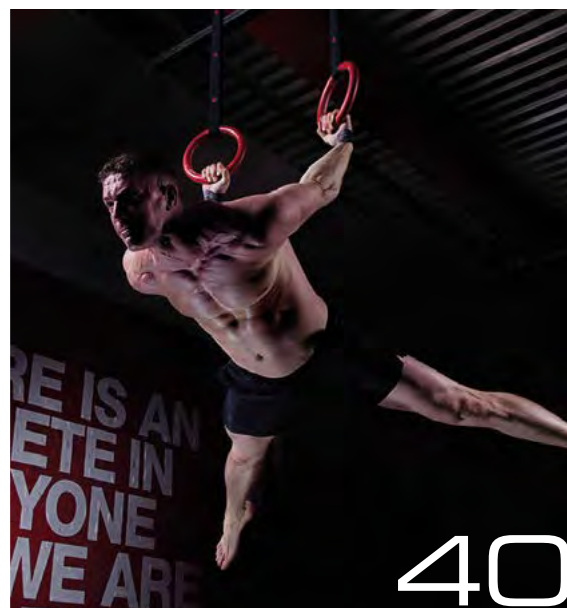
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WELCOME TO MARS.



SCREEN MOUNTING FIT FOR ANY SPACE.

The MARS screen can be easily mounted in three ways to suit the set-up of any gym layout.

TAP AND TRAIN.

A responsive touchscreen and simple navigation means users can easily find the workouts they're looking for at any time.

ENHANCE THE USER EXPERIENCE AND KEEP GYM-GOERS ENGAGED.

Most people enter a new fitness space with some level of uncertainty. Even the most experienced gym-goers can be confused by new training tools, or in looking to try a different way of working out.

Nothing beats the support of a great PT and engaging group X classes to uplift member retention, but not every gym can be manned. Plus, many people are more comfortable with a screen than a person.

The Multi-Activity Resource Station provides exercises, videos and workouts for people of any level using the Escape core range of products. People can access basic instruction on every Escape product and choose from a range of exciting workout options, even if there's no one nearby to help them.

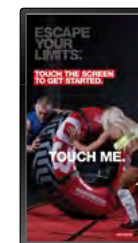
Content is regularly uploaded by the Escape team, so each time a new Escape product is launched, your screen will be updated.

This increases operator return on investment and enhances the user experience by keeping gym-goers engaged and training knowledgeably and safely.

THREE WAYS TO TRAIN; NO WORKOUT THE SAME.

With three options for fitting a MARS screen in your fitness space, both operator and user needs can be met, with expectations exceeded in any gym.

01 SOLO MARS SCREEN.



On its own, a MARS screen can be mounted on a wall for easy access by users in one, fixed area of a gym. This allows for anyone to have access to the information before venturing off to select the correct equipment and perform their workout.

02 MARS RACK PACK.



The ultimate in Escape's MARS screen experience, the accompanying RACK5 units can be fully-stocked with everything you need – encouragement, information and equipment all in one space. This is everything a gym-goer needs for a multitude of training sessions.

03 MARS SCREEN ON FRAME.



This fitting option for the MARS screen complements current Escape set-ups, as it will attach to any Octagon frame for position variability and easy access. Not only does this allow the MARS screen to be moved depending on need, but it will also enable numerous workout locations, centred around one screen.

MARS.

Bridging the gap between education and exercise, the MARS screen provides a return on investment for both operator and member alike.

Helping gyms stay up-to-date, and enabling them to compete with the latest functional training offerings, MARS helps fitness facilities create valuable experiences that attract members. An experience is far more than the equipment. Prior to MARS, unmanned gyms struggled to compete. Whatever your facility, the fitness industry is transforming and people expect information at their fingertips – keeping them educated and inspired throughout their workout.

TECH SPEC.

- Screen dimensions: 772mm high x 466mm wide x 74mm deep.
- Weight 17kg.
- VESA wall mount: 300mm x 200mm; overall bracket size: 387mm x 282mm; six hole wall fixing.
- Network patch lead (5 metres) included.
- Portrait picture: 32" infrared high-definition touchscreen with resolution of 1920x1080 pixels.
- Attach screen to the internet (minimum 2Mbps download speed and 256kbps upload speed) to receive Escape's regularly updated exercise and workout content.
- Power range: 110v – 240v AC.

INSTALLATION.

The MARS screen comes in three options for fitting – it can be supplied as a total package on two RACK5 units, fully-stocked with suitable equipment and training tools. It can be wall-mounted or fitted as a screen on any Octagon frame leg – making it easily accessible and visible.

TRAINING.

With beginner, intermediate and advanced exercises for a full complement of traditional and innovative training tools, the MARS screen features endless workout inspiration and exercise options for any ability.



MARSPACK	MARS RACK5 equipment pack Pack of The MARS system mounted between 2 RACK5s and equipment - Gym balls, Rollers, Kettlebells, Corebags, Medicine Balls, VERTMINIS, GRIPRs, CMTs, DECK 2.0 and Core mats.
MARS	Screen only – MARS screen with 3 year subscription.
PLEASE NOTE:	Please contact your sales representative for more information on MARS.



HOW TO DELIVER AN OUTSTANDING TRAINING EXPERIENCE.

The fitness industry is undergoing a period of change that's as fast-moving as at any time in its history. Driving this change is the growth of group fitness programming worldwide.

Whether you are setting up a boutique, a PT studio, or operating an existing club and looking for ways to stay competitive, the race is on to offer something fresh, new and different.

WHY ARE GROUP TRAINING EXPERIENCES SO POPULAR TODAY?

Some features of the group X model sets businesses apart from what has previously been normal across the industry. For example, many locations work on a pay-as-you-train basis rather than memberships. But people's motivation for joining group training experiences isn't just about ditching long-term contracts.

What matters more is that boutiques excel at running superb workouts with a unique or specialist feel. They are usually high intensity functional training workouts with a brilliant blend of fun and effectiveness. Nobody gets bored: everybody gets challenged and finishes on a high.

A CONCEPT TO COMPLETION PLAN THAT WILL HELP YOU COMPETE.

Great functional training experiences require careful planning and meticulous execution. After many years of helping clubs to create superb functional fitness experiences, we have found what works well and what doesn't.

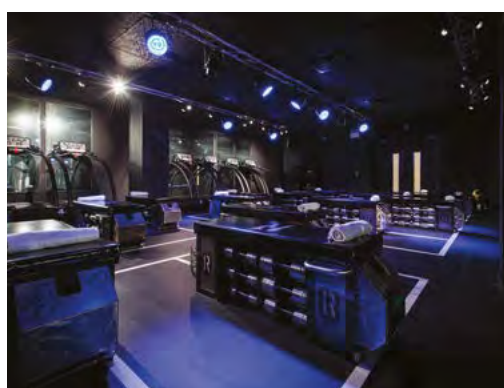
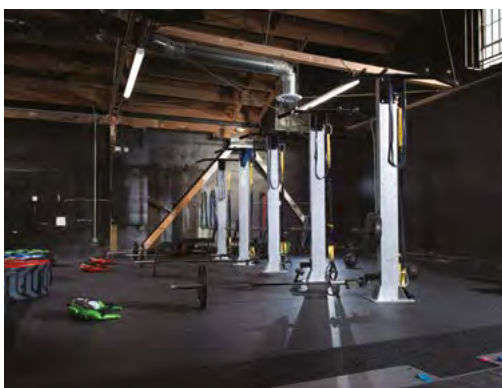
Our seven-stage process has proven itself in projects we've completed with clubs around the world – from new boutiques to established brands seeking new and better fitness experiences. Take a look at our summary of the process on the opposite page, and explore it in more detail by contacting sales@escapefitness.com.

PLANNING YOUR NEW FUNCTIONAL TRAINING SPACE?

Discover how to achieve the launch of an outstanding functional training experience.



Email us at:
sales@escapefitness.com



SEVEN STEPS TO SUCCESS IN YOUR SPACE.

STEP 1.

A VISION FOR THE CLUB.

A vision is most of all about understanding your customers. Who do you want to appeal to? What are their fitness and social goals from using a facility? What kind of experience will attract these people? Making firm decisions about your preferred customer profiles and how best to meet their needs enables you to provide unique, personalised experiences.

STEP 2.

EQUIPMENT THAT MEETS YOUR MEMBERS' NEEDS.

With a clear vision in place, it's time to choose suitable equipment. Variety is the key to engaging experiences and functional training equipment delivers, with dozens of options available. But don't become blinded by what's on offer: remain true to your vision and select equipment perfectly suited to your chosen member profiles.

STEP 3.

A BRILLIANT TRAINING ENVIRONMENT.

Boutiques have proven that the environment in which people train is an integral part of the overall experience. It's about great aesthetics – colour schemes, lighting, wall graphics and so on – but it doesn't end there. Having a layout that works, suitable flooring and space-efficient equipment racks also contribute.

STEP 4.

KNOWLEDGEABLE, SKILLED AND CONFIDENT TRAINERS.

Functional equipment and free weights do not have on/off switches and they are not always intuitive to use. A club's trainers therefore need the knowledge to help members use the equipment safely and effectively. Add in the confidence to interact with members to form a sense of community and belonging, and you have a recipe for success.

STEP 5.

PROGRAMMING THAT EXCITES MEMBERS.

Most boutiques build their business around their programmes, with each one having its own branding to communicate the experience and results members can expect. Without brilliant programming, there's a real danger that members will fail to get on board with functional training. Great programming teaches people how to use the equipment, brings them together for awesome social experiences, and delivers results over the long-term.

STEP 6.

A BUZZ ABOUT WHAT YOU DO.

Once the equipment, environment, trainers and programming are in place, it's time to tell the world. This starts with making sure that all of the club's staff (training and non-training) understand the key points about the equipment and programming. That's the starting point for communicating a clear message and generating word of mouth. Then it's about using online tools to spread the word more widely.

STEP 7.

CONSTANT EVOLUTION TO REMAIN ATTRACTIVE AND COMPETITIVE.

Offering the same experience for months on end can become tiresome and ultimately drive members into the door of a competitor. Boredom should not be an option in any fitness space. This is why regularly reviewing what you're offering is so important, coupled of course with an evolving experience that maintains the excitement and engagement.



WALL GRAPHICS.

Wall graphics have the power to transform your space, creating a sense of community and helping to inspire and motivate members. Escape makes sourcing brilliant graphics for your facility easy, with a simple process that achieves great results anywhere.

A SIMPLE PROCESS FOR ACHIEVING GRAPHICS UNIQUE TO YOUR CLUB.

Amazing wall designs to bring your space to life are just a few simple steps away. You can have any combination of images, motivational statements and colours from the menu we provide. Tell us also the sizes of the walls you are transforming and we'll send you the artwork.

01. CHOOSE YOUR IMAGES.
02. CHOOSE YOUR STATEMENTS.
03. CHOOSE YOUR COLOURS.
04. SPECIFY THE SIZES.



BESPOKE WALL GRAPHICS ALSO AVAILABLE. FOR MORE DETAILS ABOUT THIS SERVICE PLEASE CONTACT ESCAPE OR YOUR LOCAL SALES REPRESENTATIVE.

TRAINING. EDUCATION. EXPERIENCE.

TRAINING.

The key to achieving motivated members is having coaches and trainers who are knowledgeable and passionate about training tools and techniques. That's what Escape Training is here to help you achieve.

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MEET THE TEAM OF MASTER TRAINERS.

Experience is everything, and Escape understands that we all work better together, sharing insight that we can pass on to our clients, customers, members and gym-goers. That's why we have an extensive range of training experiences, both in digital and face-to-face formats. Each one imparts knowledge about all things fitness, starting at the programming and delivering group training experience, to gamification and much more.



WHY TRAIN WITH ESCAPE.

The journey to increased revenue and retention can be so much more than just a numbers game. Escape provides an exhaustive experience in every respect, drawing on decades of knowledge for exciting workouts that bring big benefits to business and bodies alike.

Our team of Master Trainers experience this first-hand and discover ways in which they can innovate on what they learn in order to keep clients coming back for more. Join us in person or online for motivation, inspiration and perspiration through a movement revolution that we can lead together.



BUSINESS IN A BOX.

The rise of the niche-interest experiences proves that people's taste for fitness has changed. There's a growing demand for fun, fast group training, usually in a HIIT style. It's why small studios are doing so well and why established clubs often need to revisit their offering in order to compete – it's survival of the fittest.

Now any club can bring fantastic group training experiences to their members. Escape offers you a suite of programmes with everything you need to get going straight out of the box, from small group training to creating a club within a club solution.

See **pages 16- 21** for more details.



ONLINE TRAINING COURSES.

With our varied industry and evolving exercise trends, it's more important than ever to ensure your clients/members get the most engaging training experience and the very best results. Education is essential – upskill with Escape.

This system of training supports PTs within gyms, running their own facilities, or taking on the world outside a traditional gym in spaces such as boot camps. The tools provided can be successfully used to stay ahead in business and in fitness.

See **pages 22 - 23** for more details.

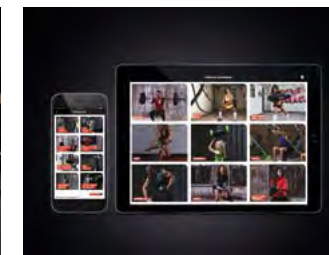


INSTRUCTOR TRAINING.

Becoming certified is essential for companies and trainers aiming for the highest level of member experience. Our certification courses are designed to give you the how and why behind training methods, so that trainers gain the confidence to work with any member.

The importance of in-depth research, practical knowledge and real experience are paramount to the way we create our courses. This is why we create the very best course content and support that allows you to deliver the best training to members.

See **pages 24 - 25** for more details.

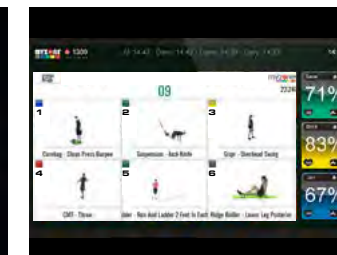


THE ESCAPE FITNESS APPS.

GO COACH helps professionals enhance client sessions – delivering an abundance of exercise videos and instructional text for the products in the Escape range. Accessible through the iPad Pro on an annual subscription, the app is automatically updated with the latest Escape innovations so you can stay up to date with new products and training methods.

The **Escape Your Limits App** brings fitness to your phone. Whether you're experienced in exercise or a workout newbie, we help you train in-club, at home or outside with your favourite Escape equipment.

See **pages 26 - 27** for more details.



MYZONE.

We've joined forces with Myzone in the first partnership of its kind – introducing Myzone to Escape programming, giving clubs, boutiques and studios of all sizes an innovative and engaging class. Introducing the heart rate tracker, Myzone, into our training programmes means members get instant, colour-coded feedback on their performance via their phone or a screen in the gym, adding an element of gamification. Combining wearable digital technology with industry leading programming and the ability to design workouts according to trends or seasonality – we help you boost market share and revenue through enhanced member engagement.

See **pages 28 - 29** for more details.



MOVE IT.

MOVE IT.[®] GROUP TRAINING PROGRAMME.

MOVE IT is designed to achieve the maximal post exercise benefits of HIIT training, developing rest aerobic and anaerobic capacity to new levels. Participants move through a series of workout zones, with intervals, equipment and exercises carefully chosen to challenge energy systems while developing total body, functional strength and endurance.

WHAT DO MEMBERS GET FROM MOVE IT?

MOVE IT provides a fun, challenging, self-paced workout for members of most fitness levels. It has been designed from the ground up in a way that lets people of different capabilities work out together. The typical **MOVE IT** participant will be looking for more variety and fun – and better results – than they can get from other workouts. It's the combination of the HIIT approach and the group format that packs such a punch. This leads on to much greater engagement with the club or trainer and a long-term commitment to their fitness journey.

WHAT TYPE OF CLUB IS IT FOR?

Developed to have mass-appeal, this programme is a brilliant way for larger clubs to engage more members than ever in functional training. It turns part of the gym floor into a dynamic, exciting group training space. Smaller group training studios can also achieve results with **MOVE IT** by integrating it as a key area of programming.

THE PACKAGE.

Here's what you get in your **MOVE IT** package:

- Programme Principles Manual (binder and online pdf).
- How-to Guide (binder and online pdf).
- Exercise library per workshop (course videos with coaching notes).
- 24 workouts of 30 minutes (course videos with coaching notes).
- 24 workouts of 45 minutes (course videos with coaching notes).
- Warm-up and cool down exercises (course videos with coaching notes).
- 28 bonus workouts (templates with coaching notes).
- 6 fitness tests (templates with coaching notes).
- 7 product training workshops (online access to workshop material including course videos).
- Marketing material (posters, flyers and social media content for you to use).

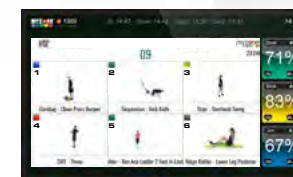
MIB001 MOVE IT Training Programme

MIB100 Additional face to face training
- two day course (can only be purchased with MIB001)

Additional face-to-face product training workshops:

- Kettlebell
- Corebag
- Bulgarian Bag
- Sandbag
- GRIPR
- CMT
- SMR with Foam Rollers

PLEASE NOTE: All prices shown for face to face training do not include flights and accommodation.



The **MOVE IT** group training programme seamlessly integrates with Myzone, offering further instruction, fitness tracking and gamification to any workout. See **page 28** for more details.

MOVE IT EQUIPMENT PACKS.

MIBP14 Up to 12 users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 6 x CMTs
- 6 x GRIPRs
- 2 x Ridge Rollers
- 6 x Sandbags
- 2 x Speed Ladders
- 2 x Suspension trainer (ordered separately)
- 8 x Corebags
- 8 x Fitness Bulgarian Bags
- 6 x Double Grip Medballs
- 10 x Rubber Kettlebells
- 6 x Slamball SBX
- 1 x Ammo Box with Dividers

MIBP20 13-18 users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 9 x CMTs
- 9 x GRIPRs
- 2 x Ridge Rollers
- 8 x Sandbags
- 2 x Speed Ladders
- 3 x Suspension trainer (ordered separately)
- 12 x Corebags
- 12 x Fitness Bulgarian Bags
- 8 x Double Grip Medballs
- 15 x Rubber Kettlebells
- 8 x Slamball SBX
- 1 x Ammo Box with Dividers

MIBP30 19-30 users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 12 x CMTs
- 12 x GRIPRs
- 2 x Ridge Rollers
- 12 x Sandbags
- 4 x Speed Ladders
- 4 x Suspension trainer (ordered separately)
- 16 x Corebags
- 12 x Fitness Bulgarian Bags
- 12 x Double Grip Medballs
- 20 x Rubber Kettlebells
- 12 x Slamball SBX
- 1 x Ammo Box with Dividers

PLEASE NOTE: A Suspension trainer is essential for **MOVE IT**. Suspension trainers must be ordered separately.

GET BATTLE READY.



BATTLE FIT. GROUP TRAINING PROGRAMME.

BATTLE FIT is a team-based functional training programme developed by former British Army officers, based around high-intensity 35-minute workouts. Tapping into the popularity of bootcamps, it pushes participants past their comfort zone to their best ever fitness levels. People who take part in a **BATTLE FIT** session will come away exhausted but with a huge sense of achievement.

WHAT DO MEMBERS GET FROM BATTLE FIT?

BATTLE FIT is only for those looking to work out at extreme intensity. But it's not just for 'elite' members. It has been created with flexibility and safety in mind and can accommodate members of different abilities in the same session.

Trainers can ramp up the intensity for more advanced members, while at the same time instructing less able participants in a way that matches their capabilities. Whoever takes part, they will have the satisfaction of being involved in a session with plenty of camaraderie and team spirit.

WHAT TYPE OF CLUB IS IT FOR?

Created for clubs who want to appeal to those looking for an especially demanding fitness programme, **BATTLE FIT** is ideal for any club that wants to run a bootcamp-style programme, indoors or outdoors. It can be run either on the gym floor, in a studio environment or out in the open. It's also a great option for personal trainers running small group bootcamps as all the equipment fits in the back of a car.

WHAT'S INCLUDED?

There are instruction manuals for trainers, 35-minute workouts, fitness tests, product-specific training workshops and an exercise library covering all of the workout components.

THE PACKAGE.

Here's what you get in your **BATTLE FIT** package:

- Operations manual (binder and online pdf).
- Exercise library per workshop (course videos with coaching notes).
- Terminology card (to explain the military terminology used in **BATTLE FIT**).
- 26 workouts of 35 minutes (course videos with coaching notes).
- 5 Operational fitness tests (course videos with coaching notes).
- 6 Product training workshops (online access to workshop material including course videos).
- Marketing material (posters, flyers and social media content for you to use).

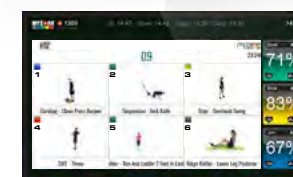
BFB001 BATTLE FIT Training Programme

BFB100 BATTLE FIT face to face training
- two day course (can only be purchased with BFB01)

Additional face-to-face product training workshops:

- TIYR
- Battle Ropes
- Sandbag
- GRIPR
- CMT
- Plyometrics

PLEASE NOTE: All prices shown for face to face training do not include flights and accommodation.



The **BATTLE FIT** group training programme seamlessly integrates with Myzone, offering further instruction, fitness tracking and gamification to any workout. See **page 28** for more details.

BATTLE FIT EQUIPMENT PACKS.

BFBP01 Up to 12 users

- BATTLE FIT Equipment Pack

- 1 x Speed Discs
- 2 x TIYR with handles
- 6 x Sandbags
- 4 x Slamball SBX
- 4 x CMTs
- 12 x GRIPRs
- 4 x Training Bars
- 1 x Multiplayo
- 1 x Battle Rope

BFBP02 13-18 users

- BATTLE FIT Equipment Pack

- 1 x Speed Discs
- 3 x TIYR with handles
- 6 x Sandbags
- 4 x Slamball SBX
- 4 x CMTs
- 12 x GRIPRs
- 6 x Training Bars
- 1 x Multiplayo
- 2 x Battle Rope

READY TO HIIT YOUR WHOLE BODY?



**HIIT
THE
DECK.**
escape

HIIT THE DECK. GROUP TRAINING PROGRAMME.

Imagine a large group or a compact boutique studio space, full of people moving quickly between step routines, plyometric jumps, resistance band work and bench presses. Using just the Escape Deck 2.0 and a handful of other carefully-chosen tools, we've created a programme package that makes it possible.

WHAT DO MEMBERS GET FROM HIIT THE DECK?

HIIT THE DECK works superbly as an introduction to functional training for members who have had limited exposure to it so far. It includes exercises and workouts embracing cardio, strength and plyometrics, giving people a fantastic whole body experience. Instructors can also ramp up the intensity for more advanced members. The pace and resistance levels can be increased according to participant fitness levels: there is no limit on the amount of challenge that can be achieved with HIIT THE DECK.

WHAT TYPE OF CLUB IS IT FOR?

Thanks to its suitability for members of almost all abilities, this is an incredibly flexible solution that includes programming for PTs, standalone small group studios and boutiques, and large group studio spaces. It can be run as one of several programmes in a club, but the sheer scale and variety of workouts means it also has the potential to be used as the basis for a club's entire programming.

WHAT'S INCLUDED?

There are instruction manuals for trainers, 45-minute large group workouts (and the music to go with them), 20-minute small group workouts, one-to-one PT workouts, specialist boutique workouts and an exercise library covering all of the workout components.

THE PACKAGE.

Here's what you get in your HIIT THE DECK package:

- Training and operations manual (binder and online pdf).
- Exercise library per workshop (course videos with coaching notes).
- 6 exercise-to-music workouts of 45 minutes for large group programming (course videos, coaching notes and ready-to-download music).
- 10 workouts of 20 minutes for small group programming (course videos with coaching notes).
- 6 workouts for personal training (course videos with coaching notes).
- 128 specialist boutique studio workout interval protocols covering lower, upper, core and total body (course videos with coaching notes).
- The Deck Time Trial (video and template document).
- Marketing material (posters, flyers and social media content for you to use).

HTD001 HIIT THE DECK Training Programme

HTD100 HIIT THE DECK face to face training - one day course (can only be purchased with HTD001)

Additional face-to-face product training workshops:

- Bulgarian Bag
- DECK 2.0
- GRIPR

PLEASE NOTE: All prices shown for face to face training do not include flights and accommodation.



HIIT THE DECK CLUB EQUIPMENT PACKS - PER PERSON

HTDBB1 Beginner Pack

- 1 x DECK
- 1 x Resistance Tube Level 2
- 2 x 2.5kg Octagon Dumbbells
- 2 x 7.5kg Octagon Dumbbells
- 2 x 4kg GRIPR
- 1 x 5kg Bulgarian Bag

HTDBA1 Advanced Pack

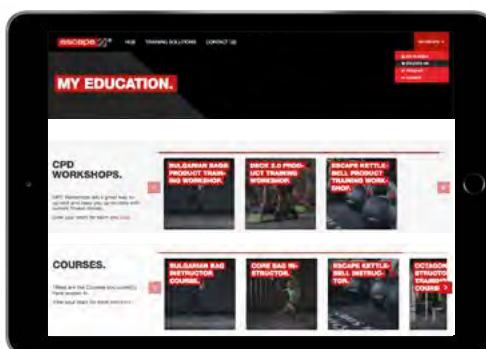
- 1 x DECK
- 1 x Resistance Tube Level 3
- 2 x 10kg Octagon Dumbbells
- 2 x 15kg Octagon Dumbbells
- 2 x 6kg GRIPR
- 1 x 8kg Bulgarian Bag

PLEASE NOTE: One pack is required per participant in a class.

ONLINE PRODUCT TRAINING WORKSHOPS.

Trainers and coaches can develop comprehensive skills and knowledge with our product training workshops. Each workshop includes video demonstrations of multiple exercises, created by Escape's Master Trainers. It's like having product experts deliver one-to-one instruction, but with the convenience of online delivery.

In addition to the online delivery format, we also run two-hour product training workshops in clubs for groups of trainers. Clubs typically purchase three or four workshops (covering different products) to run on the same day. Participants in the in-club workshops also enjoy full access to the online support materials.



- TRAIN01** Battle Rope - product training workshop
- TRAIN02** Bulgarian Bag - product training workshop
- TRAIN03** Kettlebell - product training workshop
- TRAIN04** Medicine Balls - product training workshop
- TRAIN05** TIYR - product training workshop
- TRAIN06** GRIPR - product training workshop
- TRAIN07** Plyometrics - product training workshop
- TRAIN08** Corebag - product training workshop
- TRAIN09** SMR Rollers - product training workshop
- TRAIN10** Sandbag - product training workshop
- TRAIN11** CMT - product training workshop
- TRAIN12** DECK 2.0 - online product training

Face-to-face product training workshops – only available in packs:

- PTB3PACK** Product training workshop - 3 pack
- PTB4PACK** Product training workshop - 4 pack

MASTER ANY MOVEMENT.



FIND YOUR NICHE.

More and more fitness spaces are finding a niche and servicing specific interests of clients; the same goes for entrepreneurial personal trainers, too. With Escape product training, you can pick exactly what you want to master, and become a pro with any performance tool.

ACCESS ANYWHERE.

Escape Training leads the way in functional training methods and provides you with real world, practical tools to use instantly. Through Escape training, you can also access to our PT Live seminars, where you can learn from industry leaders wherever you are.

FOR GYM OWNERS OR GO-IT-ALONERS.

These are the perfect workshops to empower a PT to deliver exciting training sessions to their clients. These workshops also ensure that club owners purchasing the equipment can enable their trainers to teach safe use of it and maintain it correctly.

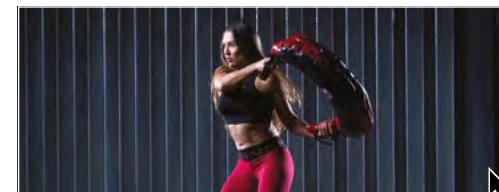
PERSPIRATION.
MOTIVATION.
INSPIRATION.

INSTRUCTOR TRAINING COURSES.

Our REPs and NASM accredited in-club instructor training courses provide customers with in-depth knowledge of a product or training method.

They are naturally very practical and hands-on, yet crucially always cover the need-to-know theory, so trainers can implement their skills successfully with all clients.

Course delegates (up to 14 participants per course) also get online access to course manuals and exercise videos that show all of the techniques covered in the training itself.



BULGARIAN BAG – INSTRUCTOR TRAINING COURSE.

- History of the Bulgarian Bag.
- Benefits of the Bulgarian Bag.
- The Suples Spin.
- The Arm Throw.
- The Swing Snatch.
- Using the Bulgarian Bag in training sessions.
- Bulgarian Bag workouts.
- Time: 8 hours, 1 day.
- REPs CPD Points: 8.



INSTRBULG Bulgarian Bag - Instructor Course



EXTREME KETTLEBELLS – INSTRUCTOR TRAINING COURSE.

- History of Kettlebells.
- Kettlebells explained.
- The Swing.
- The Snatch.
- The Clean.
- The Turkish Get-up.
- Kettlebell workouts.
- Time: 16 hours, 2 days.
- REPs CPD Points: 16.



INSTRKBELL Extreme Kettlebells - Instructor Course



OLYMPIC WEIGHTLIFTING – INSTRUCTOR TRAINING COURSE.

- History of Olympic Lifting.
- Introduction to Olympic Lifting.
- The Clean.
- The Jerk.
- The Snatch.
- Squat and Romanian Deadlift.
- Weightlifting workouts.
- Time: 16 hours, 2 days.
- REPs CPD Points: 16.



INSTRWLIFT Olympic Weightlifting - Instructor Course



OCTAGON TRAINING – INSTRUCTOR TRAINING COURSE.

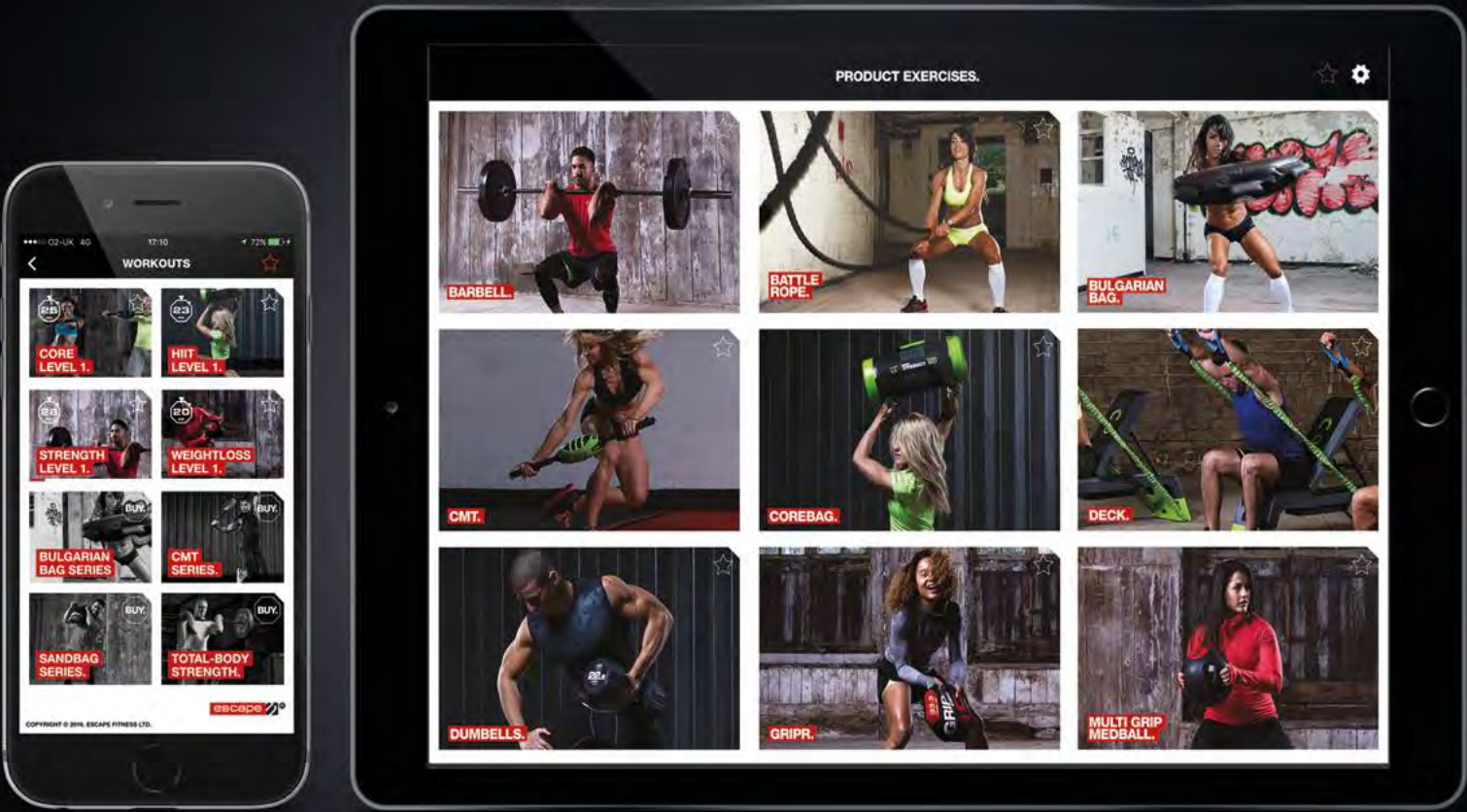
- Application and purpose of the Octagon.
- The Octagon attachments.
- The seven principles of successful programming.
- How to programme your Octagon training week.
- Octagon group training.
- How to be a good trainer.
- Octagon exercise library.
- Time: 8 hours, 1 day.
- REPs CPD Points: 8.



INSTRCT Octagon Training - Instructor Course

PLEASE NOTE: All prices shown for face to face training do not include flights and accommodation.

DIGITAL FITNESS FOR OPERATORS AND END USERS.



DOWNLOAD FREE ON THE APP STORE AND GOOGLE PLAY:



THE ESCAPE APPS.

Now there's support for anyone working out with Escape's functional training equipment – in the gym, outdoors, at work or at home.

CONSUMER.

The Escape Your Limits app provides support for anyone working out with functional training equipment in the gym, outdoors, at work or at home. In addition to single exercise features, users can follow set workouts for strength, conditioning, total body benefits and more. Features free content and in-app purchases. Available as a free download from the Apple and Android app stores.

CLUB.

The GO COACH App is designed to give any personal trainer access to the full complement of Escape equipment exercises that will support them in any gym or fitness space. Whether a seasoned fitpro in need of new inspiration, or new to the industry and inexperienced, this library of movements will give anyone what they need to get the most from a client. GO COACH features content provided through an annual subscription. Contact the Escape team for further information.

FEATURES.

Users can watch individual exercises or entire workout schedules performed by Escape trainers with a wide range of functional tools. Corebags, Sandbags, Multi Grip Medballs, Bulgarian Bags, CMTs, GRIPRs, Plyosoft Boxes, Kettlebells, Bars and Plates, VERTBALLs, Battle Ropes, VECTOR, STRONGBOX, TIYR and TIYR Sport are all included.

COMPARISON CHART.

	ESCAPE APP.	GO COACH APP.
	Consumer	Commercial / Club
	Hand-held phone	iPad Pro
CONTENT:		
Exercise Library	Yes	Yes
Workouts	Yes	No
Paid-for content	Yes	No
WOWs	Yes	No
NO. OF WORKOUTS:		
No. of products	24	24
No. of exercises	6	Full library
Monthly updates	Yes	Yes
Filters by product	Yes	Yes
Delivery mechanism	App Store	App Store
Sign up mechanism	User	Escape sales team
Cost	Free and paid-for content	Annual subscription



MYZONE. BUILD YOUR OWN WORKOUTS.

Engage members in the gym and out of it with Escape programming and Myzone. Combining heart rate monitors, screen displays, and innovative programming such as MOVE IT, BATTLE FIT and other classes in your facility or studio brings a new level of member experience with every workout.

Whether creating a competitive state, implementing exercise accountability, reducing transition times or improving safety with visual cues on each movement, evolve your offering for both member reward and retention. The colour-coded heart rate zones of Myzone offer immediate identification of the target and success that will keep members coming back for more.

EFFORT ZONES.

WORKOUT INTENSITY.	HOW YOU'LL FEEL.	MEPS EARNED PER MIN
100% to 90%	You're pushing yourself to your limits and can only sustain this activity for a short period of time. You will fatigue easily.	4 MEPS
89% to 80%	You will be breathless with difficulty saying more than 2-4 words. Your muscles will "burn" - additional mental focus is required.	4 MEPS
79% to 70%	Breathless, but able to speak a sentence of 4+ words. Muscles may "burn" slightly. You can sustain this activity for 26-60 minutes.	3 MEPS
69% to 60%	You're starting to feel out of breath, but still able to easily resite 3-4 sentences. Muscles are warmed up and light sweating is likely.	2 MEPS
59% to 50%	Exercise at this level is enjoyable and easily maintained for upwards of 60-120 minutes without fatigue.	1 MEPS
49% to 0%	Completely comfortable. This is how you normally feel when you're resting.	0 MEPS

Introducing the heart rate tracker Myzone into training means members get instant feedback on their performance via their phone or a screen in the gym, adding an element of gamification. The more effort they put into the workouts, the more Myzone Effort Points the user earns.

Additionally you can schedule classes for your club's unique needs – designing performance-specific workouts for upper body, lower body or full body muscle groups according to seasonality or trends. This customisation gives you a competitive advantage as today's tech-savvy exercisers expect novelty, community and challenge with real-time feedback.

THE PACKAGE.

Here's what you get in your Escape programming Myzone package:

MOVE IT.

- 24 x 30 minute structured workouts
- 24 x 45 minute structured workouts

BATTLE FIT.

- 26 x 35 minute structured workouts

Additional access to over 100+ exercises to create your own workouts at an additional cost.

PLEASE NOTE: For more information and pricing please contact your sales representative.



FUNCTIONAL.

Working in multiple planes of motion strengthens and conditions the whole body, from knees and ankles to shoulders and hips. The Escape range of functional training equipment provides the ideal starting point for this style of training, but also offers a more of a challenging workout for those really who need it.

FUNCTIONAL.

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MEDICINE BALLS	46
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RACK5	56
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TRX PRO	59



VECTOR.™

VECTOR is a next generation, dial-in, multi-level resistance tube system with enhanced safety through reduced snap-back risk. Designed to deliver single and multi-vector exercises it creates new challenges to keep your members engaged in group classes and on the training floor.

TECH SPEC.

The VECTOR tubes are made from Kevlar (an incredibly strong material). With the simple turn of a dial, you can immediately change resistance levels to progress or change exercises. Resistance weight equivalent ranges from approximately 5-50kg.

STORAGE.

The tiny footprint means that storage is easy when keeping the gym tidy. Or leave the VECTOR installed, attached to any indoor or outdoor anchor point.

TRAINING.

The highest levels of sports performance and rehabilitation require targeted exercises for mobility, stability, balance and range of motion. Developed specifically for this purpose, VECTOR blows anything else out of the water in terms of training versatility.



Attach to any indoor or outdoor anchor.

Instantly swap out accessories.

Turn cap to increase or decrease resistance.

- VECT60LH** VECTOR 60 Light with handle
- VECT60MH** VECTOR 60 Medium with handle
- VECT60HH** VECTOR 60 Heavy with handle
- VF606P** VECTOR 60 frame pack – 6 users
- VHAND** VECTOR Long Handle Loop Strap
- VTHIGH** VECTOR Thigh Cinch Strap
- VTORSO** VECTOR Long Torso Strap
- VANCHOR** VECTOR Anchor (Door)
- VWALL** VECTOR Anchor (Wall)
- VCARAB** VECTOR Carabiner
- VEBOLT** VECTOR Octagon Eyelet
- VST60L** Light Replacement Tubes (x10)
- VST60H** Heavy Replacement Tubes (x10)

VECTOR 60 SPECIFICATIONS.
Size: 83mm (D) x 762mm (L). Weight: 1.19kg

TIYR SPORT.

Building on the popularity of the original TIYR, the smaller TIYR Sport allows you to enhance any functional training workout with exercise variety and experience through accessibility. It's a striking training tool in any fitness space.



REGISTERED
DESIGN. PATENTED.



TECH SPEC.

Topped with a lacquered PVC, it's easy to clean and benefits from an anti-slip inner and bottom for safety and ease of use. Eco friendly, the TIYR Sport is made from recycled foam composite and the whole thing is recyclable.

EXPERT TIP.

Reengage members with exciting workout and programme opportunities. Be creative! Allow two people to work simultaneously – or combine with other equipment like power bands, straps and a battle rope – for dynamic and challenging exercises.

TRAINING.

Appealing to different members at different levels of fitness, it's ideal for HIIT, strength and flexibility for groups or individuals – also a proven training tool for boxing and kick boxing.

TIYRSP10 10 kg TIYR Sport

PLEASE NOTE: The TIYR Sport is made to order, please contact your sales representative for details.

SPECIFICATIONS.

Size: OD: 670mm ID: 425mm H: 245mm.



FUNCTIONAL.

PRESS, JUMP, FLIP, LIFT AND PULL.



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: escape.training

THE TIYR.®

The TIYR is soft yet very strong, simple but innovative. It's also super tough, just like the real thing. The TIYR is a challenge for all users regardless of their ability, thanks to four weight and size options.



REGISTERED DESIGN.

PATENTED.

TECH SPEC.

The handles on the TIYR are used for lifting and carrying, and as attachment points for Battle Ropes. They need to be ultra-tough, which is why on the new, upgraded TIYR they are made from CORDURA® – a supremely tough fabric that has proved its ability to resist abrasion, tears and scuffs in everything from hiking boots to military equipment.

EXPERT TIP.

This TIYR is unlike anything else on the market. Use it for bootcamps, PT sessions and to introduce strength training to a range of clients. Four weight options means all your members can get involved with the challenge.

TRAINING.

The TIYR product training workshop will ensure that coaches and trainers know how to introduce members to the TIYR safely and effectively.

Online training available: see [page 22](#) to find out more.

TIYR01	40kg	TIYR – Green with Handles
TIYR02	60kg	TIYR – Blue with Handles
TIYR03	80kg	TIYR – Red with Handles
TIYR04	100kg	TIYR – Black with Handles



40kg

OUTSIDE DIAMETER:
870mm

INSIDE DIAMETER:
400mm

HEIGHT:
265mm



60kg

OUTSIDE DIAMETER:
1030mm

INSIDE DIAMETER:
500mm

HEIGHT:
314mm



80kg

OUTSIDE DIAMETER:
1200mm

INSIDE DIAMETER:
600mm

HEIGHT:
370mm



100kg

OUTSIDE DIAMETER:
1200mm

INSIDE DIAMETER:
600mm

HEIGHT:
370mm

GRIPR.®

The GRIPR is made to withstand the toughest of treatment by using micro-grade steel sand within a fully-sealed, double-stitched neoprene bag, so the steel sand won't leak. This means that it's perfect for dynamic exercises and can fit into the toughest of training routines.



REGISTERED
DESIGN.

EXPERT TIP.

The GRIPR trains deep core muscles while adding an exciting and unpredictable element to workouts. Swing it, grab it, flip it and pass it – the GRIPR delivers fantastic versatility in a compact package.

STORAGE.

Training tools like the GRIPR need a home when not in use, and there's nothing better than the Ammo Box. There's lots of capacity to store away plenty of GRIPRs, along with other smaller items that always present a storage challenge and can lead to untidy gyms. See **page 234** for details.

TRAINING.

The GRIPR product training workshop introduces the GRIPR, and includes key exercises and workouts to make the most of the GRIPR's unique characteristics.

Online training available: see **page 22** to find out more.

GRIPR202	2kg	GRIPR – Green
GRIPR204	4kg	GRIPR – Blue
GRIPR206	6kg	GRIPR – Red
GRIPR208	8kg	GRIPR – Grey
GRIPR210	10kg	GRIPR – White
GRIPR212	12kg	GRIPR – Green
GRIPR214	14kg	GRIPR – Blue
GRIPR216	16kg	GRIPR – Red
GRIPR218	18kg	GRIPR – Grey
GRIPR220	20kg	GRIPR – White
AMB002	Ammo Box with Dividers Holds 4 of each weight Size 598mm x 606mm x 835mm	



FUNCTIONAL.



PRODUCT TRAINING AVAILABLE.
For more information and to order your
online product training workshop, visit:
escape.training



WOD RINGS.

The perfect addition to any Escape frame, these gymnastic rings offer a range of exercises from beginner to expert that improves flexibility and strengthens the whole body.

TECH SPEC.
Low cost and easy to install, this classic design has been updated with a unique numbered anchor system in the nylon straps for ease of reference. The moulded ABS rings have been textured for improved grip and comfort.

STORAGE.
The WOD Rings' small footprint makes for simple and efficient storage. Whether fixed to the ceiling or a training frame, you can leave them in place safely without intrusion on other activity.

TRAINING.
Easy to introduce – the WOD Rings can be used for suspension training and a range of gymnastic exercises that challenge any level of fitness ability. This is a fundamental training tool that every club should have.



WODRING1 WOD Ring pair
SPECIFICATION.
Size: Overall: 2000mm x 235mm Ring: 235mm (OD), 28mm (DIA) 2000mm (L) x 40mm (W) x 1.25mm (D)

SANDBAG.

Lift, carry, throw and slam – the instability in this bag makes it a functional challenge for any user. The Escape Sandbag is an incredibly versatile piece of equipment that delivers a full functional training experience. It is perfect for introducing lifting technique training and is ideal for small group training.



PRODUCT TRAINING AVAILABLE.
For more information and to order your online product training workshop, visit: escape.training



TECH SPEC.
Our extra-tough, durable Sandbags feature double-stitched, reinforced grab handles, which allow the bag to be lifted, thrown and caught with one or two hands.

STORAGE.
The RACK5 (pictured) can store up to 10 Sandbags, and keeps them safe and tidy. Alternatively, the Multi Bag Rack holds five Sandbags.

TRAINING.
The Sandbag product training workshop will provide your personal trainers and instructors with the knowledge they need to effectively apply the Sandbag to PT sessions and group training classes. Online training available: see **page 22** to find out more.

SBAG10V2	10kg	Sandbag – Green
SBAG15V2	15kg	Sandbag – Blue
SBAG20V2	20kg	Sandbag – Red
SBAG30V2	30kg	Sandbag – Grey
SBAG40V2	40kg	Sandbag – Black

PAMBR05V2	Multi Bag Rack – Holds 5 bags (see page 44)
RACK5	RACK5 – Holds 10 bags (as shown)

RACK SPECIFICATIONS.	
PAMBR05V2:	Size 1479mm x 400mm x 620mm. Weight 17kg.
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

Bags sold separately.



FUNCTIONAL.

COREBAG.®

This fitness space staple makes functional training even more accessible for beginners or veterans alike. Deadlift, pull, press, swing and perform many other movements in comfort through great ergonomics and practical weight progression.



PRODUCT TRAINING AVAILABLE.
For more information and to order your online product training workshop, visit: escape.training

**REGISTERED
DESIGN.**

EXPERT TIP.
Use the Corebag to introduce clients or members to compound lifts and strength training. Teach them the technique with a functional tool where they can progress through weights. The Corebag is also ideal for lunges, squats and presses in a functional circuit.

STORAGE.
The RACK5 can store up to 10 Corebags, and keeps them safe and tidy. Alternatively, the Multi Bag Rack (pictured) holds five Corebags.

TRAINING.
The Corebag product training workshop will provide your personal trainers and instructors with the knowledge they need to use the bag with members and clients. It will give them the opportunity to learn more about the exercises possible with the Corebag, and how to introduce them to members.
Online training available: see **page 22** to find out more.

ECB050V3	5kg	Corebag – Green
ECB100V3	10kg	Corebag – Blue
ECB150V3	15kg	Corebag – Red
ECB200V3	20kg	Corebag – Grey
ECB250V3	25kg	Corebag – Black
PAMBR05V2	Multi Bag Rack – Holds 5 bags (as shown)	
RACK5	RACK5 – Holds 10 bags (see page 232)	
RACK SPECIFICATIONS.		
PAMBR05V2:	Size 1450mm x 410mm x 600mm. Weight	
RACK5:	Size 1896mm x 600mm x 699mm. Weight	
Corebags sold separately.		



FITNESS BULGARIAN BAG.®

Bright colours, a range of weight options and a huge selection of different applications – the Fitness Bulgarian Bag should feature in every serious functional training zone.



TECH SPEC.

The Fitness Bulgarian Bag has a synthetic leather coating, making it easy to wipe down and keep clean. The handles, grips and straps mean the bag can be used for a range of different exercises.

STORAGE.

The ultimate solution for the Bulgarian Bag is the RACK5, which can hold 10 Fitness Bulgarian Bags. Alternatively, the corner storage unit not only keeps your equipment safe but makes your gym space work harder.

TRAINING.

The Bulgarian Bag product training workshop is an essential choice for any instructor wanting to become an expert with the Bulgarian Bag. Learn the fundamental movements, how to apply these to workouts, and how to use and introduce the Bulgarian Bag to clients safely.

Online training available: see **page 22** to find out more.

FVBBAG5V3	5kg	Fitness Bulgarian Bag – Green
FVBBAG8V3	8kg	Fitness Bulgarian Bag – Blue
FVBBAG12V3	12kg	Fitness Bulgarian Bag – Red
FVBBAG17V3	17kg	Fitness Bulgarian Bag – Grey
FVBBAG22V3	22kg	Fitness Bulgarian Bag – Black

PAMBR05V2	Multi Bag Rack – Holds 5 bags (as shown)
RACK5	RACK5 – Holds 10 bags (see page 232)

RACK SPECIFICATIONS.

PAMBR05V2:	Size 1479mm x 400mm x 620mm. Weight 17kg.
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

Bulgarian Bags sold separately.



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: **escape.training**

MEDICINE BALLS.

Anyone who has fully embraced functional fitness knows that the medicine ball is a fantastic component of functional training programmes. Escape has developed a range of five balls with various features and styles to make sure that every gym user can get the most from everything that medballs have to offer. There are different sizes, weights and textures across the range – and specialist features such as the VERTMINI's compact size and the Double Grip Medball's integrated handles.



PRODUCT TRAINING AVAILABLE.
For more information and to order your online product training workshop, visit: escape.training

COMPARISON CHART.

FEATURES.	VERTBALL.	VERTMINI.	TOTAL GRIP MEDBALL.	MEDBALL.	DOUBLE GRIP.	SLAMBALL SBX.
USE	Cross training, PT zones	Team games, mobility and functional spaces	Personal training, general use	General PT and functional training where grip is key	Functional zones, cross training, sports performance	Functional zones, cross training, sports performance
WEIGHTS	3kg/green, 4kg/blue, 5kg/red, 6kg/grey, 7kg/black, 8kg/green, 9kg/blue, 10kg/red	1kg/green, 2kg/blue, 3kg/red, 4kg/grey, 5kg/black, 6kg/green, 7kg/blue, 8kg/red, 9kg/grey, 10kg/black	1kg/green, 2kg/blue, 3kg/red, 4kg/grey, 5kg/black	1kg, 2kg, 3kg, 4kg, 5kg	6kg, 7kg, 8kg, 9kg, 10kg	5kg/green, 10kg/blue, 15kg/red, 20kg/black
DIAMETER	35cm	1-5kg: 21cm 6-10kg: 25.4cm	23cm	24cm	23cm	23cm
FEATURE	Oversized design to correct postural alignment	Sure-grip, soft surface ideal for throwing and rolling	Extra grip textured surface	Extra tough ergonomic handle	Extra tough dead weight	Extra tough dead weight
WARRANTY	1 year	1 year	1 year	1 year	1 year	1 year

HOW TO CHOOSE.



01 VERTBALL™.

The oversized design encourages users to adopt the correct posture when performing high-powered, high-velocity workouts. The VERTBALL is made from a colourful, forgiving material that is easy to wipe down and keep clean. The filling is made from rubber chips that ensure this ball won't deform over time, while the softer outer offers shock absorption. Different colours determine the VERTBALL weights.



02 VERTMINI™.

The VERTMINI has many of the stand-out qualities of the VERTBALL, but in a more compact form. With five balls in the range they're perfect for one-handed use in throwing and passing drills. Whether in teams or partner-based workouts, they are great for developing hand-eye coordination and can bring a real element of fun to workouts. Different colours determine the VERTMINI weights.



While stocks last.

03 TOTAL GRIP MEDBALL.

This ball gives traditional medicine balls a whole new twist. The added textures and hand positions on the surface make it easy to handle when performing dynamic movements, while the unique surface formulation prolongs product life and ensures it stays looking fresher for longer. Various colours determine the Total Grip Medball weights.



While stocks last.

04 MEDBALL.

This back to basics ball offers great usability with a clean and classic design, suitable for any fitness space. The medicine ball is a workout staple for any type of training, whether alone, with a PT or in a group setting. Dual weight indicators on this range make them easily identifiable for any ability.



While stocks last.

05 DOUBLE GRIP MEDBALL.

Ergonomic excellence brings comfort for members thanks to a classic medball design with added practicality. The handles of these double grip medballs offer extra variety to core workouts and more, unlocking further possibilities to improve grip or forearm strength and adding stability to many other exercises.



06 SLAMBALL SBX™.

As you can guess from the name, the Slamball invites users to perform explosive slams and powerful throws. Extra-tough construction means it takes some real punishment, while the dimpled surface is easy to grip. Just as important is an unstable interior material that forces users to work harder when performing slams. It's safe too, as it doesn't roll or bounce. Eye-catching coloured numbers determine the weight of each ball.



To watch the VERTBALL instruction video, visit:
www.escapefitness.com/video

VERTBALL.™

The VERTBALL has been specifically designed for throwing – to a partner or against a wall. Because it's oversized (with a diameter of 14") it works muscles from the feet right up to the hands, and develops coordination, balance, acceleration and deceleration.



EXPERT TIP.

Use the VERTBALL in challenges against the clock. Introduce members to a CrossFit-style of training, inspired by the WOD. The wall ball exercise will develop members' shoulder, core, leg and glute strength, and give them a true challenge.

STORAGE.

Store up to five VERTBALLs on the RACK5 to give your instructors and members quick access to equipment whenever they need it. The VERTBALL Rack (pictured) holds four VERTBALLs.

TRAINING.

The Power Training with Medicine Balls product training workshop provides in-depth detail about the VERTBALL and how to apply it to workouts. The workshop provides instructors and personal trainers with advanced medicine ball information.

Online training available: see **page 22** to find out more.

VERT03	3kg	VERTBALL – Green
VERT04	4kg	VERTBALL – Blue
VERT05	5kg	VERTBALL – Red
VERT06	6kg	VERTBALL – Grey
VERT07	7kg	VERTBALL – Black
VERT08	8kg	VERTBALL – Green
VERT09	9kg	VERTBALL – Blue
VERT10	10kg	VERTBALL – Red

ESCVBRACK	Ball Rack Silver – Holds 4 balls (as shown)
RACK5	RACK5 – Holds 5 balls (see page 232)

RACK SPECIFICATIONS.

ESCVBRACK: Size 1479mm x 400mm x 620mm. Weight 19.5kg.

RACK5: Size 1896mm x 600mm x 699mm. Weight 75kg.

VERTBALLs sold separately.



VERTMINI.™

The VERTMINI is the ideal tool for getting into medball workouts, with compact sizes that make it perfect for partner exercises and mobility workouts. As well as its smaller size, an outer surface that's softer than your average medball means that users of all abilities will quickly feel confident with the VERTMINI.



EXPERT TIP.

The VERTMINI is perfect in team games to get members running and to inject fun into group training sessions. The sure-grip surface means that throwing and catching drills can be performed safely with maximum precision.

STORAGE.

Store the VERTMINI on the RACK5 (pictured). It can hold up to 20 VERTMINIs and keep them safe, tidy and easily accessible for both members and instructors. Alternatively, the Medicine Ball Racks hold five to 10 VERTMINIs.

TRAINING.

The Power Training with Medicine Balls product training workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.

Online training available: see **page 22** to find out more.

EVM01	1kg	VERTMINI – Green
EVM02	2kg	VERTMINI – Blue
EVM03	3kg	VERTMINI – Red
EVM04	4kg	VERTMINI – Grey
EVM05	5kg	VERTMINI – Black

PAMBR05V2	Medicine Ball Rack – Holds 5 balls (see page 44)
PAMBR10V2	Medicine Ball Rack– Holds 10 balls
RACK5	RACK5 – Holds 20 balls (as shown)

RACK SPECIFICATIONS.

PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 18.5kg.
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 31kg.
RACK5:	Size 1896mm x 600mm x 699wmm. Weight 75kg.

VERTMINIs sold separately.



TOTAL GRIP MEDBALL.

A functional training classic. Medballs add weight to movement, and can help towards power development. The Escape Total Grip Medballs are bright and vibrant to get everyone involved.



REGISTERED DESIGN.

While stocks last.

DESIGN.

Oversized numbering allows for fast weight identification and the textured rubber surface offers improved grip. The hollow interior means these balls can safely be dropped or bounced against walls.

STORAGE.

The RACK5 can store up to 20 Total Grip Medballs, and provides adjustable storage so you can organise it to fit your unique storage needs. The Medball Rack (pictured) holds five Total Grip Medballs.

TRAINING.

The Power Training with Medicine Balls product training workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.

Online training available: see **page 22** to find out more.

TGM01	1kg	Total Grip Medball – Green
TGM02	2kg	Total Grip Medball – Blue
TGM03	3kg	Total Grip Medball – Red
TGM04	4kg	Total Grip Medball – Grey
TGM05	5kg	Total Grip Medball – Black

PAMBR05V2	Medicine Ball Rack – Holds 5 balls (as shown)
PAMBR10V2	Medicine Ball Rack – Holds 10 balls
RACK5	RACK5 – Holds 20 balls (see page 232)

RACK SPECIFICATIONS.

PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 18.5kg.
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 31kg.
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

Medicine Balls sold separately.



MEDBALL.

If you're after the fundamentals of functional fitness for members, this range of rubber medballs is perfect. With a textured finish for a firm grip, they'll allow anyone to perform a range of staple exercises training alone or in a group setting.



While stocks last.

DESIGN.
These back to basics, monochrome medicine balls offer classic style, with easily identifiable weight indicators in dual imperial and metric.

WORKOUTS.
Designed to bounce, this medball range is great for everything from wall balls and bounce passes to Russian twists or conditioning work.

TECH SPEC.
Available in a range from 1kg / 2lbs to 5kg / 10lbs, in increments of 1kg / 2lbs. Also available: racks for storing five or 10 balls.

PAMB01	1 kg / 2 lbs	Medicine Ball
PAMB02	2 kg / 4 lbs	Medicine Ball
PAMB03	3 kg / 6 lbs	Medicine Ball
PAMB04	4 kg / 8 lbs	Medicine Ball
PAMB05	5 kg / 10 lbs	Medicine Ball
PAMBR05V2 Medicine Ball Rack – Holds 5 balls		
PAMBR10V2 Medicine Ball Rack– Holds 10 balls		
RACK5	RACK5 – Holds 20 balls (see page 232)	
RACK SPECIFICATIONS.		
PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 18.5kg.	
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 31kg.	
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.	
Medicine Balls sold separately.		



DOUBLE GRIP MEDBALL.

Members benefit from increased stability and even more workout options thanks to a practical twist on the classic medball design.



While stocks last.

DESIGN.
The ergonomic handles mean that each ball can be comfortably used with one or two hands to unlock a new way of working out compared with traditional medballs.

WORKOUTS.
Increased forearm strength and grip improvements both result from double grip medball training. Members can easily add weight to fundamental movements such as squats, lunges, wood chops, twists and more.

TECH SPEC.
Made from textured rubber with ergonomic handles and designed to bounce, this range is available singly from 6kg / 12lbs to 10kg / 20lbs in 1kg / 2lbs increments.

PADG06	6 kg / 13.2 lbs	Double Grip Medicine Ball
PADG07	7 kg / 15.4 lbs	Double Grip Medicine Ball
PADG08	8 kg / 17.6 lbs	Double Grip Medicine Ball
PADG09	9 kg / 19.8 lbs	Double Grip Medicine Ball
PADG10	10 kg / 22 lbs	Double Grip Medicine Ball
PAMBR05V2 Medicine Ball Rack – Holds 5 balls		
PAMBR10V2 Medicine Ball Rack– Holds 10 balls		
RACK5 RACK5 – Holds 20 balls (see page 232)		
RACK SPECIFICATIONS.		
PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 18.5kg.	
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 31kg.	
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.	
Medicine Balls sold separately.		



FUNCTIONAL.

SLAMBALL SBX.™

The Escape Slamball has had a makeover and is now tougher than ever. The new Slamball SBX delivers even more durability, so it's perfect for heavy use in workouts to build maximum power and core strength.



DESIGN.

The combination of a 23cm diameter and textured surface makes for great handling. Fight to control carefully-engineered instability and slam it as hard as you like: it won't bounce or roll, so users can really give it everything they've got.

TECH SPEC.

So what makes the new Slamball SBX so durable? It's the combination of SBX rubber over a reinforcing mesh fabrication that's stronger and 50% thicker than the previous model.

STORAGE.

The RACK5 (pictured) can store up to 20 Slamballs, and provides adjustable storage so you can organize it to fit your unique storage needs. Alternatively, the Medicine Ball Rack holds five to 10 Slamballs (see page 52).

SBSBX05	5kg	Slamball SBX – Green Number
SBSBX10	10kg	Slamball SBX – Blue Number
SBSBX15	15kg	Slamball SBX – Red Number
SBSBX20	20kg	Slamball SBX – Grey Number

PAMBR05V2	Medicine Ball Rack – Holds 5 balls (see page 44)
PAMBR10V2	Medicine Ball Rack – Holds 10 balls
RACK5	RACK5 – Holds 20 balls (as shown)

RACK SPECIFICATIONS.	
PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 18.5kg.
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 31kg.
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

Slamball SBX sold separately.



REACTION PRO BOUNDER.

The Reaction Pro Bounder offers a station for improving reactions, hand-eye coordination and proprioceptive awareness. These qualities all help in developing well-rounded athletes who are able to tackle physical challenges with confidence and success.

TECH SPEC.

The Reaction Pro Bounder is made from mild steel, giving it a strong and stable base that's light enough to move around the gym. The mesh mat is made from strong polythene that will withstand repeated use, and is easy to clean.

DESIGN.

The angle of the Reaction Pro Bounder can be set at 33°, 45°, 55° and 60°. This range of angles makes it easy to create variety and properly develop hand-eye coordination, reaction times and accuracy.

EXPERT TIP.

Incorporate the Reaction Pro Bounder into circuit sessions, or develop programming using the Reaction Pro Bounder as the central focus in the workout. For great results, use the VERTMINI with this product.

RPB001	Reaction Pro Bounder
SPECIFICATION.	
Size 710mm x 812mm x 937mm - frame only.	
Size 950mm x 900mm - overall size laid at flattest position.	



LOWEST
ANGLE: 33°



HIGHEST
ANGLE: 60°



PRODUCT PACKS.

Make the most of the versatility of the RACK5 and Escape's functional training tools with these popular ready-to-go packages. Each one is a performance-focused partnership of storage and training tools targeted at variations on the functional fitness theme.



01 FUNCTIONAL PACK.

Prepare, engage, move and improve with multi-plane total body training that develops your functional fitness. From ridge rolling to kettlebell swings, versatility is built into the package. Choose your starting level and adapt your workouts by varying repetitions and weights to achieve your goals.

- RACK5PFU** RACK5 Functional Pack
- Pack includes:
- RACK5
 - 3 x Ridge Rollers
 - 2 x 1kg and 2kg Total Grip Medballs
 - 1kg, 2kg and 4kg CMTs
 - 5kg and 10kg Corebags
 - 2 x 8kg, 12kg and 16kg Studio Kettlebells

RACK SPECIFICATIONS.
Size 1896mm x 600mm x 699mm. Weight 75kg.



02 STRENGTH PACK.

Maximise your workout time with this strength-focused package. Get stronger and leaner as you progress through the Sandbag, Kettlebell and Medball weights, and include some CMT movements for mobility and core strength development. Keep your flexibility under management too with the Ridge Rollers.

- RACK5PS** RACK5 Strength Pack
- Pack includes:
- RACK5
 - 3 x Ridge Rollers
 - 2 x 6kg and 7kg Medballs
 - 3 x 2kg CMTs
 - 10kg and 15kg Sandbags
 - 8kg, 12kg, 16kg and 20kg Rubber Kettlebells

RACK SPECIFICATIONS.
Size 1896mm x 600mm x 699mm. Weight 75kg.



03 POWER PACK.

Unleash your explosive power and challenge the whole body with dynamic, total body exercises. Competition Pro Kettlebells and awesome Bulgarian Bags bring their own special challenge to the pack. Our heaviest CMTs and Slamballs complete a package targeted at increasing speed and power output.

- RACK5PP** RACK5 Power Pack
- Pack includes:
- RACK5
 - 3 x Ridge Rollers
 - 2 x 15kg and 20kg Slamball SBX
 - 8kg, 12kg, 16kg and 20kg GRIPRs
 - 12kg and 17kg Fitness Bulgarian Bags
 - 12kg, 16kg, 20kg and 24kg Competition Pro Kettlebells

RACK SPECIFICATIONS.
Size 1896mm x 600mm x 699mm. Weight 75kg.



04 MOBILITY PACK.

A mobility session before or after a main workout helps to maintain suppleness and flexibility. Improve range of motion and joint control to enhance performance and get greater results in your training. Compact VERTMINIs, CMTs and two types of roller make this a great centre for mobility workouts.

- RACK5PM** RACK5 Mobility Pack
- Pack includes:
- RACK5 and Mat Attachment
 - 3 x Ridge Rollers
 - 3 x Ultraflex Foam Rollers
 - 6 x Core Mats
 - 2 x 1kg and 2kg VERTMINIs
 - 1kg, 2kg and 4kg CMTs
 - 1 x 65cm DuraBall

RACK SPECIFICATIONS.
Size 1896mm x 600mm x 699mm. Weight 75kg.



05 FITNESS PACK.

Maximum versatility is the objective of this pack, which has been specially created for unsupervised workouts. With the Escape Your Limits App as their guide, users can work through a series of exercises and workouts to make the most of the versatility from this selection of six training tools.

- RACK5PFI** RACK5 Fitness Pack
- Pack includes:
- RACK5 and Mat Attachment
 - 3 x Ridge Rollers
 - 6 x Core Mats
 - 2 x 1kg and 2kg Total Grip Medballs
 - 2 x 2kg, 4kg and 6kg GRIPRs
 - 5kg and 10kg Corebags
 - 2 x 8kg, 12kg and 16kg Studio Kettlebells

RACK SPECIFICATIONS.
Size 1896mm x 600mm x 699mm. Weight 75kg.

CMT.™

The Core Momentum Trainer™, or CMT, is transforming the way people train and target the core. It's about developing deep core muscles that are difficult to reach with standard training methods. The lubricated Power Shot inside the CMT collides with the Power Core walls, and controlling this force is what kick-starts the core muscles into action.



REGISTERED
DESIGN. PATENTED.

DESIGN.

The Core Momentum Trainer is available in three weights – 1kg (green), 2kg (blue) and 4kg (red). The 2kg CMT is a good all round starting point for most people to get used to the CMT and its movement. Then they can drop down to the 1kg CMT to develop speed and fast movements, and up to the 4kg CMT to improve power.

STORAGE.

The RACK5 is the ideal place to keep Core Momentum Trainers tidy, safe and off the floor. The RACK5 stores up to 15 CMTs, so it is ideal whether they're used on the gym floor or in the studio for group training classes. See **page 232** to find out more.

TRAINING.

To maximise results, it's essential that any instructor looking to implement the CMT into sessions with members or clients learns how to effectively use the equipment. The CMT is unique and learning how it works is essential for effective application. The CMT product training workshop provides everything trainers need to know about starting with the CMT. Online training available: see **page 22** to find out more.

CMT1	1kg	Core Momentum Trainer – Green
CMT2	2kg	Core Momentum Trainer – Blue
CMT4	4kg	Core Momentum Trainer – Red

Weight refers to the internal Power Shot.



TRX PRO.

The TRX Pro kit is the elite, all-in-one, total body workout system designed to be the most durable suspension trainer for commercial use. It's now been upgraded with even better features, including extra padding, antimicrobial handles and adjustable anti-slip foot cradles.



- Ultra durable straps.
- Antimicrobial handles to reduce spread of bacteria.
- Commercial warranty.
- Multiple anchoring points.
- Locking carabiner to deter theft.
- Eight custom workout videos, plus 45-minute instructional video to teach trainers proper technique.

TRXPRO4 TRX Pro Suspension Training Kit
Patented product. 1 year warranty.

TRX XMOUNT.

The TRX Xmount provides a small, sturdy anchor point for your TRX Training gear.



XMOUNT TRX XMOUNT
Patented product. 1 year warranty.

ATHLETIC.

Developing power, speed and agility requires precision training techniques and unrivalled determination. With the Escape range of athletic training equipment, personal trainers, coaches and athletes can achieve superb results, regardless of whether they're training for competition, or just starting their journey to faster and more precise movements.

ATHLETIC.



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PLYO FIVE.®

The hottest new tool in plyometric training, five boxes in one means variable training options with new step heights for a stable workout that will challenge any ability.



TECH SPEC.
Hardwearing materials inside and out mean that the PLYO FIVE will not only retain its shape for longer, but brightly-coloured Dicoplan with Cleangard lacquer grabs attention and is easy to clean post-use.

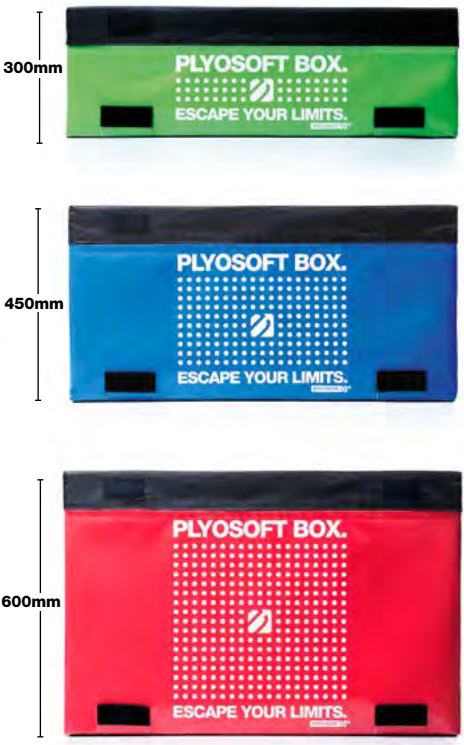
STORAGE.
At 910mm x 500mm x 760mm / 36" x 19.5" x 30", storage is simply a case of moving the PLYO FIVE to a convenient location easily, courtesy of its Cordura corner handles for manoeuvrability.

TRAINING.
Five different heights mean that a huge range of exercises are available to any user looking to improve explosive power, balance, bodyweight resistance training or cardio performance.

PLFIVE PLYO FIVE
SPECIFICATION.
PLFIVE: Size 910mm x 760mm. Weight: 25kg.

PLYOSOFT BOX.

Take your training experience to a new level with plyometrics. Open up opportunities for stable box jump patterns in frontal, lateral and transverse planes. Adding to the challenge are target markings as part of the top surface design, giving users precise areas to aim for.



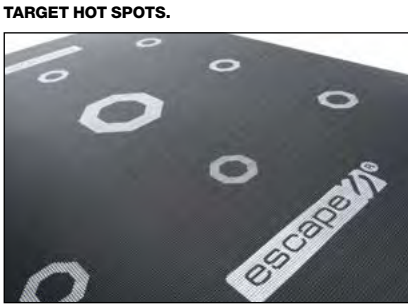
REGISTERED DESIGN. PATENTED.

TECH SPEC.
Light weight for easy movement and storage, the Plyosoft boxes are cleverly engineered. Both top and bottom surfaces are made of anti-slip material for performance and stability.

Targets are printed using a proprietary method that's especially long lasting. For more durability, a tough outer material is tightly fitted over a firm foam filling.

DESIGN.
The patented Velcro flaps lock away when not in use, keeping everything neat and tidy. PTs can instruct users to land their hands or feet on targets on the top surface for an extra challenge.

- CPLYOB1** Plyosoft Box 300mm/12" – Green
 - CPLYOB2** Plyosoft Box 450mm/18" – Blue
 - CPLYOB3** Plyosoft Box 600mm/24" – Red
 - CPLY53** Plyosoft Box Set of 3
- SPECIFICATIONS.**
PLYOS300G: 70mm x 750mm x 900mm. Weight: 6.5kg.
CPLYOB1: 300mm x 750mm x 900mm. Weight: 13kg.
CPLYOB2: 450mm x 750mm x 900mm. Weight: 14kg.
CPLYOB3: 600mm x 750mm x 900mm. Weight: 16.5kg.



PLYOSOFT BOX® BLACK.

These soft plyometric boxes can be used individually or stacked for variable height options depending on ability and progress. Velcro tabs hold them in place for safety and confidence when stacking, and they're light weight, so they're easy to move while in use or for storage.



REGISTERED DESIGN.

TECH SPEC.

The black Plyosoft boxes are made from high-density foam filling with a durable PVC covering. Available in sizes 60cm/24", 45cm/18" and 30cm/12".

TRAINING.

Online training workshops are available for plyometric boxes and exercises. These online sessions include the benefits of plyo workouts, why you should include them in programming, and further depth about the specifics of each movement.

SIMPLE BUT EFFECTIVE.

This range is all about no-frills equipment that is tough and effective. Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.

BLPLYS1 Set of 3 Black Plyoboxes



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: escape.training

MULTIPLYO®

We've taken the great idea of a 3-in-1 plyo box and given it the Escape treatment. Made to the same dimensions as the boxes used for CrossFit, this great space-saving box is the perfect tool to introduce beginners to plyometrics, while still providing seasoned CrossFit veterans with the challenge they need.



REGISTERED DESIGN.

PATENTED.

While stocks last.

TECH SPEC.

An easy-to-clean GTEX cover is securely heat welded over a foam core to avoid creasing or loose material. It's fastened with Velcro, an upgrade from the zip we used previously to provide extra durability. Anti-slip landing zones are on all six sides, and it's designed so that it won't move when in use.

FLOORING.

Plyometric training should be performed on appropriate flooring to absorb some of the impact of the exercises on members' joints. See [page 242](#) to find out more about flooring options.

TRAINING.

It is crucial for instructors to fully understand plyometrics before introducing it into training sessions due to the intensity and nature of plyometric training. The plyometric training workshop provides key education to introduce plyometric training effectively.

Online training available: see [page 22](#) to find out more.

MULTIP1 MultiPLYO

SPECIFICATION.

Size 510mm x 760mm x 610mm. Weight approx. 25kg.

510mm



610mm



760mm



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: escape.training

PUSH YOUR LIMITS TO THE NEXT LEVEL.



For more information and to watch the Quad Sled in action on the Speed Track video, visit: escapefitness.com/our-solutions/flooring/speed-track



QUAD SLED.™

A simple, brutal workout tool that builds core and leg power. Stylish and compact, our sled features two moveable drive posts which can be positioned at either end of the sled and the low drive bar increases the challenge. The drag zone has eyelets for attaching the Escape Speed Resistor or ropes to pull the sled.

TECH SPEC.

Made in Britain using carbon steel for a strong, high-quality fitness product.

EXPERT TIP.

This is perfect for CrossFit-style facilities, and those who want to add dynamism to Tabata or circuit sessions.

FLOORING.

Maximise Quad Sled performance with specialist flooring. Choose the Speed Track or Portable Speed Track (see [page 248](#)) or Shockturf (see [page 244](#)) for details.



QSLED Quad Sled

Please ensure the sled is used on appropriate flooring to avoid damage to the sled or floor surface. Ideally this should be the Speed Track, Shockturf, or another suitable artificial turf surface.

SPECIFICATION.

Size 970mm x 730mm x 1000mm. Weight 40kg.

Plates not included.

PRECISION, SPEED, FANCY FOOTWORK.



SPEED TRAINING.

Allow your members to realise their full potential. Incorporate our range of SAQ products into your facility for developing speed and agility. Elite athletes will be able to use this challenging equipment to achieve unimaginable personal bests. All members will find huge benefits in developing fast twitch muscle fibres, taking their training to the next level.

01. SPEED LADDER.

Exercises and workouts now feature pin-point precision. Squat, jump and press-up your way down the ladder for a total body workout. It comes with its own bag so you can easily take it anywhere.

02. AGILITY GRID.

The Agility Grid provides a destination for cardio, agility and speed sessions. Durable linking clips allow endless layouts and add dynamism to any workout or training session.

03. LATERAL ENDURANCE HURDLE.

These hurdles are made from soft memory foam and are perfect for high-intensity speed and agility drills. They feature a water-resistant and wipe clean surface with a carefully counterbalanced base for stability.

04. ADJUSTABLE HURDLE.

The Adjustable Hurdles, with two height options, allow you to progress and regress exercises to supercharge sessions. Go low for fast-paced drills and increase the height to work on power and precision.

05. LATERAL SPEED RESISTOR.

The ultimate tool for developing leg power and improving joint stability for increased explosiveness. The quick-fit ankle straps are joined together by a robust resistance tube with a nylon sleeve.

06. REACTION BALL.

A specialist ball for improving reactions, this features a non-uniform design to keep users on their toes. Made from hard-wearing rubber, it also helps improve hand-eye coordination and depth perception.

07. SPEED CONES.

Perfect for speed development and marking targets. These cones are portable, hard-wearing and super stable. Large number markings allow trainers to direct users to specific cones to improve reaction times.

08. SPEED DISCS.

High visibility discs make it easy to define space and create multiple layouts for a variety of functional drills. Set the discs out in lanes, squares, zigzags or as targets on the ground.

EST-SL	Speed Ladder Size 3140mm x 510mm.
EST-AGS	Agility Grid System – Set of 6 Size 500mm x 580mm.
EST-LEH	Lateral Endurance Hurdle – Each Size 310mm x 600mm x 200mm.
EST-AH	Adjustable Hurdle – Each Size 150-300mm.
EST-LSR	Lateral Speed Resistor (While stocks last)
EST-RB	Reaction Ball
EST-HC6	Speed Cones – Set of 6
EST-SD12	Speed Discs – Set of 12
SAGP01	Speed and Agility Pack
<ul style="list-style-type: none"> 1 x Speed Ladder 1 x Agility Grid System (6) 4 x Lateral Endurance Hurdles 6 x Adjustable Hurdles 1 x Lateral Speed Resistor 1 x Reaction Ball 1 x High Speed Cones (6) 1 x Speed Discs (12) 	



ATTACHMENT VEST.

Develop explosive power for a competitive edge and improved agility by adding resistance to your speed training.

DESIGN.

A great comfort-fit design thanks to lightweight, soft and spongy neoprene material. With Velcro fastening straps, one size fits all.

TECH SPEC.

18 anchor points all across the body offer the opportunity to add resistance to bodyweight movements, or to attach to cable machines.

EXPERT TIP.

Use in conjunction with the Speed Resistor or link up to dual adjustable pulleys.



EBOX-AV Attachment Vest

SPEED RESISTOR.

TECH SPEC.

Tough nylon outer sleeves protect the two parallel vulcanised resistance tubes and prevent damage.

DESIGN.

The adjustable belt is stitched and folded to form layers of tough webbing to absorb even the most explosive movements.

EXPERT TIP.

The Speed Resistor is a key tool for developing speed and power. Attach to the Quad Sled for pulling workouts to develop power.

While stocks last.



EST-SR Speed Resistor

SPECIFICATION.

Resistance tubes are 2.4m long and can stretch up to 7.3m, providing 5.8kg of resistance at 100% elongation and 9kg at 200%. Belt attachment can fit up to a 1m (39") waist.



ATHLETIC.

RESISTANCE PARACHUTE.

Professional athletes know all about training with a parachute but it's a tool that can be used by everyone. Once you've finished developing explosive power you can pack up the parachute and the step-in belt in the custom-designed carry bag.

DESIGN.

The belt is adjustable, with the parachute detachable so that it can be removed and reattached quickly during workouts.

STORAGE.

The Resistance Parachute comes in its own handy carry bag for trainers on the go, or to neatly store it in clubs and athletic facilities.

EXPERT TIP.

Use the Resistance Parachute to develop power and speed. Alternate with exercises like box jumps for an all-round athletic workout.

While stocks last.



EST-RP Resistance Parachute



BATTLE ROPES.

Battle Rope training is one of the most underutilised exercises in fitness training. It's a tough challenge that raises the heart rate, and develops core, forearm and grip strength.

TECH SPEC.

Made in Britain, these high-quality ropes can withstand the toughest punishment. They have our unique flex treatment, so they move easily during use and provide a great upper body workout. The Covered Battle Rope provides extra durability, ideal for busy gyms and outdoor sessions.

FUNCTIONAL FRAMES.

Attaching a Battle Rope to your Octagon functional frame gives users an exercise that really raises the heart rate. It's a good complement to the strength and power exercises that other Octagon frame features support; great for varied small group workouts.

TRAINING.

The Battle Rope product training workshop provides trainers with the knowledge they need to successfully introduce battling into their sessions. There is a vast range of exercises to be used with the Battle Rope, so this training is essential for instructors looking to excel. Online training available: see **page 22** to find out more.

BR3210	32mm Battle Rope
BR3210C	32mm Covered Battle Rope
BR5010	50mm Battle Rope

SPECIFICATIONS.

Size approx 10m length. 32mm: Weight approx 5kg. 50mm: Weight approx 10kg. Rope diameter subject to -15% shrinkage during use.

UNCOVERED.



COVERED.



POWER BANDS.

Looking for a little help to get you started with bodyweight training? Power Bands can support members when performing pull-ups and ab rollouts, and add resistance to squats and other exercises.

EXPERT TIP.

Start members off with the red Power Band, which offers the most support, and progress through to blue, then green. The different resistance options provide the opportunity to progress and regress as required, producing measurable results for the end user.

TECH SPEC.

These Power Bands come in three different resistance levels and are constructed in layers to prevent breakage. Made from premium quality latex rubber, they are really tough and support any workout.

FUNCTIONAL FRAMES.

Attach the Power Bands to a Octagon frames to support your members who really want to improve their strength training with advanced moves like pull-ups or dips.

WBANDS	Power Band 01 – Green
WBANDM	Power Band 02 – Blue
WBANDL	Power Band 03 – Red

SPECIFICATIONS.

WBANDS: Width 29.8mm. Length 1m. Resistance 11kg-36kg.
WBANDM: Width 44.5mm. Length 1m. Resistance 23kg-54kg.
WBANDL: Width 63.5mm. Length 1m. Resistance 27kg-68kg.



STRENGTH.

Whether members are only just discovering what they can gain from strength training, or if they're seasoned lifters ready for the next challenge, this strength range stands out from the rest. Its functionality, design and performance sets it apart, and helps your members achieve their goals. Dumbbells, lifting bars, kettlebells and plates provide everything you need for a big lifting experience.

STRENGTH.



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BARS	104
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DUMBBELLS.

Our Urethane Dumbbells have undergone rigorous testing and have been awarded TÜV SÜD Certification to prove they are among the best in class. TÜV SÜD Certification is awarded by the TÜV SÜD Group – one of the largest independent certification organisations in the world. Considerable time and money have been invested by both Escape and TÜV SÜD Group to develop a testing programme that has created a new benchmark for dumbbell quality. Clubs can be confident that their investments will be manufactured to the highest standards in the industry, ensuring long-lasting quality and safety.



COMPARISON CHART.

FEATURES.	URETHANE DUMBBELLS.	BLACK URETHANE DUMBBELLS.	OCTAGON DUMBBELLS.	RUBBER DUMBBELLS.	CLASSIC STEEL DUMBBELLS.	CLASSIC URETHANE DUMBBELLS.
USE	Strength training spaces where durability is paramount	Strength training spaces where durability is paramount	Heavy use facilities, cross training spaces	Free weight areas, PT studios	Hotels, light usage PT studios requiring premium design	PT zones, lighter use
HEAD MATERIAL	Urethane	Urethane	SBX rubber	Rubber	Steel	Moulded urethane
HANDLE	Knurled ergo design handle	Chrome plated	Straight knurled handle	Knurled chrome plated	Polished steel straight handle	Knurled ergo design handle
LOCKING	Delta-Lock	Welded	Dual-Lock Plus™	Welded	Threaded	Threaded
WEIGHTS	2kg-50kg (2kg increments)	2.5kg-50kg (2.5kg increments)	2.5kg-50kg (2.5kg increments)	2.5kg-50kg (2.5kg increments)	1kg-10kg (1kg increments) or 2kg-20kg (2kg increments)	1kg-10kg (1kg increments)
WARRANTY	5 years	3 years	2 years	1 year	1 year	5 years

HOW TO CHOOSE.



01 URETHANE DUMBBELLS.

Made from high-quality urethane, these dumbbells are hard-wearing and are guaranteed to stay looking good for longer. The colour-coded end plates allow you to easily zone your free weight facility.



02 BLACK URETHANE DUMBBELLS.

A durable no-frills option, these dumbbells have contrasting weight indicators permanently moulded into the heads to enable quick and easy identification for smooth transitions.



03 OCTAGON SBX DUMBBELLS.

A great dumbbell range if you want to bring a truly raw and edgy vibe to your gym. The octagonal design also helps users perform other exercises like press-ups and renegade rows on the dumbbells thanks to their stable base.



04 RUBBER DUMBBELLS.

For practicality and long-lasting performance, these dumbbells are made from a solid steel core with a rubber coating. No-frills functional fitness at its best.



05 CLASSIC STEEL DUMBBELLS.

The Classic Steel Dumbbell set has been designed for those who demand the very best when it comes to functionality, innovation and style.



06 CLASSIC URETHANE DUMBBELLS.

These moulded urethane dumbbells are our most cost-effective solution. This is a classic 1-10kg dumbbell set that's ideal for PT zones and free weight areas.

STRENGTH.



URETHANE DUMBBELLS.

Our Urethane Dumbbells have been designed to make it easy for users to select the correct weight for their training needs thanks to the colour-coded end plates. Made from high-quality urethane, these dumbbells have single-piece heads with precision machined bores.

STORAGE.
This dumbbell is probably one of the best on the market, so it's essential that it's kept in top condition. When cared for properly it will serve your facility well for years to come. Use the Octagon Dumbbell Rack (see **page 84**), to keep the set safe and tidy.

TRAINING.
Get the most out of your dumbbells with the Escape Dumbbell Training Workshop. This gives your trainers all the knowledge they need to introduce dumbbell exercises and workouts to their sessions and helps the gym floor team deliver the very best member experience. Go to **page 22** to find out more.

CERTIFICATION.
Our Urethane Dumbbell range carries TÜV SÜD Certification.

DUMBBELL SETS.		
EPDB1000	2kg-20kg	Urethane Dumbbell Set
EPDB1001	12kg-30kg	Urethane Dumbbell Set
EPDB1002	22kg-30kg	Urethane Dumbbell Set
EPDB1004	32kg-40kg	Urethane Dumbbell Set
EPDB1009	42kg-50kg	Urethane Dumbbell Set

DUMBBELL SET AND RACKS. While stocks last.		
EPDB1000R	2kg-20kg	Urethane Dumbbell Set (10 Pairs and ESC1RACK)
EPDB1000U	2kg-20kg	Urethane Dumbbell Set (10 Pairs and ESC5RACK)
EPDB1005R	12kg-30kg	Urethane Dumbbell Set (10 Pairs and ESC2RACK)
EPDB1005U	12kg-30kg	Urethane Dumbbell Set (10 Pairs and ESC5RACK)
EPDB1006R	2kg-30kg	Urethane Dumbbell Set (15 Pairs and ESC3RACK)
EPDB1007R	2kg-40kg	Urethane Dumbbell Set (20 Pairs and ESC1 and 2RACK)
EPDB1008R	22kg-40kg	Urethane Dumbbell Set (10 Pairs and ESC2RACK)
EPDB1009R	42kg-50kg	Urethane Dumbbell Set (5 Pairs and ESC4RACK)

ESCPAD	Protective Rubber Feet for Racks
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DL
DELTA-LOCK

Delta-Lock (patented) is a uniquely engineered three-stage locking system that ensures the head and end plate remain permanently attached to the handle.



LEVEL: **LIGHT** COLOUR: **RED** WEIGHT: **02kg - 20kg**



LEVEL: **MEDIUM** COLOUR: **GREY** WEIGHT: **22kg - 40kg**



BLACK URETHANE DUMBBELLS.

With the head crafted in solid steel and pressed and welded to a chrome-plated handle, these dumbbells are robust enough to withstand the toughest treatment on any gym floor. Contrasting weight indicators permanently moulded into the heads enable quick and easy identification for smooth transitions.



TECH SPEC.
Made from solid steel, pressed and welded to a chrome-plated handle. Durable, non-marking and low odour urethane coating. Contrasting weight indicators permanently moulded into the heads. Available in 2.5kg increments.

STORAGE.
Two choices of rack for storing 10 or 12 pairs of dumbbells are also available.

SIMPLE BUT EFFECTIVE.
Tough and effective, this is no-frills at its best. The classic design and ease of use allows users to get back to the fundamentals and concentrate on what matters – performance.

PAP025	2.5kg	Black Urethane Dumbbell Pair
PAP050	5kg	Black Urethane Dumbbell Pair
PAP075	7.5kg	Black Urethane Dumbbell Pair
PAP100	10kg	Black Urethane Dumbbell Pair
PAP125	12.5kg	Black Urethane Dumbbell Pair
PAP150	15kg	Black Urethane Dumbbell Pair
PAP175	17.5kg	Black Urethane Dumbbell Pair
PAP200	20kg	Black Urethane Dumbbell Pair
PAP250	22.5kg	Black Urethane Dumbbell Pair
PAP250	25kg	Black Urethane Dumbbell Pair
PAP275	27.5kg	Black Urethane Dumbbell Pair

Dumbbells are also available in 30kg to 50kg (2.5kg increments). Codes **PAP300** to **PAP500**.

PADBR10 Dumbbell Rack - Holds 10 Pairs

RACK SPECIFICATIONS.
Size 900mm x 2400mm x 570mm. Weight 69kg.





REGISTERED
DESIGN.



Dual-Lock Plus (patent pending) is a uniquely engineered two-stage locking system that ensures the head remains permanently attached to the handle.

OCTAGON SBX DUMBBELLS.

The Octagon Dumbbell is manufactured with high-quality SBX™ rubber, with a unique design that provides a tough, outstanding dumbbell for your free weight area. Press, lunge, row and see massive gains – these are for serious weightlifters.

TECH SPEC.

This dumbbell is inspired by the Octagon range of functional frames. Made from tough SBX rubber and with an octagonal head, the Octagon Dumbbell is ideal for any member ready for a challenge. 2.5kg increments ensure slightly larger progressions that soon add up to impressive results.

STORAGE.

A tough and elite dumbbell deserves storage to match. The Octagon Storage Rack (see page 84) has all these qualities.

TRAINING.

Get the very most out of your dumbbells with the Escape Dumbbell product training workshop. This gives your trainers all the knowledge they need to introduce dumbbell exercises to their sessions and helps the gym floor team deliver the very best member experience. Online training available: see page 22 to find out more.

DUMBBELL SETS.

EODB1001	2.5kg-25kg	Octagon Dumbbell Set
EODB1002	27.5kg-40kg	Octagon Dumbbell Set
EODB1003	27.5kg-50kg	Octagon Dumbbell Set

DUMBBELL SET AND RACKS. While stocks last.

EODB1001R	2.5kg-25kg	Octagon Dumbbell Set (10 pairs and ESC1RACK)
EODB1002R	27.5kg-40kg	Octagon Dumbbell Set (6 pairs and ESC1RACK)
EODB1003R	27.5kg-50kg	Octagon Dumbbell Set (10 pairs and ESC3RACK)

ESCPAD Protective rubber feet for racks

All Octagon Dumbbell sets are supplied in 2.5kg increments.



ESC1RACK.



ESC3RACK.

Rubber feet not included.

RUBBER DUMBBELLS.

Rubber is a great material for a dumbbell covering as it's durable, impact absorbing and scratch resistant, so it stays looking good after plenty of use. Add in the smart chrome handle and this is a formula that will always look great and perform.



TECH SPEC.

Made from a solid steel head, pressed and welded to a chrome handle. The rubber coating features weight indicators permanently moulded into the heads.

STORAGE.

Two choices of rack for storing 10 or 12 pairs of dumbbells are also available.

SIMPLE BUT EFFECTIVE.

This range is all about no-frills equipment that is tough and effective. Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.

PAR025	2.5kg	Rubber Dumbbell Pair
PAR050	5kg	Rubber Dumbbell Pair
PAR075	7.5kg	Rubber Dumbbell Pair
PAR100	10kg	Rubber Dumbbell Pair
PAR125	12.5kg	Rubber Dumbbell Pair
PAR150	15kg	Rubber Dumbbell Pair
PAR175	17kg	Rubber Dumbbell Pair
PAR200	20kg	Rubber Dumbbell Pair
PAR225	22.5kg	Rubber Dumbbell Pair
PAR250	25kg	Rubber Dumbbell Pair
PAR275	27.5kg	Rubber Dumbbell Pair

Dumbbells are also available in 30kg to 50kg (2.5kg increments). Codes PAR300 to PAR500.

PADBR10 Dumbbell Rack - Holds 10 Pairs

RACK SPECIFICATIONS.

Size 900mm x 2400mm x 570mm. Weight 69kg.



STRENGTH.

CLASSIC STEEL DUMBBELLS AND XRACK®

Our Classic Steel Dumbbell set has been designed for those who demand the very best in functionality, innovation and style.



REGISTERED
DESIGN.

DESIGN.
These dumbbells have been designed to sit at the top of the range and are the perfect choice for those who want to add style to their studios or gym floor. The ideal choice for premium brands and boutique studios and gyms.

TECH SPEC.
Made from mild steel, these dumbbells are odour-free and are easy to clean and polish to keep them looking brand new.

STORAGE.
The set includes the stylish yet functional XRACK in Pearl Silver.

- 01.ESD2000** 1kg-10kg Classic Steel Dumbbells 10 pairs and XRACK
- 02.ESD2002** 2kg-20kg Classic Steel Dumbbells 10 pairs and XRACK

X-COV Replacement Protection Cups

XRACK SPECIFICATION.
Size 1332mm x 642mm x 966mm. Weight 43kg.

01



02



CLASSIC URETHANE DUMBBELL SET.

The perfect addition to any studio, these stylish Classic Urethane Dumbbells have been manufactured to look great while still being tough.



TECH SPEC.
This dumbbell set is made from urethane, making it tough, resilient and kind to gym floors. The comfortable handle is perfect for prolonged sessions using the weights and clients' hands won't take any of the impact from their hard work.

DESIGN.
This may be our most affordable 1-10kg dumbbell set, but it provides everything you need to add weight to bodyweight exercises and introduce strength training. The cool grey colour complements any facility and large white numbering makes for quick weight identification.

STORAGE.
Partnering Classic Urethane Dumbbells with the XRack brings some style to freeweight storage. As a rack specially designed for our dumbbells it's also a great way to keep pairs together, ready for the next time a member wants to get lifting.

- EST-PUD110X** 1kg-10kg Classic Urethane Dumbbells 10 pairs and XRACK

X-COV Replacement Protection Cups

XRACK SPECIFICATION.
Size 1332mm x 642mm x 966mm. Weight 43kg.



STRENGTH.

OCTAGON STORAGE RACKS.

Get more from your fitness space with slim footprint, freestanding and easy access storage options to accommodate a range of training tools. Lower level storage means it doesn't obstruct visibility in your gym, so you can store more without covering up brand value wall decals, windows, mirrors or views of showpiece fitness stations such as Octagon HIT HUB frames.



ULLDB20.



ULLDB15.



ULLDB10.

You can also link these racks together, expanding into any space as stand-alone units or with an Octagon frame.

- ULLDB20** 20 Pair Dumbbell Rack
Size 364mm x 3784mm x 760mm. Weight 118kg.
- ULLDB15** 15 Pair Dumbbell Rack
Size 364mm x 3152mm x 760mm. Weight 108kg.
- ULLDB10** 10 Pair Dumbbell Rack
Size 364mm x 1972mm x 760mm. Weight 59kg.
- ULLDB05** 5 Pair Dumbbell Rack
Size 364mm x 1340mm x 760mm. Weight 49kg.

PLEASE NOTE: All Octagon storage racks are available in Anthracite Grey with black shelves.



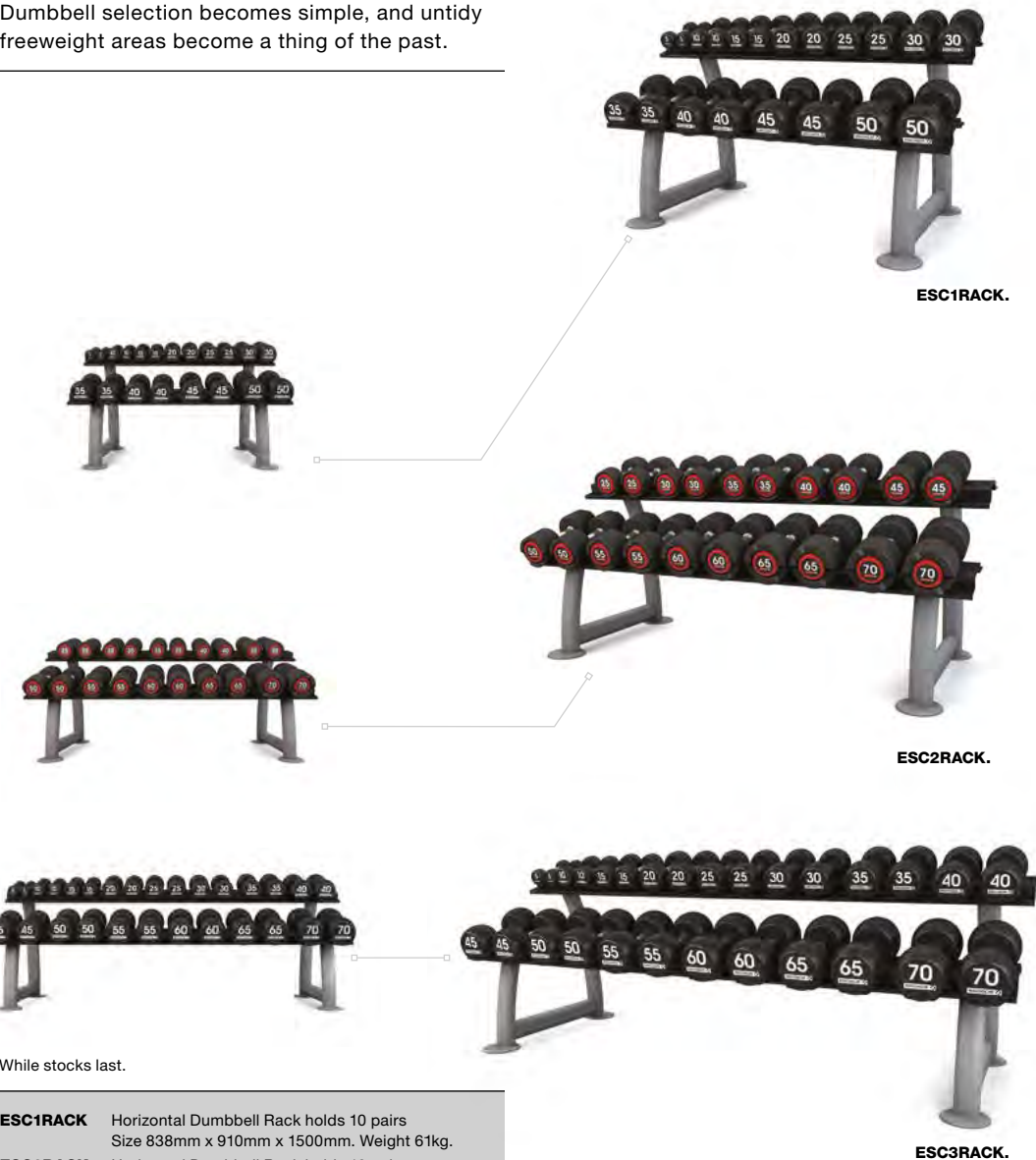
ULLDB05.



MAKE YOUR SPACE WORK HARDER FOR YOU.

HORIZONTAL STORAGE RACKS.

The Horizontal Storage Rack provides sturdy storage for a range of dumbbells. It is available in four lengths to meet the needs of any facility and to accommodate a range of dumbbell sets. Dumbbell selection becomes simple, and untidy freeweight areas become a thing of the past.



While stocks last.

- ESC1RACK** Horizontal Dumbbell Rack holds 10 pairs
Size 838mm x 910mm x 1500mm. Weight 61kg.
- ESC2RACK** Horizontal Dumbbell Rack holds 10 pairs
Size 838mm x 910mm x 2000mm. Weight 74kg.
- ESC3RACK** Horizontal Dumbbell Rack holds 10-15 pairs
Size 838mm x 910mm x 2400mm. Weight 81kg.
- ESCPAD** Protective rubber feet for racks



STRENGTH.

DUMBBELL RACK AND CUPS.

Bolted together for easy self-assembly, this simple yet effective storage rack will keep your gym floor free from clutter, leaving a safe and effective workout area. Holding a full set of dumbbells, the low carbon steel tube is expertly forged and welded for durability. The plastic end caps and rubber feet are included.



- PADBR10** Dumbbell Rack - Holds 10 pairs
- PADBR12** Dumbbell Rack - Holds 12 pairs
- PADBR10:** Size 900mm x 2400mm x 570mm. Weight 69kg.



SBX™ BARBELL SET.

These barbells have been redesigned to bring them right up-to-date. The new octagonal end plate complements our Octagon Dumbbells, and the round SBX head matches our Urethane Dumbbells, so whichever your dumbbell preference, this barbell set fits in perfectly.



Rubber feet not included.



TECH SPEC.

SBX rubber is a unique mix that's exclusive to Escape: it's a tough material that's also affordable. It's strong, but kind on gym floors, which makes it the ideal material for use in free weights.

EXPERT TIP.

The SBX Barbell is great for introducing compound lifts and for general strength training. Fixed weights are perfect for PT sessions, as no time is spent changing plates to achieve a desired weight.

CERTIFICATION.

Our SBX Barbell Sets carry TÜV SÜD Certification.

- | | |
|------------------|--|
| CXBB4000R | 10kg-20kg SBX Barbell Set (2.5kg increments) with ESC15RACK |
| CXBB4002R | 25kg-45kg SBX Barbell Set (5kg increments) with ESC15RACK |
| CXBB4003R | 10kg-45kg SBX Barbell Set (2.5kg increments 10kg-20kg, 5kg increments 25kg-45kg) with ESC9RACK |

ESCPAD Protective rubber feet for racks

RACK SPECIFICATIONS.

ESC9RACK: Size 1041mm x 980mm x 1015mm. Weight 52kg.

ESC15RACK: Size 1081mm x 620mm x 1015mm. Weight 35kg.



STRENGTH.



Rubber feet not included.

KETTLEBELLS.

The Escape range of kettlebells has been developed to provide the ideal set for every type of gym. From raw, tough cross training gyms to chic and boutique PT studios, we have a kettlebell that will fit right in and ensure members achieve the best results.



PRODUCT TRAINING AVAILABLE.
For more information and to order your online product training workshop, visit: escape.training

COMPARISON CHART.

FEATURES.	COMPETITION PRO KETTLEBELLS 2.0.	RUBBER KETTLEBELLS.	CAST IRON KETTLEBELLS.	STUDIO KETTLEBELLS.
USE	Kettlebell sport lifting, cross training	PT sessions, strength training	PT sessions, strength training	Studio workouts, group training
BELL MATERIAL	Carbon steel with hollow core for even weight distribution	Rubber covered with pa cast iron core	Powder coated cast iron	Vinyl dip with a cast iron core
HANDLE	Cast stainless steel with a satin chrome finish	Cast stainless steel with a satin chrome finish	Powder coated cast iron	Cast iron
FEATURE	Powder coated and engraved weight indicators	Grippable textured surface	Engraved weight indicators	Vinyl coating and colours
TOLERANCE	+/- 2%	+/- 2.5%	+/- 3%	+/- 3%
WEIGHTS	8kg-32kg in 4kg increments	8kg-32kg in 4kg increments	8kg-32kg in 4kg increments	4kg-20kg in 4kg increments
WARRANTY	2 years	2 years	3 years	1 year

HOW TO CHOOSE.



01 COMPETITION PRO KETTLEBELLS 2.0.

The ultimate choice for clubs and members who take their lifting seriously. A uniform size and industry standard colour coding meet competition standards. Cast stainless steel handles won't rust, and extra-tough powder coating with engraved weight indicators ensure life-long visibility. A new hollow core delivers more even weight distribution to maximise performance.



02 RUBBER KETTLEBELLS.

The high-performing and stylish Rubber Kettlebells are suitable for everyone. They feature a textured surface so the bell can be held and utilised for different exercises. Stainless steel handles offer a comfortable grip so you can work out harder for longer.



03 CAST IRON KETTLEBELLS.

A gym favourite that will never go out of fashion. Classic kettlebell style and functionality in a cast iron, powder coated, flat bottomed package. The formula of smaller bells for smaller weights makes them ideal as an all-rounder, but with the toughness demanded for heavy use.



04 STUDIO KETTLEBELLS.

These Studio Kettlebells are the perfect choice for introducing kettlebell group workouts to your studio class timetables. Bright colours are inviting and allow for easy weight identification. Weights starting at 4kg mean that even novice fitness members can get involved. A vinyl dip covering ensures the cast iron bell is kind to studio floors and keeps equipment in top condition.

STRENGTH.

COMPETITION PRO KETTLEBELLS 2.0.

The Competition Pro Kettlebell 2.0 is designed and engineered as the perfect choice for the most demanding clubs and members. Now it's upgraded with more even weight distribution, extra-tough powder coating and engraved weight indicators for life-long visibility.



TECH SPEC.

Cast stainless steel handles won't rust. The wide, flat base is perfect for renegade rows and push-ups. A new manufacturing process has created a hollow core design that enables more of the weight to be distributed closer to the handle rather than the base.

STORAGE.

Dedicated equipment storage is vital for member safety and contributes to a feeling of quality in a club. Storage options for the Competition Pro Kettlebells 2.0 now include Ultra Low Level Storage Racks (pictured). These keep kettlebells in top condition while maintaining a smaller footprint than most storage and improving visibility across the fitness space.

TRAINING.

Get the very best from your kettlebells with the instructor training course. This provides trainers and coaches with all the knowledge they need to properly implement and teach key kettlebell exercises like the swing, snatch and Turkish get-up. It also includes workouts and training to implement in your club. See **page 25** for details.

CKB08	8 kg	Competition Pro Kettlebell 2.0 – Purple
CKB12	12 kg	Competition Pro Kettlebell 2.0 – Blue
CKB16	16 kg	Competition Pro Kettlebell 2.0 – Yellow
CKB20	20 kg	Competition Pro Kettlebell 2.0 – Grey
CKB24	24 kg	Competition Pro Kettlebell 2.0 – Green
CKB28	28 kg	Competition Pro Kettlebell 2.0 – Orange
CKB32	32 kg	Competition Pro Kettlebell 2.0 – Red

ULLSS11	Octagon Storage Solution - holds up to 16 Competition Pro Kettlebells (as shown)	
TMAT11	Protective shelf mat for 1.1m Octagon Storage Solution	
PAKBR10	Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 95)	

RACK SPECIFICATIONS.
ULLSS11: Size 364mm x 1340mm x 760mm. Weight 58kg.
PAKBR10: Size 838mm x 508mm x 1194mm. Weight 36kg.
Equipment sold separately.



PLEASE NOTE: Protective shelf mat available, recommended for all cast kettlebell storage.



STRENGTH.

RUBBER KETTLEBELLS.

Our Rubber Kettlebells feature cast stainless steel handles so they're comfortable, strong and won't chip or rust.



REGISTERED PATENT. REGISTERED DESIGN.

TECH SPEC.
These kettlebells are a classic choice. The comfortable handles ensure they are easy-to-use and kind to members' hands. Just as importantly, the textured bell surface is especially easy to grip.

TRAINING.
Be sure to get the very best from your kettlebells with the Kettlebell Instructor Training Course. This provides trainers and coaches with all the knowledge they need to properly implement and teach key kettlebell exercises like the swing, snatch and Turkish get-up. It also includes workouts and training programs to implement in your club. See **page 25** for details.

DESIGN.
Engraved, oversized numbering that won't wear off, helps for fast weight identification and selection, and the dimpled surface of the bell provides a sure-grip when performing goblet squats or presses.

RKB8	8kg	Rubber Kettlebell
RKB12	12kg	Rubber Kettlebell
RKB16	16kg	Rubber Kettlebell
RKB20	20kg	Rubber Kettlebell
RKB24	24kg	Rubber Kettlebell
RKB28	28kg	Rubber Kettlebell
RKB32	32kg	Rubber Kettlebell
ULLSS11	Octagon Storage Solution - holds up to 2 sets of 8 - 32kg (14 Rubber kettlebells)	
PAKBR10	Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 95)	
ESC20RACK	Kettlebell Rack - holds up to 10 Rubber kettlebells - While stocks last	

RACK SPECIFICATIONS.
ULLSS11: Size 364mm x 1340mm x 760mm. Weight 58kg.
PAKBR10: Size 838mm x 508mm x 1194mm. Weight 36kg.
ESC20RACK: Size 426mm x 558mm x 1470mm. Weight 42kg.

Equipment sold separately.



CAST IRON KETTLEBELLS.

The classic choice for all-round performance with universal appeal. These take a traditional approach of getting larger as they get heavier, giving members who prefer a lighter bell a smaller size to work out with.



STRENGTH.

TECH SPEC.
Powder-coated with permanently-engraved weight indicators and colour-coded bands for fast identification. A flat base provides stability for storage, and enables them to be used for body weight exercises.

STORAGE.
HIT HUB storage provides the ideal place to keep the kettlebells off the floor. Having dedicated storage for products is also vital for members' safety and provides an all-round positive fitness experience.

TRAINING.
The instructor training course, available in-club and online, provides trainers and coaches with all they need to teach key kettlebell exercises like the swing, snatch and Turkish get-up. See **page 25** for details.

PAKC08	8kg	Cast Iron Kettlebell
PAKC12	12kg	Cast Iron Kettlebell
PAKC16	16kg	Cast Iron Kettlebell
PAKC20	20kg	Cast Iron Kettlebell
PAKC24	24kg	Cast Iron Kettlebell
PAKC28	28kg	Cast Iron Kettlebell
PAKC32	32kg	Cast Iron Kettlebell
PAKBR10	Kettlebell Rack Oval Frame - holds up to 10 kettlebells (as shown)	
ULLSS11	Octagon Storage Solution - holds up to 2 sets of 8 - 32kg (14 Cast iron kettlebells)	
TMAT11	Protective shelf mat for 1.1m Octagon Storage Solution	
ESC20RACK	Kettlebell Rack -holds up to - 14 Cast Iron kettlebells - While stocks last	

RACK SPECIFICATIONS.
ULLSS11: Size 364mm x 1340mm x 760mm. Weight 58kg.
PAKBR10: Size 838mm x 508mm x 1194mm. Weight 36kg.
ESC20RACK: Size 426mm x 558mm x 1470mm. Weight 42kg.

Equipment sold separately.





STUDIO KETTLEBELLS.

Studio kettlebell workouts are very popular in health and fitness clubs, providing members with fun sessions that help them develop key functional training skills.



STRENGTH.

TECH SPEC.

Our Studio Kettlebells are made to sit comfortably in the hand so members can concentrate on their workout. Cast iron construction with a vinyl dip covering means these kettlebells will last longer, but studio floors will also be protected.

STORAGE.

Store the Studio kettlebells on the Horizontal Rack, which holds a pair of each weight – 4, 8, 12, 16 and 20kg. If you want to mix kettlebells with other equipment, the RACK5 and the Cross Hub can store a full set on one shelf.

TRAINING.

Get the very best from your kettlebells with the instructor training course. This provides trainers and coaches with all the knowledge they need to implement key kettlebell exercises such as the swing and the snatch.

Online training available: see [page 22](#) to find out more.

EST-SK4	4kg	Studio Kettlebell – Each – Pink
EST-SK8	8kg	Studio Kettlebell – Each – Green
EST-SK12	12kg	Studio Kettlebell – Each – Blue
EST-SK16	16kg	Studio Kettlebell – Each – Grey
EST-SK20	20kg	Studio Kettlebell – Each – Black

ULLSS11 Octagon Storage Solution - holds up to 4 sets of 4 - 20kg (20 Studio kettlebells)

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 95)

ESC20RACK Kettlebell Rack - holds up to 10 Studio kettlebells - while stocks last

RACK SPECIFICATIONS.

ULLSS11: Size 364mm x 1340mm x 760mm. Weight 58kg.

PAKBR10: Size 838mm x 508mm x 1194mm. Weight 36kg.

ESC20RACK: Size 426mm x 558mm x 1470mm. Weight 42kg.

Equipment sold separately.



PLATES.

Whatever your lifting needs – technique, training or competition – our comprehensive collection of plates means there’s a solution for you. Bright and engaging colours have been cleverly combined with high-quality materials to create a range that will inject energy and give your freeweight area the ultimate USP.



PRODUCT TRAINING AVAILABLE.
For more information and to order your online product training workshop, visit: escape.training



COMPARISON CHART.

FEATURES.	ELITE URETHANE BUMPER PLATES.	URETHANE BUMPER PLATES.	RUBBER BUMPER PLATES.	RUBBER OLYMPIC PLATES.	CROSS GRIP OLYMPIC PLATES.	SBX OLYMPIC PLATES.
USE	Heavy use facilities, Olympic lifting, cross training	High level Olympic lifting, competitive use, cross training	Olympic lifting, cross training	Heavy use facilities, plate load machines, curl bars, Smith machines	Heavy use facilities, plate load machines, curl bars, Smith machines	Strength training, plate load machines, curl bars, Smith machines
MATERIAL	Urethane, machined steel core	Steel core, PU coated	Solid rubber	Rubber coated, pressed stainless steel inserts	Steel core, urethane coating with a stainless steel sleeve	Steel core, SBX rubber coating, stainless steel sleeve
WEIGHTS/ THICKNESS	5kg - 25mm 10kg - 30mm 15kg - 38mm 20kg - 48mm 25kg - 60mm	5kg - 25mm 10kg - 38mm 15kg - 44mm 20kg - 51mm 25kg - 57mm	5kg 10kg 15kg 20kg	1.2kg 2.5kg 5kg 10kg 15kg 20kg	1.25kg - 24mm 2.5kg - 35mm 5kg - 50mm 10kg - 56mm 15kg - 60mm 20kg - 55mm 25kg - 55mm	1.25kg - 24mm 2.5kg - 35mm 5kg - 50mm 10kg - 56mm 15kg - 60mm 20kg - 55mm 25kg - 55mm
DUROMETER RATING (HARDNESS*)	89°	95°	-	-	85°	75°
INTERNAL DIAMETER	50.5mm	50.8mm	50.8mm	50.8mm	50.8mm	50.8mm
WEIGHT TOLERANCE	+/- 2%	+/- 2%	+/- 2%	+/- 5%	+/- 2%	+/- 2%
WARRANTY	3 years	3 years	1 year	1 year	3 years	2 years

*The higher the hardness rating the less bounce.

HOW TO CHOOSE.



01 ELITE URETHANE BUMPER PLATES.

Outstanding durability, tight weight tolerances and low-bounce performance set these plates apart for the ultimate Olympic lifting experience.



02 URETHANE BUMPER PLATES.

Easy to identify, the embossed design on these polyurethane plates stands out in any fitness space.



03 RUBBER BUMPER PLATES.

Impact absorbing and scratch resistant, these back-to-basics bumper plates are a simple but effective way of bulking out any barbell set up.



04 RUBBER OLYMPIC PLATES.

Ideal for a barbell or loading a machine, and they're also perfect for performing workouts and exercises as resistance training with a single plate.



05 CROSS GRIP OLYMPIC PLATES.

Our tough and functional plates feature multi-use ergonomic handles and also have a tight tolerance band for weight accuracy.



06 SBX™ OLYMPIC PLATES.

Made from high-quality rubber, specially formulated for use in weighted gym equipment.

STRENGTH.

ELITE URETHANE BUMPER PLATES.

For the best possible Olympic lifting experience, turn to Escape's Elite plates. From the outstanding durability and low bounce that only urethane can guarantee, to especially tight weight tolerances, these deliver on every lift.

TECH SPEC.
Hard-wearing urethane over a steel core shrugs off impacts to stay looking new for longer, is low on odour, won't mark flooring and has less bounce than rubber plates. The reduced width means big lifters can fit more plates on their bar, while precise tolerances to within 2% of the stated weight adds to the performance.

DESIGN.
Lifting the plates should be a challenge when they are on a bar; not when you're setting up your lifts. That's why we've included a grippable ridge and finger castellations to make them easy to pick up and handle, whether vertical or horizontal. Bright IWF-compliant colours and contrasting weight indicators add to the usability.

STORAGE.
Most Octagon frames can be supplied with plate storage facilities. Alternatively, the Toast Rack is a great freestanding and portable way to store your Elite Urethane Bumper Plates.

PUBP05	5kg	Elite Urethane Bumper Plate – Black (Technique Only)
PUBP10	10kg	Elite Urethane Bumper Plate – Green
PUBP15	15kg	Elite Urethane Bumper Plate – Yellow
PUBP20	20kg	Elite Urethane Bumper Plate – Blue
PUBP25	25kg	Elite Urethane Bumper Plate – Red

Plates sold individually.
PUFPP1 PU Fractional Plate Pack - 2 Pairs - Black



FRACTIONAL PLATES.
The perfect partner for your Elite Urethane Bumper Plates or Elite Competition Bumper Plates. These Fractional Plates are ideal for beginners and intermediate users steadily progressing their lifts, and for elite lifters pushing their personal best a fraction higher. Available in 1.25kg and 2.5kg, they fit tight against bumper plates for a snug fit and are a must-have for Olympic lifting areas or athletic training spaces.

URETHANE BUMPER PLATES.

The bright and clear lettering gives these bumper plates a distinctive look and means that users can identify and grab the right weight every time. Clubs will welcome the use of urethane as it's low-odour and especially good at preventing marks to gym flooring.

TECH SPEC.
The PU Bumper Plates are made with a polyurethane coating over a chromed steel core. Embossed weight indicators increase visibility, with standard Olympic weights in pounds and kilograms, with a high tolerance of +/- 2%.

TRAINING.
Escape also offers an Olympic weightlifting instructor course that's available from the [escape.training](#) website. Learn how to increase any client or member's speed, acceleration, coordination and power through a masterclass in traditional weightlifting techniques.

PABP050	5kg / 10 lbs	Urethane Olympic Bumper Plate
PABP100	10kg / 25 lbs	Urethane Olympic Bumper Plate
PABP150	15kg / 35 lbs	Urethane Olympic Bumper Plate
PABP200	20kg / 45 lbs	Urethane Olympic Bumper Plate
PABP250	25kg / 55 lbs	Urethane Olympic Bumper Plate

Plates sold individually.



RUBBER BUMPER PLATES.

These solid plates get straight to the point of Olympic lifting, with a simple design, moulded weight indicators and the endurance to last, lift after lift. Made from solid rubber, their low bounce gives practicality to a toughness that will stand the test of time.

TECH SPEC.
Made from solid rubber with pressed stainless steel inserts. Dual-weight indication, moulded into the plate, and a high tolerance of +/- 5%.

STORAGE.
The best storage options for the rubber bumper plates can be found in the form of Escape's Toast Rack, stand-alone Octagon Weight Tree or frame-mounted plate racks.

PABR050	5kg / 10 lbs	Rubber Olympic Bumper Plate
PABR100	10kg / 25 lbs	Rubber Olympic Bumper Plate
PABR150	15kg / 35 lbs	Rubber Olympic Bumper Plate
PABR200	20kg / 45 lbs	Rubber Olympic Bumper Plate

Plates sold individually.



RUBBER OLYMPIC PLATES.

An ergonomic design means these rubber grip plates can be used for many different workouts, or combined in one routine. Load them onto a bar or perform movements that complement bodyweight exercises for strength, cardio, core training and more.

TECH SPEC.

Rubber coated with pressed stainless steel inserts, the easy grip handles make for a variety of workouts, with moulded weight indicators clearly marking both pounds and kilograms.

SIMPLE BUT EFFECTIVE.

This range is all about no-frills equipment that is tough and effective. Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.

PADR012	1.25kg / 2.5 lbs	Rubber Olympic Plate
PADR025	2.5kg / 5 lbs	Rubber Olympic Plate
PADR050	5kg / 10 lbs	Rubber Olympic Plate
PADR100	10kg / 25 lbs	Rubber Olympic Plate
PADR150	15kg / 35 lbs	Rubber Olympic Plate
PADR200	20kg / 45 lbs	Rubber Olympic Plate

Plates sold individually.



SBX™ OLYMPIC PLATES.

Sharing the design of our Cross Grip Olympic Plates, the SBX Olympic Plates offer a further choice for a range of uses on training bars, the Torso Trainer and on their own to add a load to bodyweight movements.

TECH SPEC.

The Escape SBX Olympic Plates have a solid steel core and an especially thick rubber coating for improved durability.

INDIVIDUAL PLATES.

COD1012	1.25kg	SBX Olympic Plate – Black
COD1025	2.5kg	SBX Olympic Plate – Black
COD1050	5kg	SBX Olympic Plate – Black
COD1100	10kg	SBX Olympic Plate – Black
COD1150	15kg	SBX Olympic Plate – Black
COD1200	20kg	SBX Olympic Plate – Black
COD1250	25kg	SBX Olympic Plate – Black

PLATE SETS.

COD1001	SBX Olympic plate Set 1.25-25kg x 2 (14 Plates supplied as 7 pairs)
COD1002	SBX Olympic plate Set 1.25-25kg x 4 (28 Plates supplied as 2 x 7 pairs)



Go to **page 231** for the Olympic Plate storage options.

URETHANE OLYMPIC GRIP PLATES.

Whether you're lifting with a bar or using a plate loading machine, our Cross Grip Olympic Plates are ideal. A solid steel core, stainless steel bush and urethane coating make for superb durability. The ergonomic handles also make them great for using as resistance tools in their own right.

TECH SPEC.

Escape is the only company to use solid steel rather than cast iron in the core of our urethane-coated Cross Grip Olympic Plates.

INDIVIDUAL PLATES.

PUOD1012	1.25kg	Cross Grip Olympic Plate – Red
PUOD1025	2.5kg	Cross Grip Olympic Plate – Red
PUOD1050	5kg	Cross Grip Olympic Plate – Red
PUOD1100	10kg	Cross Grip Olympic Plate – Grey
PUOD1150	15kg	Cross Grip Olympic Plate – Grey
PUOD1200	20kg	Cross Grip Olympic Plate – Grey
PUOD1250	25kg	Cross Grip Olympic Plate – Black

PLATE SETS.

PUOD1001	Cross Grip Olympic plate Set 1.25-25kg x 2 (14 Plates supplied as 7 pairs)
PUOD1002	Cross Grip Olympic plate Set 1.25-25kg x 4 (28 Plates supplied as 2 x 7 pairs)



While stocks last.

Go to **page 231** for the Olympic Plate storage options.

BARS.

From the very first coaching sessions through to Olympic lifts, Escape has a bar that gives you what you need. Made from quality materials to exacting specifications, across this range there's a bar to enable every user to lift harder and heavier in total confidence.

COMPARISON CHART.

FEATURES.	TECHNIQUE BAR.	WOMEN'S WOD BAR.	WOD BAR.	GYM BAR.
USE	Technique	Cross Training	Cross Training	General Strength Training
WEIGHT	5 kg	15 kg	20 kg	20 kg
LENGTH	1580mm	2010mm	2200mm	2200mm
SHAFT DIAMETER	25mm	25mm	28mm	30mm
SLEEVE LENGTH	110mm	325mm	410mm	390mm
KNURL	Single mark no centre knurl	Single mark no centre knurl	Single mark no centre knurl	Centre knurl
SHAFT FINISH	Aluminium	High Alloy Steel	High Alloy Steel	Carbon Steel
TENSILE STRENGTH	N/A	162k PSI	162k PSI	128k PSI
BUSHING/BEARING	Fixed	8 needle bearing (4 per sleeve)	8 needle bearing (4 per sleeve)	Bushed
WARRANTY	1 year	1 year	1 year	1 year
HEAT TREATMENT	N/A	Twice	Twice	Once
PERFORMANCE				
WHIP	N/A	★★★★★	★★★★★	★★★★★
KNURL COURSENESS	★★★★★	★★★★★	★★★★★	★★★★★
ROTATION	N/A	★★★★★	★★★★★	★★★★★

★★★★★ = High
★★★★ = Low

GYM BAR.

For Olympic lifts with no compromise. Maximum rotation and whip for faster transitions between sections of a snatch or clean and jerk.

SA7112 20kg Olympic Power Bar - while stocks last

WOD BAR.

A great cross training all-rounder, and an ideal entry point for anyone progressing to Olympic lifting for the first time.

WOD001 20kg WOD Bar

WOMEN'S WOD BAR.

The WOD Bar formula revisited with length, diameter and weight specifications for female lifters.

WWOD01 15kg Women's WOD Bar

OLYMPIC JUNIOR BAR.

For beginners or technique training, this lighter junior bar is the perfect introduction to the world of weightlifting.

SA7114 12kg Olympic Junior Bar - while stocks last

TECHNIQUE BAR.

A specialist coaching bar that's easy to manage and ideal for teaching the correct movement patterns.

TECHB1 5kg Technique Bar

OLYMPIC CURL BAR.

Keeps your wrists at the perfect angle when performing reps in comfort and safety.

SA7115C Olympic Curl Bar - while stocks last

PLEASE NOTE: Actual product may vary from that shown in the image.

LIFT ZONE.

This heavy-duty and flexible lifting platform offers superb shock absorption, ensuring your flooring is protected from damage and marking.



TECH SPEC.
The Lift Zone helps to reduce noise in heavy lifting areas. 100% EPDM (ethylene propylene diene monomer) strong rubber top wear layer ensures the Lift Zone's performance is second-to-none. The Lift Zone graphic is permanent and will not wear off with repeated use, so your Lift Zone will look good for longer.

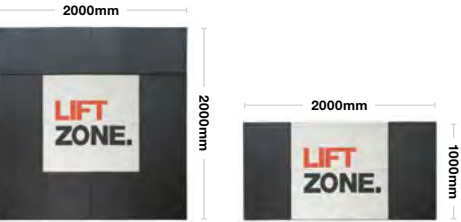
EXPERT TIP.
Use the Lift Zone to create a designated lifting area within your club. The Lift Zone will help protect gym floors and keep the area clear so people can practise Olympic lifting confidently and safely. Plus, because the Lift Zone is portable it can be assembled and disassembled to move it around the club – so your floor, equipment and members are always protected.

FUNCTIONAL FRAMES.
Use the Lift Zone with the Octagon and the Octagon BOX frames to provide a safe place to drop heavily loaded bars. Most Octagons are installed in functional areas, so adding Lift Zones ensures your gym floor is protected when people are lifting or squatting.

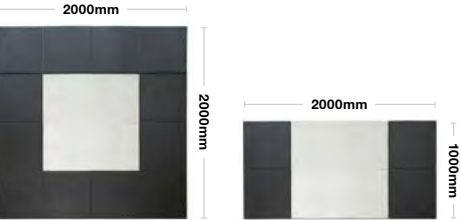
- LIFTPLAT1** Lift Zone Small
- LIFTPLAT2** Lift Zone Large
- LIFTPLAT3** Lift Zone Basic Small
- LIFTPLAT4** Lift Zone Basic Large

SPECIFICATIONS.
Small size 2000mm x 1000mm x 40mm. Weight: 80kg.
Large size 2000mm x 2000mm x 40mm. Weight: 160kg.

LIFT ZONE.
Incorporates a permanent water-jet logo.



LIFT ZONE BASIC.
Comes without the Lift Zone logo.



CABLE ATTACHMENTS.

Escape offers a full selection of comfortable and robust cable machine attachments.

Our cable attachments feature a hard chrome covering so they will continue to look good for longer, while the polyurethane grip is injection-moulded onto the bar, creating a solid bond to the metal surface. The grips are formed to make them more comfortable when in use.



SEATED ROW DOUBLE HANDLE.

PA105 Seated Row Double Handle
SPECIFICATION. Length 190mm. Weight 2kg.



STIRRUP HANDLE.

PA110 Stirrup Handle
SPECIFICATION. Length 140mm. Weight 1kg.



ANGLED TRICEP BAR.

PA102 Angled Tricep Bar
SPECIFICATION. Length 320mm. Weight 2kg.



DOUBLE HANDLE TRICEP ROPE.

PA111 Double Handle Tricep Rope



SOFT GRIP STIRRUP.

PA112 Soft Grip Stirrup



FOOT LOOP.

PA113 Foot Loop

STRENGTH.



COLLARS.

Our range of collars has been developed to ensure your plates remain secure, regardless of the type of lifting you're doing.

WOD COLLAR.

This collar is all about maximum strength and holding power, along with superb usability thanks to the larger lever.

WODC01 WOD Collar – Black – pair
Internal Diameter 2" / 52mm. Weight 7 oz / 0.2 kg.



OLYMPIC CLAMP COLLAR.

A great collar for general training. Quick-twist design for speed and extra-tight fit to ensure the collar does not work loose.

KAMCOL2 Olympic Clamp Collar – Red – pair
Internal Diameter 2" / 52mm. Weight 6 oz / 0.17 kg.



ADJUSTABLE BENCH.

A staple of strength training and more, the Adjustable Bench is one of the most versatile workout stations available. Seven levels of incline/decline on the backrest and three on the seat make for a variety of options and flexibility for users to target any area of the body. Movement of the bench around the gym or studio is also made easy thanks to transportation wheels on one end and a PVC handle grip on the other.

TECH SPEC.

Steel tube bench framing with carbon steel pad incline adjuster. Each pad is made from PU synthetic leather with sponge filling. 1 year warranty.

ALL ABOUT ANGLES.

Thanks to the strong adjustable brackets and lock pins, the Adjustable Bench suits a vast range of strength exercises while remaining stable, supportive and comfortable at any angle. The backrest raises from flat to 87.7-degrees, while the seat position can raise from flat to 29.26-degrees.

ADJBEN1 Adjustable Bench

SPECIFICATION.

Dimensions: 1440mm x 350mm x 280mm. Weight: 37kg.



FLAT.



50° INCLINE.



80° INCLINE.



OCTAGON.

There is one piece of equipment that grabs user attention like no other – the challenging and versatile functional frame. This Escape equipment really stands out from the rest and provides a full range of functional training experiences to fitness clubs – including body conditioning training, cross training and athletic-based training. Suitable for all members, from the fitness beginner to the advanced athlete, these functional frames and storage-based products offer a comprehensive solution to optimise any space.

OCTAGON.

THE OCTAGON	
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TRAINING FRAMES	136
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ATHLETIC	
TRAINING FRAMES	164
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STANDARD	
COLOUR OPTIONS	174

THE OCTAGON FRAME RANGE.

The Octagon range of training frames epitomizes the Escape approach to functional and performance-based training. Combining exciting workout experiences with effective programming, these frames are designed to get the very best results for every user.

With Escape's expertise in design, development and manufacturing, owners and managers can be sure that their Octagon frame will provide members and trainers with years of exciting fitness experiences.

Whether your gym is big or small, and regardless of the users' fitness abilities, we have a range of frames of different sizes to ensure you can choose one that's just right for your club.

MAKE IT YOURS.

Build your own frame. Speak to your sales representative for more information.

01 WALL-BASED FRAMES.

Escape's newest space efficient training solution is the next generation of functional training frame, challenging existing parameters of space. Install a HIT HUB and you'll achieve the maximum number of functional workout stations whatever the size of your boutique, gym or studio. Providing minimal transition times and a range of equipment to hand at each workout station, dynamic, high-impact workouts will excite your members and keep them coming back.

These frames are ideal for:

- **Club** – Keep ahead of the curve with a modular system that can fit any space, and draw prospective new members in with a centrepiece of excellence.
- **Trainer** – Unparalleled for its combination of training versatility, storage and variety of workout options in one place.
- **User** – The ultimate convenience for all equipment when it's needed, where it's needed. Options for almost endless training tools both on and off the frame itself.

See pages 116-135 for our wall-based frames.



02 BODY CONDITIONING TRAINING FRAMES.

When members move on from CV and weight machines into functional training they can tell within minutes that it's going to help them achieve more than ever, and have more fun in the process. That's what the Octagon Hub Training System (HTS) frames are all about. With integrated storage shelves, an HTS is the ideal station for workouts that get people moving quickly between functional tools, suspension training and bodyweight exercises.

These frames are ideal for:

- **Club** – Gyms with a variety of members who want to increase their functional training offering. Also ideal for hotels and multi-housing.
- **Trainer** – One-to-one sessions with beginners. Trainers who want to expand their earning potential with group training.
- **User** – Those new to functional training, seeking to learn more. Seasoned fitness fans looking to improve their overall strength and conditioning.

See pages 136-151 for our body conditioning training frames.



03 CROSS TRAINING FRAMES.

Cross training frames build on from the body conditioning frames, introducing extra training tools and styles for more confident and skilled users. The Escape range of cross training frames accommodates barbells, free weights and bodyweight movements for a challenging strength and conditioning workout.

These frames are ideal for:

- **Club** – Cross training clubs, private PT studios and gyms with members who want to take their functional training to the next level.
- **Trainer** – Those wanting to push their clients to improve strength and power. Ideal for trainers to provide group cross training sessions.
- **User** – An ideal frame for cross training enthusiasts to work on their squats, pull-ups and overall strength. Great for those who have mastered the basics of functional training and want to push themselves.

See pages 152-163 for our cross training frames.



04 ATHLETIC TRAINING FRAMES.

When elite members are looking to develop strength, power, muscular endurance and all-round physical fitness, these frames give them something special. The emphasis is on weight training, with individual stations that let users focus on their technique and performance.

These frames are ideal for:

- **Club** – University gyms, competitive and high-performance sports centres and cross training-style clubs.
- **Trainer** – Professional conditioning coaches and personal trainers working one-to-one with their clients.
- **User** – Sports teams and competitive athletes. Members looking to build muscle, strength and overall lifting performance.

See pages 164-171 for our athletic training frames.



01 WALL-BASED TRAINING FRAMES.

The newest additions to Escape's Octagon range, the HIT HUB frames offer maximum results from a minimum footprint, thanks to exciting equipment, efficient storage and endless programming potential.

SINGLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

FREESTANDING HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

FREESTANDING DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

02 BODY CONDITIONING TRAINING FRAMES.

The Octagon Hub Training System (HTS) frames get people moving quickly between functional tools, suspension training and bodyweight exercises.

HTS 90.



FRAME AVAILABLE AS
FREESTANDING.

4 LEG HTS.



6 LEG HTS.



8 LEG HTS.



03 CROSS TRAINING FRAMES.

From pull-ups to squats, and boxing to battling rope, the cross training frames deliver the facilities needed by users looking for a true all-around training experience.

T1.



T2.



QUAD.



OCTAGON.



FRAME AVAILABLE AS
FREESTANDING.

04 ATHLETIC TRAINING FRAMES.

These frames give elite users a base for strength training, with all the tools they need to take their lifting performance, muscular endurance and power to the next level.

MONO.



FRAME AVAILABLE AS
FREESTANDING.

HALF BOX.



WOD BOX.



HALF SQUAD.



SMALL.

MEDIUM.

LARGE.

OCTAGON.

WALL BASED.

BODY CONDITIONING.

CROSS TRAINING.

ATHLETIC.



WALL-BASED FRAMES.

Bring any space to life with our expertly designed HIT HUB. Forming part of our Octagon range, the HIT HUB is developed in modules that attach and expand to any size – available as either single or double-sided, with a range of accessories that can attach to any option.

HIT HUB - THE MOST VERSATILE FRAME EVER MADE.



OCTAGON.

SINGLE SIDED, ONE BAY, TYPE 1.

Ideal for space conscious hotels, multi-family housing complexes, corporate studios or small inner city PT studios, this compact workout wall frees up floor space and provides an exciting, multifunctional workout for up to four people, making it the go-to location for functional training.

Connect to a MONO for maximum functionality with minimum footprint. See page 166 for details.



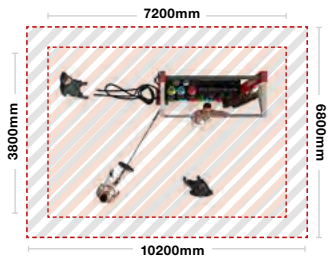
PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells, plates or dumbbells.

USERS AND WORKING AREA.
The HIT HUB Single Sided, One Bay Type 1 accommodates up to four users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

4 USERS. Can accommodate up to **4 users** working on the frame.

28m² Minimum working area for up to **4 users**.

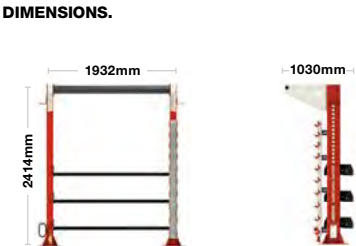
69m² Optimum space working area.



OHHW011 HIT HUB - Single Sided, One Bay, Type One
HIT HUB - Single Sided, One Bay, Type One attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER (holds dumbbells)
- 2 x Claw (holds ropes and tubes)

HOLSTER - Store a range of single dumbbells from 2-30kg.
Other colour options available, please call for details.



SINGLE SIDED, ONE BAY, TYPE 2.

Modified specifically for areas that are tight on storage space or focused on freeweight-based workouts, the additional HOLSTER on the HIT HUB Single Sided, One Bay, Type 2 provides efficient storage for mid-range dumbbells. The vertical design conveniently stores up to five pairs of Octagon dumbbells, making them easily accessible while leaving the floor open for training.



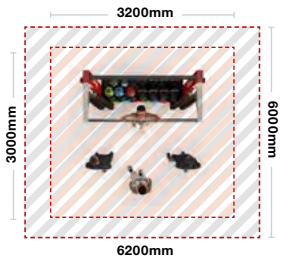
PLEASE NOTE.
Frames do not include balls, bags, kettlebells, resistance bands or dumbbells.

USERS AND WORKING AREA.
The HIT HUB Single Sided, One Bay Type 2 accommodates up to four users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

4 USERS. Can accommodate up to **4 users** working on the frame.

10m² Minimum working area for up to **4 users**.

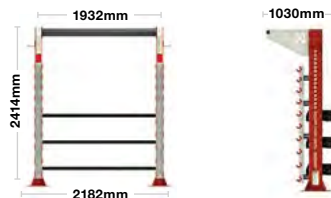
37m² Optimum space working area.



OHHW0112 HIT HUB - Single Sided, One Bay, Type Two
HIT HUB - Single Sided, One Bay, Type Two attachments include:

- 1 x HIT Wing
- 2 x HOLSTER (holds dumbbells)
- 2 x Claw (holds ropes and tubes)

HOLSTER x 2 - Store a set of 2-20kg dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg.
Other colour options available, please call for details.



DOUBLE SIDED, ONE BAY.

Great for small to medium clubs, small boutiques or larger hotel gyms looking for an engaging workout station to run around as the central point of group circuit programs. The eye-catching design will ensure it is the focus of any group X, PT or individual functional training regime.



PLEASE NOTE.

Frames do not include balls, bags, bars, Power Tubes, kettlebells, plates, dumbbells or WOD Rings.



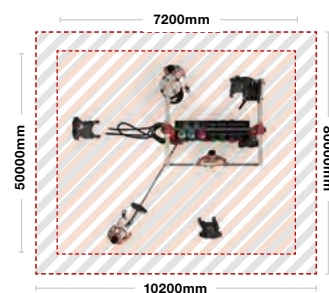
USERS AND WORKING AREA.

The HIT HUB Double Sided, One Bay accommodates up to six users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

6 USERS. Can accommodate up to **6 users** working on the frame.

36m² Minimum working area for up to **6 users**.

82m² Optimum space working area.



OHHW021 HIT HUB - Double Sided, One Bay
HIT HUB - Double Sided, 1 Bay attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x Holster (holds dumbbells)
- 1 x Rope Pulley Attachment
- 1 x Boxing Arm and Swivel
- 2 x Claw (holds ropes and tubes)

HOLSTER - Store a range of single dumbbells from 2-30kg.

Other colour options available, please call for details.

DIMENSIONS.



SINGLE SIDED, TWO BAY.

Designed as the ultimate group X programming solution for smaller clubs, the HIT HUB – Single Sided, Two Bay provides a centrepiece for circuits and has double the storage capabilities of the single-sided frame, along with added accessories for a challenging multifunctional workout. An ideal PT station that challenges individuals and small groups with equipment that is exciting, versatile, contained and effective across varying ability levels.



PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbag or WOD Rings.

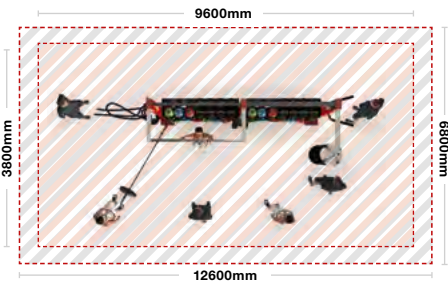


USERS AND WORKING AREA.
The HIT HUB Single Sided, Two Bay accommodates up to seven users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

7 USERS. Can accommodate up to **7 users** working on the frame.

37m² Minimum working area for up to **7 users**.

65m² Optimum space working area.



OHHW012 HIT HUB - Single Sided, Two Bay
HIT HUB - Single Sided, Two Bay attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER (holds dumbbells)
- 1 x Boxing Arm and Swivel
- 1 x Claw (holds ropes and tubes)
- 1 x Fixed Dip Station

HOLSTER - Store a range of single dumbbells from 2-30kg.
Other colour options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, TWO BAY.

The perfect group X programming solution for boutiques and medium to large functional training spaces in clubs, YMCAs and school rec centres, the HIT HUB – Double Sided, Two Bay stimulates members in group sessions, provides a centrepiece for circuits and double the storage capabilities and accessories for a challenging multifunctional workout.



PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbag or WOD Rings.

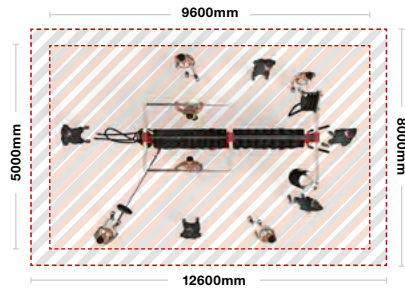


USERS AND WORKING AREA.
The HIT HUB Double Sided, Two Bay accommodates up to 11 users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

11 USERS. Can accommodate up to **11 users** working on the frame.

48m² Minimum working area for up to **11 users**.

100m² Optimum space working area.

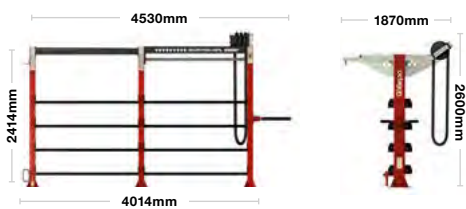


OHHW022 HIT HUB - Double Sided, Two Bay
HIT HUB - Double Sided, Two Bay attachments include:

- 2 x HIT Wing
- 1 x Battle Rope
- 1 x Torso Trainer
- 1 x Boxing Arm and Swivel
- 1 x Claw (holds ropes and tubes)
- 1 x Rope Pulley Attachment
- 1 x Fixed Dip Station

Other colour options available, please call for details.

DIMENSIONS.



SINGLE SIDED, FOUR BAY.

Ideal for large group fitness and boutiques, the HIT HUB – Single Sided, Four Bay creates a striking feature wall to draw members in. With multiple workout stations, a variety of attachments to choose from and countless storage, it's all tucked neatly away with minimal footprint and maximum training space for up to 10 users.



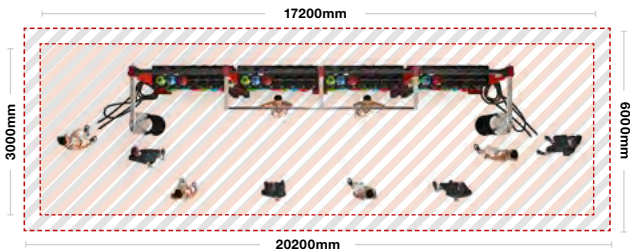
PLEASE NOTE.
Frames do not include balls, bags, kettlebells, battle ropes, dumbbells, punchbags or WOD Rings.



USERS AND WORKING AREA.
The HIT HUB Single Sided, Four Bay accommodates up to 10 users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

10 USERS. Can accommodate up to 10 users working on the frame.

52m² Minimum working area for up to 10 users.
121m² Optimum space working area.

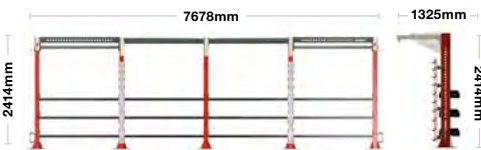


- OHHW014** HIT HUB - Single Sided, Four Bay
HIT HUB - Single Sided, Four Bay attachments include:
- 1 x HIT Wing and Extender
 - 2 x Battle Rope Eye
 - 2 x Boxing Arm and Swivel
 - 2 x Claw (holds ropes and tubes)
 - 2 x HOLSTER (holds dumbbells)

HOLSTER x 2 - Store a set of 2-20kg dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg.

Other colour options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, FOUR BAY.

The HIT HUB – Double Sided, Four Bay is Escape's first frame designed specifically for group fitness and boutique spaces. It enhances group training where time, space and the proximity of equipment are key. The HIT HUB creates multiple workout stations in a small footprint for programmes tailored towards whole groups. In fact, Escape's MOVE IT programme is optimised for this frame. Efficiency is key with all the equipment in close proximity – reducing transition periods and sustaining the intensity of the workout.



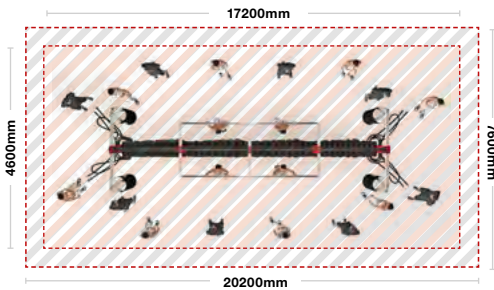
PLEASE NOTE.
Frames do not include balls, bags, kettlebells, battle ropes, dumbbells, punchbags or WOD Rings.



USERS AND WORKING AREA.
The HIT HUB Double Sided, Four Bay accommodates up to 10 users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

20 USERS. Can accommodate up to 20 users working on the frame.

79m² Minimum working area for up to 20 users.
153m² Optimum space working area.

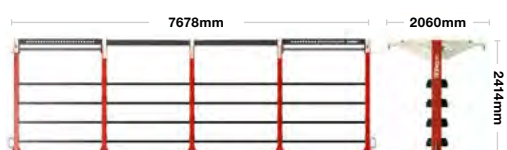


- OHHW024** HIT HUB - Double Sided, Four Bay
HIT HUB - Double Sided, Four Bay attachments include:
- 2 x HIT Wing and Extender
 - 2 x Battle Rope Eye
 - 4 x Boxing Arm and Swivel
 - 2 x Claw (holds ropes and tubes)
 - 4 x HOLSTER (holds dumbbells)

HOLSTER x 4 - Store a set of 2-20kg dumbbells on each HOLSTER. The HOLSTER can handle a range of up to 30kg.

Other colour options available, please call for details.

DIMENSIONS.



HIT HUB ATHLETIC.

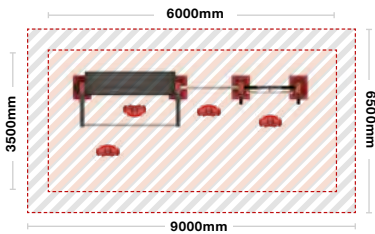
This is the next level in cost and space efficient strength training. By combining a MONO strength station and the HIT HUB, even facilities with limited space can create a serious workout area for functional training. The catch racks for barbell lifts and an overhead pull-up attachment complement the multiple possibilities already offered by the HIT HUB. In addition to this, the HIT HUB, Single Sided, One Bay with MONO as a whole offers the benefits of both enhanced strength and movement training combined.



PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbags or WOD Rings.

USERS AND WORKING AREA.
The HIT HUB SINGLE SIDED, ONE BAY with MONO provides workout space for up to four users and the MONO bolt-on creates space for another two users. Additional HIT HUB and MONO modules can be added to increase workout possibilities. Trainers are able to rotate people circuit style to maximise the training experience for members.

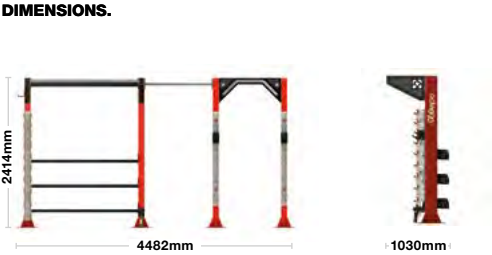
- 4 USERS.** Can accommodate up to 4 users working on the frame.
- 22m²** Minimum working area for up to 4 users.
- 59m²** Optimum space working area.



OHHWM11 HIT Hub Single Sided, One Bay with Mono
HIT Hub Single Sided, 1 Bay with MONO attachments include:

- 1 x Torso Trainer
- 1 x HOLSTER (holds dumbbells)
- 1 x HIT Wing
- 1 x Claw (holds ropes and tubes)
- 1 x Catch Rack Pair
- 1 x Bull Horn Pull-Up Bar

HOLSTER - Store a range of single dumbbells from 2-30kg.
Other colour options available, please call for details.



INTRODUCING FREESTANDING FRAMES.

With such a tiny footprint, it's hard to match the robustness of our frames. Now we've gone one step further – you can have the storage and versatility of the HIT HUB in a freestanding frame. Using the high-grade European steel that underpins the quality and durability our frames are known for, our impressive engineers have developed freestanding versions of the HIT HUB in almost the same footprint as the fixed modules. The SINGLE, DOUBLE and QUAD are all available as freestanding options, opening up your opportunities if your floor is unsuitable for a fixed frame. What's more, you don't need expensive building inspections prior to installation and you can move it as you redesign your club.



OCTAGON.

FREESTANDING SINGLE SIDED, ONE BAY.

Ideal for space conscious hotels, multi housing complexes, corporate studios or small inner city PT studios, this compact workout wall frees up floor space and provides an exciting, multifunctional workout for up to three people – making it the go-to location for functional training.

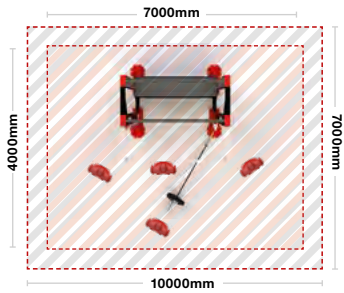


PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, battle rope, dumbbells, MARS screen or WOD Rings.

USERS AND WORKING AREA.
The HIT HUB Single Sided, One Bay, Freestanding accommodates up to four users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

4 USERS. Can accommodate up to 4 users working on the frame.

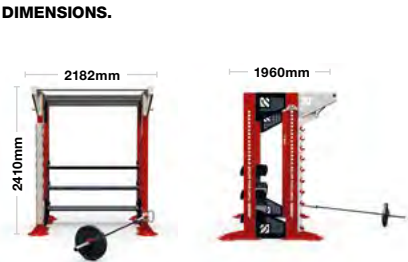
28m² Minimum working area for up to 4 users.
70m² Optimum space working area.



OFHHW011 HIT HUB - Single Sided, One Bay, Freestanding
HIT HUB - Single Sided, One Bay, Freestanding attachments include:

- 1 x HIT Wing
- 2 x Claw (holds ropes and tubes)
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER (holds dumbbells)

HOLSTER - Store a range of single dumbbells from 2-30kg.
Other colour options available, please call for details.



FREESTANDING DOUBLE SIDED, ONE BAY.

Great for small to medium clubs, small boutiques or larger hotel gyms looking for an engaging workout station to run around as the central point of group circuit programs. The eye-catching design will ensure it is the focus of any group X, PT or individual functional training regime.

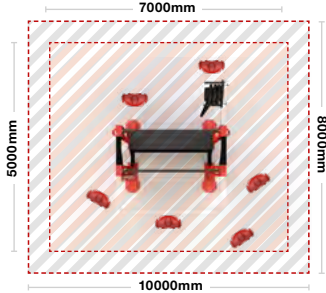


PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, battle rope, dumbbells, MARS screen or WOD Rings.

USERS AND WORKING AREA.
The HIT HUB Double Sided, One Bay, Freestanding accommodates up to six users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

6 USERS. Can accommodate up to 6 users working on the frame.

35m² Minimum working area for up to 6 users.
80m² Optimum space working area.



OFHHW021 HIT HUB - Double Sided, One Bay, Freestanding
HIT HUB - Double Sided, One Bay, Freestanding attachments include:

- 1 x HIT Wing
- 2 x Claw (holds ropes and tubes)
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER (holds dumbbells)
- 1 x Rope Pulley Attachment

HOLSTER - Store a range of single dumbbells from 2-30kg.
Other colour options available, please call for details.



FREESTANDING SINGLE SIDED, TWO BAY.

Designed as the ultimate group X programming solution for smaller clubs, the HIT HUB - Single Sided, Two Bay, Freestanding provides a centrepiece for circuits and has double the storage capabilities of the single sided frame, along with added accessories for a challenging multifunctional workout. An ideal PT station that excites individuals and small groups with equipment that is versatile, contained and effective across varying ability levels.



PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells or WOD Rings.

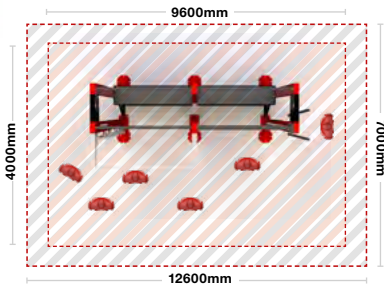


USERS AND WORKING AREA.
The HIT HUB Single Sided, Two Bay, Freestanding accommodates up to six users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

6 USERS. Can accommodate up to **6 users** working on the frame.

39m² Minimum working area for up to **6 users**.

88m² Optimum space working area.



- OFHHW012** HIT HUB - Single Sided, Two Bay, Freestanding
- HIT HUB - Single Sided, Two Bay, Freestanding attachments include:
- 1 x HIT Wing
 - 2 x Claw (holds ropes and tubes)
 - 1 x Battle Rope Eye
 - 1 x HOLSTER (holds dumbbells)
 - 1 x Torso Trainer
 - 1 x Fixed Dip station
 - 1 x Rope Pulley Attachment
- HOLSTER - Store a range of single dumbbells from 2-30kg.
- Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, TWO BAY.

The perfect group X programming solution for boutiques and medium to large functional training spaces in clubs, YMCAs and school rec centres, the HIT HUB - Double Sided, Two Bay, Freestanding stimulates members in group sessions, provides a centrepiece for circuits and double the storage capabilities and accessories for a challenging multifunctional workout.



PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, battle rope, plates, dumbbells or WOD Rings.

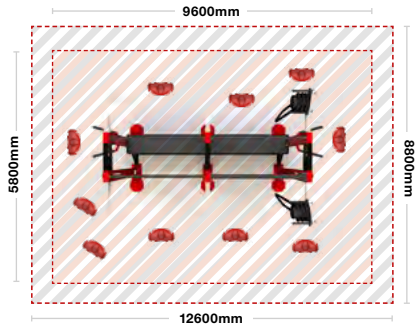


USERS AND WORKING AREA.
The HIT HUB Double Sided, Two Bay, Freestanding accommodates up to 10 users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

10 USERS. Can accommodate up to **10 users** working on the frame.

54m² Minimum working area for up to **10 users**.

108m² Optimum space working area.



- OFHHW022** HIT HUB - Double Sided, Two Bay, Freestanding
- HIT HUB - Double Sided, Two Bay, Freestanding attachments include:
- 2 x HIT Wing
 - 2 x Claw (holds ropes and tubes)
 - 1 x Battle Rope Eye
 - 1 x Torso Trainer
 - 2 x HOLSTER (holds dumbbells)
 - 2 x Rope Pulley Attachment
 - 2 x Fixed Dip Station
- HOLSTER x 2 - Store a set of 2-20kg dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg.
- Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING SINGLE SIDED, FOUR BAY.

Ideal for large group fitness and boutiques, the HIT HUB - Single Sided, Four Bay, Freestanding creates a striking feature wall to draw members in. With multiple workout stations, a variety of attachments to choose from and countless storage, it's all tucked neatly away with minimal footprint and maximum training space.



PLEASE NOTE.
Frames do not include balls, bags, kettlebells, dumbbells or WOD Rings.

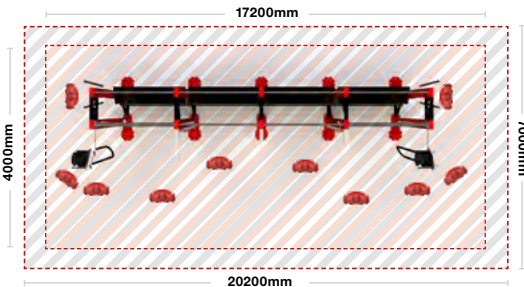


USERS AND WORKING AREA.

The HIT HUB Single Sided, Four Bay, Freestanding accommodates up to 10 users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

10 USERS. Can accommodate up to 10 users working on the frame.

69m² Minimum working area for up to 10 users.
141m² Optimum space working area.

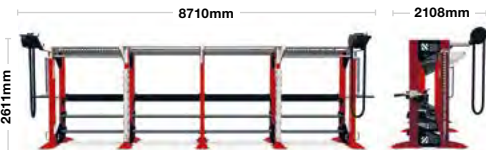


OFHHW014 HIT HUB - Single Sided, Four Bay, Freestanding
HIT HUB - Single Sided, Four Bay, Freestanding attachments include:

- 1 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 2 x Fixed Dip Station
- 2 x HOLSTER (holds dumbbells)
- 2 x Rope Pulley Attachment
- 2 x Claw (holds ropes and tubes)

HOLSTER x 2 - Store a set of 2-20kg dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg.
Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, FOUR BAY.

Escape's first freestanding, double sided frame designed for group fitness and boutique spaces creates a striking centre point and enhances group training where time, space and the proximity of equipment are key. With multiple workout stations in a small footprint, programmes can be tailored to whole groups – particularly Escape's MOVE IT programme, which is optimised for this frame.



PLEASE NOTE.
Frames do not include balls, bags, kettlebells, dumbbells or WOD Rings.

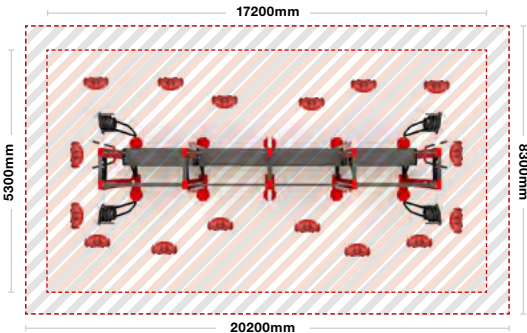


USERS AND WORKING AREA.

The HIT HUB Double Sided, Four Bay, Freestanding accommodates up to 16 users both sides of the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select.

16 USERS. Can accommodate up to 16 users working on the frame.

89m² Minimum working area for up to 16 users.
163m² Optimum space working area.



OFHHW024 HIT HUB - Double Sided Four Bay, Freestanding
HIT HUB - Double Sided, Four Bay, Freestanding attachments include:

- 2 x HIT Wing and Extender
- 2 x Claw (holds ropes and tubes)
- 2 x Battle Rope Eye
- 2 x Fixed Dip Station
- 4 x HOLSTER (holds dumbbells)
- 4 x Rope Pulley Attachment

HOLSTER x 4 - Store a set of 2-20kg dumbbells on each HOLSTER. The HOLSTER can handle a range of up to 30kg.
Other colour options available, please call for details.

DIMENSIONS.





BODY CONDITIONING TRAINING FRAMES.

Body conditioning training frames are the ideal solution for clubs looking to provide their members with an all-around functional training experience. Members may be seeking to improve their overall fitness and looking to learn some extra skills for a more enjoyable, varied workout. The Hub Training System provides a space for suspension training, extensive storage opportunities and solutions to suit any size of club. What's more, the exciting and effective MOVE IT program ensures your instructors and members make the most of everything these functional frames have to offer.

HTS – TAKING FUNCTIONAL WORKOUTS TO THE NEXT LEVEL.



OCTAGON.



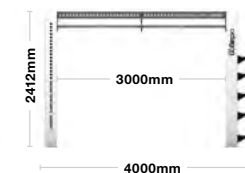
OCTAGON HTS 4.

This compact version of the HTS is ideal for small studios, hotels and multi-family housing facilities. It features four Octagon legs, and gives facilities the opportunity to provide a dedicated space for suspension training. It also features two Hub Storage Walls, providing essential storage solutions for a variety of functional training equipment.

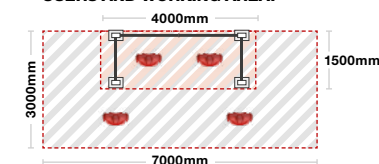
HTS 4.2.

The HTS 4.2 is the smallest available version of the HTS frame. It features 10 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.



4 USERS. Can accommodate up to **2 users** working on the frame and up to **2 users** around the frame.

6m² Frame-based working area for up to **2 users**.

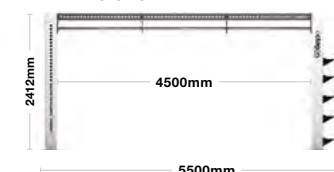
21m² Floor-based working area for up to **4 users**.

OHTS402 Octagon HTS 4 Leg 2 Beam

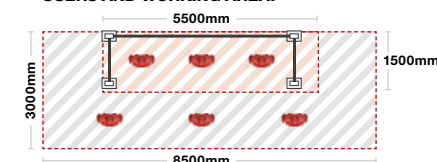
HTS 4.3.

The HTS 4.3 includes 10 integrated storage shelves. Each shelf holds functional training equipment – training bags, medicine balls and more.

DIMENSIONS.



USERS AND WORKING AREA.



6 USERS. Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.

8.25m² Frame-based working area for up to **3 users**.

25.5m² Floor-based working area for up to **6 users**.

OHTS403 Octagon HTS 4 Leg 3 Beam



OCTAGON HTS 6.

The HTS 6 helps fitness facilities maximise group sessions and suspension training. Its six-leg design creates extra space to incorporate strength and mobility exercises into classes to get clients moving freely. Four Hub Storage Walls provide enough storage capacity for national clubs or larger independents looking to inject the 'WOW' factor into their functional training. The BOA Rail also lets you incorporate boxing into sessions (see [page 150](#) for details).

An Octagon HTS 6 is a great frame to use as the basis for MOVE IT group training sessions, keeping space clear beneath the frame and providing all the storage capacity you need for equipment used in MOVE IT workouts.

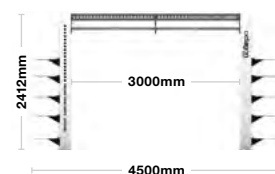
MOVE IT.



HTS 6.2.

The HTS 6.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 17](#).

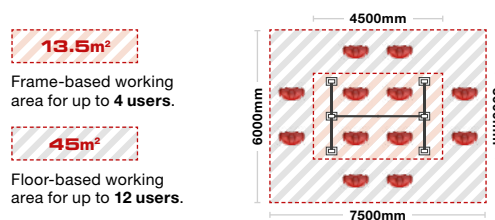
DIMENSIONS.



USERS AND WORKING AREA.



Can accommodate up to **4 users** working on the frame and up to **8 users** around the frame.

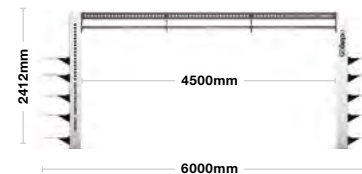


OHTS602 Octagon HTS 6 Leg 2 Beam

HTS 6.3.

The HTS 6.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 17](#).

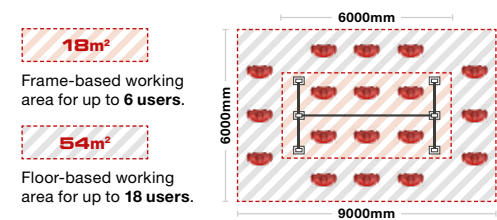
DIMENSIONS.



USERS AND WORKING AREA.



Can accommodate up to **6 users** working on the frame and up to **12 users** around the frame.

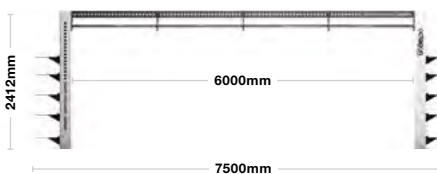


OHTS603 Octagon HTS 6 Leg 3 Beam

HTS 6.4.

The HTS 6.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 17](#).

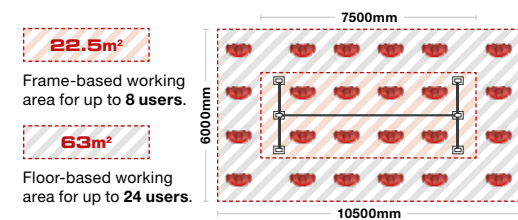
DIMENSIONS.



USERS AND WORKING AREA.



Can accommodate up to **8 users** working on the frame and up to **16 users** around the frame.



OHTS604 Octagon HTS 6 Leg 4 Beam

OCTAGON HTS 8.

The largest HTS configuration delivers the ultimate in capacity, with configurations from 4.5m right up to 9m. A set of monkey bars is incorporated into the design, a feature that's always a big hit with members looking for fun and new challenges. There's extensive storage capacity for Bulgarian Bags, kettlebells, Corebags, CMTs and more, so users can quickly switch from frame-based exercise to using functional equipment.

An Octagon HTS 8 is ideal to use as the basis for MOVE IT group training sessions, creating maximum space beneath the frame and providing all the storage capacity you need for equipment used for even the largest MOVE IT class sizes.



MOVEIT.

octagon.

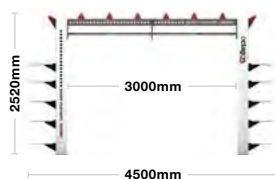


OCTAGON.

HTS 8.2.2.

The HTS 8.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 17](#).

DIMENSIONS.

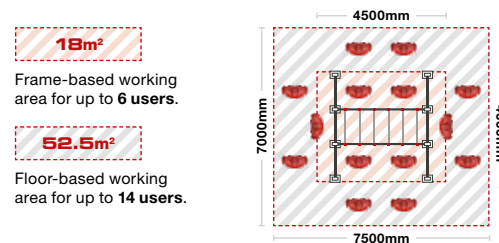


USERS AND WORKING AREA.



14 USERS.

Can accommodate up to **6 users** working on the frame and up to **8 users** around the frame.

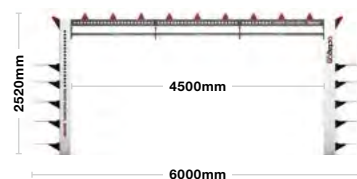


OHTS822 Octagon HTS 8 Leg 2x2 Beam

HTS 8.2.3.

The HTS 8.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 17](#).

DIMENSIONS.

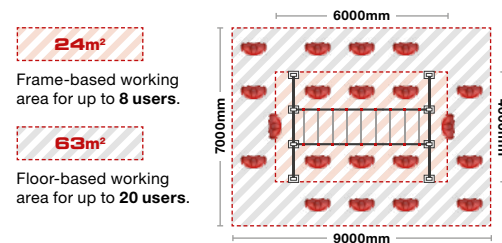


USERS AND WORKING AREA.



20 USERS.

Can accommodate up to **8 users** working on the frame and up to **12 users** around the frame.

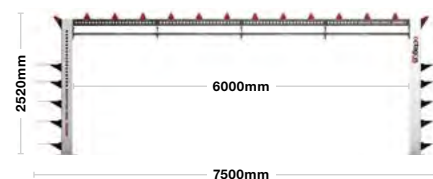


OHTS823 Octagon HTS 8 Leg 2x3 Beam

HTS 8.2.4.

The HTS 8.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 17](#).

DIMENSIONS.

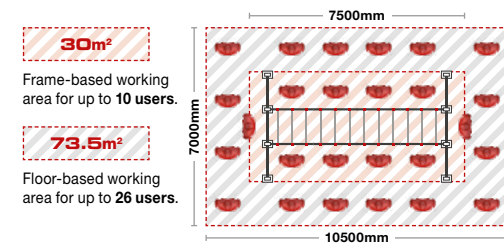


USERS AND WORKING AREA.



26 USERS.

Can accommodate up to **10 users** working on the frame and up to **16 users** around the frame.

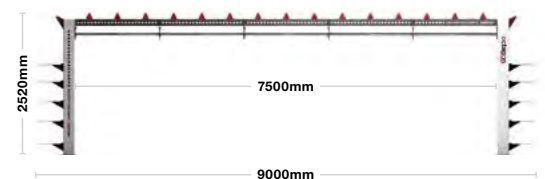


OHTS824 Octagon HTS 8 Leg 2x4 Beam

HTS 8.2.5.

The HTS 8.5 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 17](#).

DIMENSIONS.

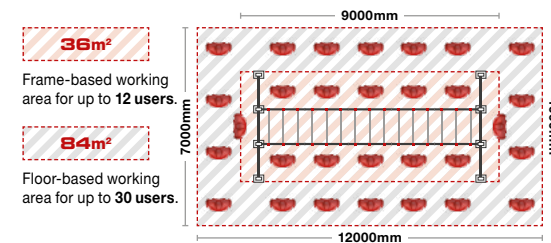


USERS AND WORKING AREA.



30 USERS.

Can accommodate up to **12 users** working on the frame and up to **18 users** around the frame.



OHTS825 Octagon HTS 8 Leg 2x5 Beam

HTS 90 – BRINGING CORNER SPACES TO LIFE FOR TRAINING AND STORAGE.



OCTAGON HTS 90.


The HTS 90 takes all the key features from the HTS concept and rearranges them into something that slots perfectly into corner spaces. It transforms these under-used corner spaces into revenue-generating assets. With a range of attachments and ample equipment storage capacity, each frame can accommodate small group workouts and provide a multifunctional destination for PT sessions.




PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells, plates, punchbag, rollers or WOD Rings.

USERS AND WORKING AREA.


The HTS 90 accommodates up to six users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select. With good instruction, it is the ideal frame to utilise wasted corners and offer exciting small group training.

**6 USERS.**

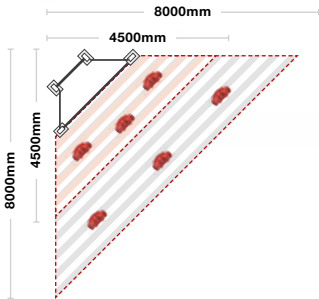
Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.

**10.1m²**

Frame-based working area for up to **3 users**.

**32m²**

Floor-based working area for up to **6 users**.



- OCTC202** HTS 90 Type 2, 8 storage shelves
- OCTC201** HTS 90 Type 1, 6 storage shelves
- OCTC205** HTS 90 Type 5, 4 storage shelves
- HTS 90 attachments include:
- 1 x Torso Trainer
 - 1 x Weight Horn
 - 2 x Pull Up Handles
 - 1 x Boxing Arm and Swivel
 - 1 x Bar Holder
 - 2 x Battle Rope Eye
 - 1 x Fixed Dip Station

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 1.


The HTS 90 Freestanding Type 1 corner frame transforms under-used corner spaces into engaging and revenue-generating workout areas. Now available freestanding, the frame slots neatly into the corner without any need for bolting it down – ideal for small group workouts and as a multifunctional destination for PT sessions.




PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells or WOD Rings.

USERS AND WORKING AREA.


The HTS 90 Freestanding Type 1 corner frame accommodates up to six users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select. It's the ideal frame to make use of empty corner space for individual or small group X workouts, and can be moved to alternative corners as the gym is redesigned.

**6 USERS.**

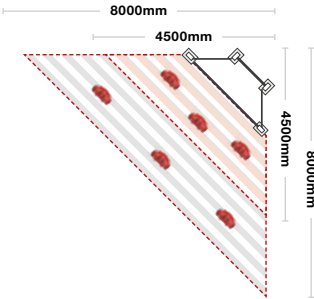
Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.

**10.1m²**

Frame-based working area for up to **3 users**.

**32m²**

Floor-based working area for up to **6 users**.



- OFSC01** HTS 90 Freestanding Type 1
- HTS 90 Freestanding Type 1 attachments include:
- 2 x Pull Up Handles
 - 1 x Battle Rope Eye
 - 1 x Fixed Dip Station

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 2.

Expanding on the HTS 90 Freestanding Type 2 corner frame, you get the same accessories with an additional boxing arm, torso trainer, bar holder and weight horn. Available freestanding, it transforms under-used corner spaces into engaging and revenue-generating workout areas without any need for bolting it down – ideal for small group workouts and as a multifunctional destination for PT sessions.


PLEASE NOTE.

Frames do not include balls, bags, bars, battle rope, kettlebells, plates, punchbag or WOD Rings.




USERS AND WORKING AREA.


The HTS 90 Freestanding Type 2 corner frame accommodates up to six users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select. It's the ideal frame to make use of empty corner space for individual or small group X workouts, and can be moved to alternative corners as the gym is redesigned.

**6 USERS.**

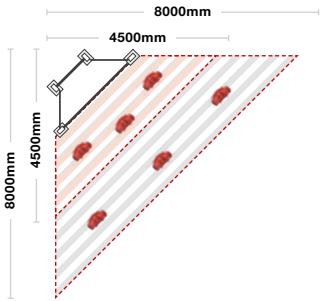
Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.

**10.1m²**

Frame-based working area for up to **3 users**.

**32m²**

Floor-based working area for up to **6 users**.



OFSC02 HTS 90 Freestanding Type 2
HTS 90 Freestanding Type 2 attachments include:

- 1 x Torso Trainer
- 1 x Weight Horn
- 2 x Pull Up Handles
- 1 x Boxing Arm and Swivel
- 1 x Bar Holder
- 1 x Battle Rope Eye
- 1 x Fixed Dip Station

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 3.

Expanding on the HTS 90 Freestanding Type 3 corner frame, you get the same accessories with an additional two HOLSTERS, holding 10 dumbbells each in a small footprint. Available freestanding, it transforms under-used corner spaces into workout areas without the need for bolting it down – ideal for group and PT sessions.


PLEASE NOTE.

Frames do not include balls, bags, bars, battle rope, kettlebells, plates, punchbag, dumbbells or WOD Rings.




USERS AND WORKING AREA.


The HTS 90 Freestanding Type 3 corner frame accommodates up to six users at the frame using a mix of strength, cardio, bodyweight and functional equipment. Integrated storage makes functional equipment easy to access and select. It's the ideal frame to make use of empty corner space for individual or small group X workouts, and can be moved to alternative corners as the gym is redesigned.

**6 USERS.**

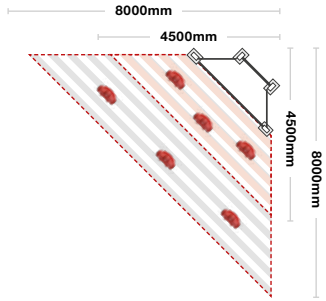
Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.

**10.1m²**

Frame-based working area for up to **3 users**.

**32m²**

Floor-based working area for up to **6 users**.



OFSC03 HTS 90 Freestanding Type 3
HTS 90 Freestanding Type 3 attachments include:

- 1 x Torso Trainer
- 1 x Weight Horn
- 2 x Pull Up Handles
- 1 x Boxing Arm and Swivel
- 1 x Bar Holder
- 1 x Battle Rope Eye
- 1 x Fixed Dip Station
- 2 x HOLSTER (holds dumbbells)

HOLSTER x 2 - Store a set of 2-20kg dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg.
Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS BOA RAIL.

The BOA (Boxing Octagon Attachment) Rail can be added to any HTS 6 or HTS 8 frame, enabling clubs to incorporate boxing into their PT and group training programmes. The beauty is in its simplicity: just slide punchbags into place when you need them, lock them in position, and slide them back for storage.

PLEASE NOTE.

As standard the BOA Rail and all attachments come in Anthracite. All other colour combinations will incur additional charges.

BOA RAIL.

The BOA Rail is a secure anchor point for punchbags, opening up the opportunities for developing the strength, endurance, coordination, speed and agility that boxing is known for.

Boxing is of course high intensity in nature, so a few minutes of bag work will typically leave people ready to switch to another training mode. That's the real beauty of the BOA Rail, as it enables trainers and clients to make mid-session transitions between boxing and other training styles.

Even the biggest bag stays in place where you want it, thanks to a strong spring-loaded locking mechanism. When you want to move the bag back into the storage position, just unclip the lock and slide the bag across. Now the working area beneath the frame will be free for the other exercise styles that make up a great HTS-based workout.

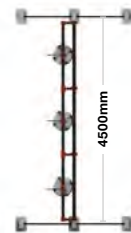


WORKING POSITION.

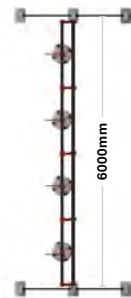
Depending on the size of frame chosen, the BOA Rail provides capacity for two, three or four punchbags to be used at the same time.



2 USERS.



3 USERS.



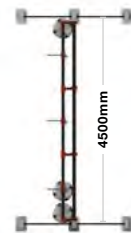
4 USERS.

DOCKED POSITION.

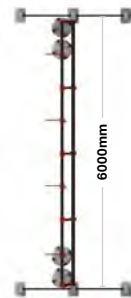
When the boxing session is over, simply release the locking mechanism and slide each bag over for neat storage.



2 BAGS.



3 BAGS.



4 BAGS.



PROVEN DURABILITY.

The principle behind the rail is found in the automotive industry, where big components such as engines, doors and windscreens are moved through the production line safely and smoothly. The steel used for the BOA Rail has the same strength rating as the rails used in car assembly: it really is that strong.



OCTAGON.

03

CROSS TRAINING FRAMES.

Cross training incorporates strength, bodyweight and cardio exercises in order to improve all-round fitness and physical ability. These cross training frames provide stations to give users just what they need in order to achieve their goals. From pull-ups to squats, and boxing to battling rope, the Escape cross training frames equip instructors with the tools they need to deliver effective group training sessions. With multiple frame options, you're sure to find one to suit your club and members.

T1 - THE MOST SPACE EFFICIENT FRAME ON THE MARKET.

The Octagon T1 is the most space-efficient functional training frame on the market. It's compact, yet accommodates group training sessions that blend multiple exercise styles into each workout. With four configurations to choose from, every club can select one or more T1 frames to perfectly match the needs of their trainers and members.

REGISTERED
DESIGN.



OCTAGON.

OCTAGON T1 TYPE 1

This may be the ‘entry model’ T1 but it’s anything but basic. Multiple exercise options are supported with the standard T1 features: weight horn for plate storage, pull-up and dip stations, and attachment points for a Torso Trainer, suspension trainers and punchbag.



PLEASE NOTE.
OCTT201 does not include bar, battle rope, punchbag, plates or suspension trainer.

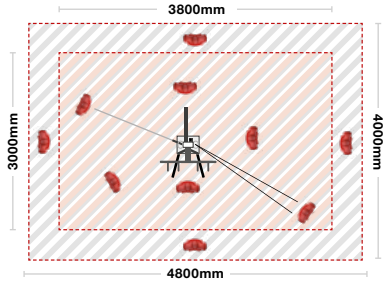
USERS AND WORKING AREA.

The Octagon T1 accommodates up to five users at the frame. Ideal for personal trainers to run small group conditioning sessions.

9 USERS. Can accommodate up to **5 users** working on the frame and up to **4 users** around the frame.

11m² Frame-based working area for up to **6 users**.

19m² Floor-based working area for up to **10 users**.



OCTT201 T1 Type 1
T1 Type 1 attachments include:

- 1 x Boxing Arm and Swivel
- 1 x Torso Trainer
- 1 x Weight Horn
- 1 x Pull-Up Station
- 1 x Fixed Dip Station
- 1 x Bar Holder
- 1 x Claw
- 2 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 2

The rope pulley is a great addition to the T1 configuration on this model. It’s a brilliant tool to incorporate into small group training circuits, with pulley work giving users another challenge for core and upper body development.



PLEASE NOTE.
OCTT202 does not include bar, battle rope, punchbag, plates or suspension trainer.

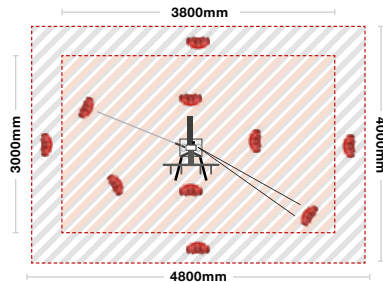
USERS AND WORKING AREA.

The Octagon T1 accommodates up to six users at the frame. Ideal for personal trainers to run small group conditioning sessions.

10 USERS. Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

11m² Frame-based working area for up to **6 users**.

19m² Floor-based working area for up to **10 users**.



OCTT202 T1 Type 2
T1 Type 2 attachments include:

- 1 x Rope Pulley Attachment
- 1 x Torso Trainer
- 1 x Weight Horn
- 1 x Pull-Up Station
- 1 x Fixed Dip Station
- 1 x Boxing Arm and Swivel
- 1 x Bar Holder
- 1 x Claw
- 2 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 3

This T1 configuration includes a Reaction Pro Bounder for fast-action medball exercises to develop reaction time, agility and speed.

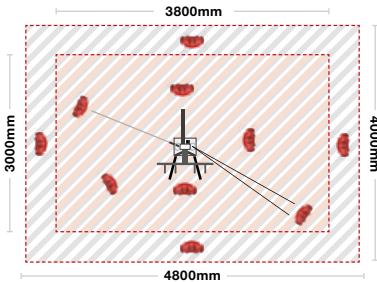


PLEASE NOTE.
OCTT203 does not include bar, battle rope, punchbag, plates or suspension trainer.

USERS AND WORKING AREA.
The Octagon T1 accommodates up to six users at the frame. Ideal for personal trainers to run small group conditioning sessions.

10 USERS. Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

11m² Frame-based working area for up to **6 users**.
19m² Floor-based working area for up to **10 users**.



- OCTT203** T1 Type 3
T1 Type 3 attachments include:
- 1 x Boxing Arm and Swivel
 - 1 x Pull-Up Station
 - 1 x Fixed Dip Station
 - 1 x Torso Trainer
 - 1 x Weight Horn
 - 1 x Bar Holder
 - 1 x Short Adjuster Teeth
 - 1 x Reaction Pro Bounder
 - 1 x Claw
 - 1 x Suspension Trainer Anchor Point
 - 2 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 4

Completing the line-up is a model that partners the Reaction Pro Bounder with a rope pulley. It's another combination that delivers the T1's trademark of superb variety in a compact package.

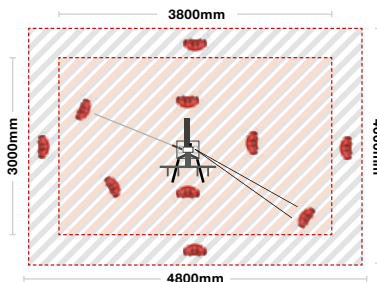


PLEASE NOTE.
OCTT204 does not include bar, battle rope, plates or suspension trainer.

USERS AND WORKING AREA.
The Octagon T1 accommodates up to six users at the frame. Ideal for personal trainers to run small group conditioning sessions.

10 USERS. Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

11m² Frame-based working area for up to **6 users**.
19m² Floor-based working area for up to **10 users**.



- OCTT204** T1 Type 4
T1 Type 4 attachments include:
- 1 x Rope Pulley Attachment
 - 1 x Pull-Up Station
 - 1 x Fixed Dip Station
 - 1 x Torso Trainer
 - 1 x Weight Horn
 - 1 x Bar Holder
 - 1 x Short Adjuster Teeth
 - 1 x Reaction Pro Bounder
 - 1 x Claw
 - 1 x Suspension Trainer Anchor Point
 - 2 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T2 TYPE 1.



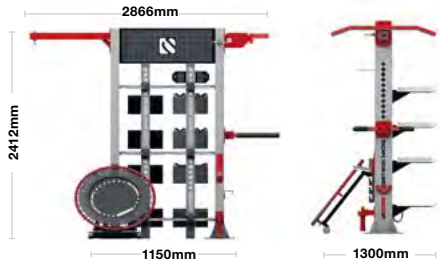
PLEASE NOTE.
OCT201 does not include bar, mats, battle rope, punchbag, plates or suspension trainer.

The perfect, compact blend of functional frame, attachments and equipment storage, the T2 is packed with facilities for pull-ups, dips, boxing, barbell lifting and more. Switch quickly between frame-based exercises and use of the functional tools neatly stored on the integral rack. The T2 really excels as a hub for small group workouts, with users moving from station to station to get a whole body workout.



- OCT201** T2 Type 1
T2 Type 1 attachments include:
- 1 x Boxing Arm and Swivel
 - 1 x Torso Trainer
 - 1 x Weight Horn
 - 1 x Pull-Up Station
 - 1 x Fixed Dip Station
 - 1 x Reaction Pro Bounder
 - 1 x Bar Holder
 - 1 x Battle Rope Eye
 - 1 x Mat Rack Storage (Holds 20 core mats)
 - 1 x Suspension Trainer Anchor Point
- Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T2 TYPE 2.



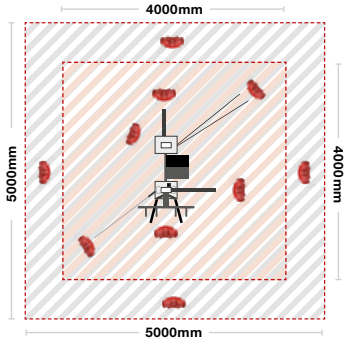
PLEASE NOTE.
OCT202 does not include bar, mats, battle rope, plates or suspension trainer.

USERS AND WORKING AREA.
The Octagon T2 accommodates up to six users at the frame. Ideal for personal trainers to run small group conditioning sessions.

10 USERS. Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

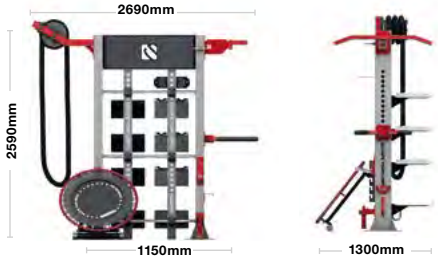
16m² Frame-based working area for up to **6 users**.

25m² Floor-based working area for up to **10 users**.



- OCT202** T2 Type 2
T2 Type 2 attachments include:
- 1 x Rope Pulley Attachment
 - 1 x Torso Trainer
 - 1 x Weight Horn
 - 1 x Pull-Up Station
 - 1 x Fixed Dip Station
 - 1 x Reaction Pro Bounder
 - 1 x Bar Holder
 - 1 x Battle Rope Eye
 - 1 x Mat Rack Storage (Holds 20 core mats)
 - 1 x Suspension Trainer Anchor Point
- Other colour options available, please call for details.

DIMENSIONS.



OCTAGON™ 2.0.

The ultimate in functional training frames, the Octagon has been upgraded with additions including uprated catch racks to provide additional strength. It is fully loaded for strength and functional training, allowing users to perform a full cross training workout. Up to 18 people to train simultaneously and the eight-sided design also allows trainers to configure a 360° training experience for members.



REGISTERED DESIGN.

PLEASE NOTE. OCTA201 does not include bars, battle ropes, plates or punchbag.

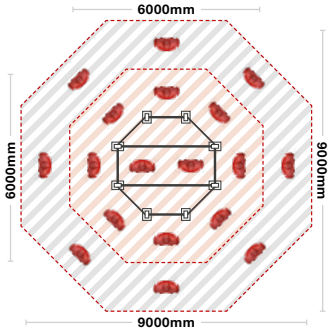
USERS AND WORKING AREA.

The Octagon accommodates up to 10 users at the frame but up to 18 people can effectively work around the Octagon. This is achieved by having 10 people at the frame itself and eight using functional equipment. Trainers can rotate people circuit style, which makes good business sense for the gym and maximises the training experience for members.

18 USERS. Can accommodate up to 10 users working on the frame and up to 8 users around the frame.

36m² Frame-based working area for up to 10 users.

81m² Floor-based working area for up to 18 users.



OCTA201 Octagon 2.0 Frame and Attachments
Octagon attachments include:

- 2 x Torso Trainers
- 4 x Weight Horns
- 1 x Raised Pull-Up Bar
- 1 x Boxing Arm and Swivel
- 1 x Rope Pulley Attachment
- 2 x Catch Racks Pairs
- 1 x Wing Attachment Short
- 1 x Fixed Dip Station
- 6 x Monkey Bars
- 2 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON QUAD™ 2.0.

The Octagon QUAD is a versatile training station that allows up to 12 people to work out on and around the frame. The QUAD also allows users to complete a full bodyweight workout with monkey bars, dip station and pull-up bars.



PLEASE NOTE. OQUA201 does not include bars, battle rope, plates or punchbag.

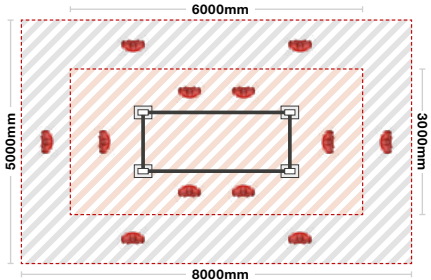
USERS AND WORKING AREA.

The QUAD accommodates up to six users at the frame but up to 12 people can effectively work around the QUAD. This is achieved by having six people at the frame itself and six using functional equipment. Trainers can rotate people circuit style, which makes good business sense for the gym and maximises the training experience for members.

12 USERS. Can accommodate up to 6 users working on the frame and up to 6 users around the frame.

18m² Frame-based working area for up to 6 users.

40m² Floor-based working area for up to 12 users.



OQUA201 QUAD2 Frame and Attachments
QUAD2 attachments include:

- 1 x Torso Trainer
- 2 x Weight Horns
- 1 x Raised Pull-Up Bar
- 6 x Monkey Bars
- 1 x Catch Rack Pair
- 1 x Boxing Arm and Swivel
- 1 x Fixed Dip Station
- 1 x Battle Rope Eye

Other colour options available, please call for details.

DIMENSIONS.





ATHLETIC TRAINING FRAMES.

Those seeking high performance need training facilities to match. With our range of Octagon BOX training frames, elite users have the ideal partner for their squats, presses, pull-ups, big lifts and cardio exercises. These frames give professional sports gyms, universities, colleges and strength-based clubs the ability to provide safe and rewarding workout destinations for their more demanding users.

HEAVY DUTY FRAMES FOR HEAVY DUTY LIFTING.



OCTAGON.

MONO.

The MONO gives clubs the core functionality of an Octagon Half BOX, with catch racks for barbell lifts and an overhead pull-up attachment. However, by removing extra features like plate storage, we have created a frame with the same build quality but the minimum footprint required for this style of training. The MONO can either be bolted to the gym floor or supplied as a freestanding frame with feet and optional rubber foot pads.

Connect to a HIT HUB for maximum functionality with minimum footprint. See [page 126](#) for details.

RUBBER OCTAGON FEET.

These optional rubber feet are recommended when the MONO is used freestanding rather than bolted to the floor. They provide added grip and stability, and protect flooring from scratches.

PLEASE NOTE.

All attachments, bars and plates are sold separately.



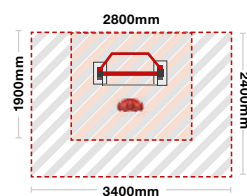
USERS AND WORKING AREA.

The MONO can accommodate one user at a time.

1 USER. Can accommodate 1 user working on the frame.

5m² Minimum working area for 1 user.

8m² Optimum space working area.



OSQR01 MONO Frame and Attachments

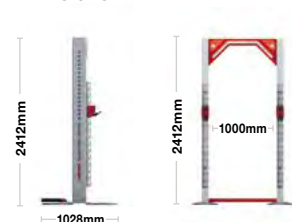
MONO attachments include:

- 1 x Catch Rack Pair
- 1 x Bull Horn Pull-Up Bar.

Other colour options available, please call for details.

Bolt to floor and freestanding versions available.

DIMENSIONS.



HALF BOX.

A specialist station for strength training, with the outstanding build quality that's essential for clubs and users serious about their performance. Catch racks are in place for barbell lifting, as well as extended catch rack arms for safety when squatting or bench pressing. Six weight horns take care of plate storage, plus there are pull-up bars and a horizontal beam for suspension trainers and resistance bands.



PLEASE NOTE.

Bars and plates are sold separately.

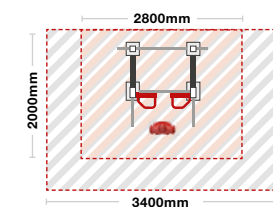
USERS AND WORKING AREA.

The Half BOX can accommodate one user at a time.

1 USER. Can accommodate 1 user working on the frame.

5m² Minimum working area for 1 user.

9m² Optimum space working area.



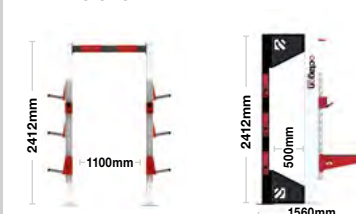
OHB101 Half BOX Frame and Attachments

Half BOX attachments include:

- 6 x Weight Horns
- 2 x Pull-Up Handles
- 1 x Catch Rack Pair
- 1 x Extended Catch Rack Pair

Other colour options available, please call for details.

DIMENSIONS.




WOD BOX 248.


The all-in-one location for strength workouts, with enough facilities for two people to train simultaneously. Catch racks, extended catch rack arms and catch straps are included, along with locators for adjustable pins for use with resistance bands. Pull-up bars are also there for bodyweight exercises. Available with or without plate storage facilities.




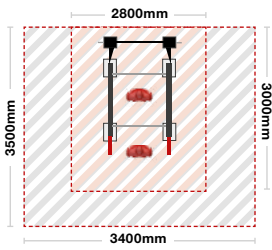
USERS AND WORKING AREA.

The WOD BOX 248 can accommodate two users at a time, typically with one person lifting and the other doing pull-ups.

**2 USERS.** Can accommodate up to **2 users** working on the frame

**8m²** Minimum working area for **2 users**.

**12m²** Optimum space working area.



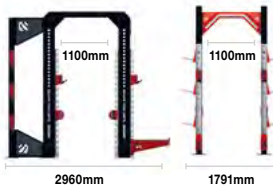
- OWOD248** WOD BOX 248
OWODS248 WOD BOX 248 with Storage
- Octagon attachments include:
- 2 x Catch Rack Pairs
 - 1 x Extended Catch Rack Pair
 - 1 x Cross Beam
 - 6 x Weight Horns (with storage only)
 - 1 x Bull Horn Pull Up Bar
 - 1 x Safety Strap Pair
- Other colour options available, please call for details.

DIMENSIONS.

Without storage



With storage




WOD BOX 279.


Adding an extra 12” in height to the WOD BOX 248 makes the WOD BOX 279 our ultimate high performance strength station. That extra overhead clearance will be welcomed by the biggest lifters who want to power through to the top of their jerks and presses with supreme confidence. It includes all the features of the WOD BOX 248, with a wing replacing the front pull-up bar. Available with or without plate storage facilities.




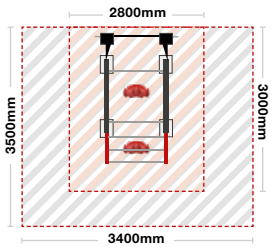
USERS AND WORKING AREA.

The WOD BOX 279 can accommodate two users at a time, typically with one person lifting and the other doing pull-ups and wing exercises.

**2 USERS.** Can accommodate up to **2 users** working on the frame

**8m²** Minimum working area for **2 users**.

**12m²** Optimum space working area.



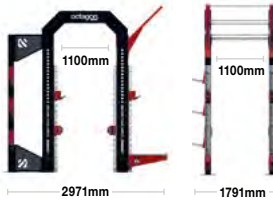
- OWOD279** WOD BOX 279
OWODS279 WOD BOX 279 with Storage
- Octagon attachments include:
- 2 x Catch Rack Pairs
 - 1 x Extended Catch Rack Pair
 - 1 x Cross Beam
 - 6 x Weight Horns (with storage only)
 - 1 x Safety Strap Pair
 - 1 x Wing
- Other colour options available, please call for details.

DIMENSIONS.

Without storage



With storage



OCTAGON HALF SQUAD 2.0.

The Octagon Half Squad provides essential space for users to improve their strength and power. Its slimline design makes it one of the few frames that can sit so closely to a wall. It is half the depth of other Octagon BOX frames – perfect for busy clubs, or areas where space is limited. Four tiers of integrated equipment shelving allows users to quickly access functional equipment, reducing time in between sets.



PLEASE NOTE.

Frames do not include balls, bags, bars, dumbbells, kettlebells or plates.

**REGISTERED
DESIGN.**

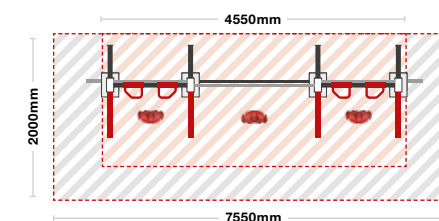
USERS AND WORKING AREA.

The Half Squad configuration allows for a dedicated lifting and strength solution, without sacrificing too much floor space. This gives members or team mates the opportunity to train alongside one another regardless of how large the squad is. Install the Half Squad if you have members or sports teams looking for a space that allows them to squat, press and lift. Plus, it features integrated storage to hold equipment such as VERTBALLS, kettlebells, dumbbells, Bulgarian bags and plates.

3 USERS. Can accommodate up to 3 users working on the frame.

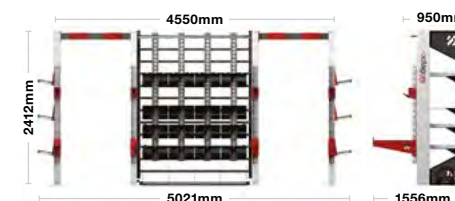
9m² Minimum working area for up to 3 users.

15m² Optimum working area



- OBHS201** Half Squad 2.0 Frame, 16 Storage Shelves,
OBHS202 Half Squad 2.0 Frame, 8 Storage Shelves
- Half Squad attachments include:
- 2 x Suspension Beams
 - 2 x Toast Racks
 - 2 x Catch Rack Pairs
 - 2 x Extended Catch Rack Pairs
 - 6 x Weight Horns
 - 4 x Pull-Up Handles

Other colour options available, please call for details.



OCTAGON FRAME ATTACHMENTS.

Escape offers a wide selection of optional attachments to maximise the functionality and versatility of your Octagon frames. A small selection is shown below. Please contact us or your sales representative for details of the full range.

MARS FRAME ATTACHMENT.

The MARS frame attachment fits a universal iPad mount to any Octagon frame leg, via a VESA compatible mounting point. Not only will this fixture complement your frame and training tools, it'll draw attention and create a focal point surrounded by numerous workout locations. The MARS screen is perfect for increasing ROI by enhancing user experience and keeping gym-goers engaged in any fitness space, manned or unmanned. For more information on how the MARS screen can benefit your fitness space, turn to page 4.



OCA062 MARS Octagon leg bracket. Includes Octagon leg bracket and MARS screen mount plate.

LEG, DOCK AND WALL TARGETS.

For precision, the leg, dock and wall targets are perfect for the classic 'squat-and-throw' wall ball exercise. These are designed to be installed above head height, and include 9ft and 10ft markings necessary for CrossFit WODs. Use VERTBALL, VERTMINI or Double Grip Medballs as they have just enough bounce to drop back into the user's hands for the next rep.



OCE051 T1 Target
OCE016 Dock Target
OCE017 Leg Target
OCE013 Wall Target
SPECIFICATIONS.
Dock Target: Size 600mm x 850mm. Weight 11.5kg
Leg Target: Size 600mm x 955mm. Weight 4.30kg
Wall Target: Size 600mm x 600mm. Weight 13.3kg

REACTION PRO BOUNDER.

Agility, reaction time, hand-eye coordination, proprioceptive awareness, upper body strength and balance can all be developed with this attachment. The VERTMINI and Double Grip Medball are among the tools that can partner with the Reaction Pro Bounder for fast and fun exercises.



OCA051 Reaction Pro Bounder
OCA052 Reaction Pro Bounder Teeth
SPECIFICATIONS.
Reaction Pro Bounder: Size 710mm x 812mm x 937mm.



TORSO TRAINER.

OCA056 Torso Trainer



DOCK BOXING BRACKET.

OCA061 Dock Boxing Bracket



BOXING ARM.

OCA007 Boxing Arm with Swivel



ROPE PULLEY UNIT.

OCA015 Rope Pulley (without Mount Arm)
OCA012 Rope pulley Mount Arm - Order with Rope Pulley



CLAW.

The claw can be positioned towards the top of a frame to store ropes and bands.

OCA014 Claw



WING.

OCA006 Wing Attachment Short



FIXED DIP STATION.

OCA016 Fixed Dip Station



WEIGHT HORN.

OCA069 Weight Horn



HIT WING.

OCA054 HIT Wing



EXTENDED CATCH RACK ARMS.

OCA053 Extended Catch Rack Arms (pair)

HOLSTER.

Store a full range of 2-20kg dumbbells on two HOLSTERS or for heavy weights, the HOLSTERS can handle a range of up to 30kg.

HOLDS THE FOLLOWING DUMBBELLS:

2-20kg for EPDB

2.5-25kg for Octagon (single of each)

2.5-12.5kg for Octagon (pair of each)

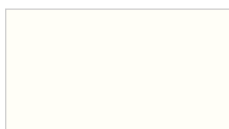


OCA076 HOLSTER

STANDARD COLOUR OPTIONS.

After you've invested hours designing the perfect gym space, why settle for training frames in a single colour? Escape now offers an expanded range of colour options, giving you the opportunity to create functional frames that suit your unique club environment. You can order frames and attachments in any of these colours to really bring your fitness space vision to life.

TRAFFIC WHITE
RAL9016



ANTHRACITE GREY
RAL7016



JET BLACK
RAL9005



METALLIC SILVER
RAL9007



TRAFFIC RED
RAL3020



YELLOW GREEN
RAL6018



TRAFFIC BLUE
RAL5017



RAPESEED YELLOW
RAL1021



TRAFFIC ORANGE
RAL2009



CHOOSE YOUR COLOURS.

Pictured here are 12 examples of Octagon frame and attachment colour combinations to illustrate what is possible. But remember, you can specify any combination of the standard colours. In addition, Octagon frames can also be supplied in individualised colours, for example to match your club's branding – please contact us for details.

01

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



02

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



03

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



04

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
ANTHRACITE GREY ■
RAL7016

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



05

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



09

LEGS:
TRAFFIC WHITE ■
RAL9016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



06

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



10

LEGS:
TRAFFIC WHITE ■
RAL9016

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



07

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



11

LEGS:
TRAFFIC WHITE ■
RAL9016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



08

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
ALUMINIUM ■
RAL9006

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



12

LEGS:
TRAFFIC WHITE ■
RAL9016

ATTACHMENTS:
ALUMINIUM ■
RAL9006

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



STUDIO.

Group exercise is bringing more and more people into clubs for the first time while also providing extra interest and motivation for seasoned gym users. Boutique studios are opening around the world, usually offering people a schedule of exciting classes led by expert instructors. These boutiques are seriously challenging traditional clubs, who need to respond with superb group programming based around training tools with the right design and features for dynamic, challenging workouts. Escape has a range of products that are ideal for the studio, so whether you are reinventing your existing studio offering or looking to break into this area, we have the tools you need.

STUDIO.

STEP PLATFORM SOLUTION	178
DECK 2.0	180
REP SETS	182
HANDWEIGHTS	184
STUDIO KETTLEBELLS	187
TUBES	188
TRAINING BARS	189
PRO BOUNDER	190
STRONGBOX	192

STEP PLATFORM SOLUTION.

Use a single STEP for classic step exercises, raise the height with RISERS for more challenge, or create an inclined platform for extra stepping options or bench work. Versatility is guaranteed and it's easy to switch between configurations mid-workout.

TECH SPEC.
Both platforms are made from polypropylene that's strong yet allows a little 'give' for superb feel. It's also light enough to ensure excellent portability. The top mats and stabilising blocks are made from anti-slip thermoplastic rubber, so even the fastest moves can be performed safely and confidently.

DESIGN.
Eye-catching colours bring this studio favourite right up to date, with anatomic targets on the top mats for precise workouts. A unique locking system means that STEPs and RISERS fit together securely in multiple combinations.

EXPERT TIP.
Don't just stick to one platform surface per person: use a number of STEPs and/or RISERS to encourage people to travel backwards, forwards and sideways from unit to unit. Get people to use their feet and hands on the platforms, and use the built-in resistance tube channels for whole-body workouts.

ANATOMIC HOT SPOTS.
Precise targets as a guide for correct foot and hand positions, and to hit in combinations for endless variety and challenge.



HEAT WELDED TOP MATS.
Instead of simply gluing the mats to the STEP and RISER they are attached via more robust heat welding for long-term performance.

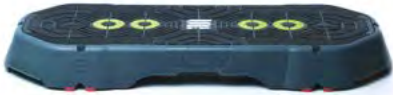
REGISTERED DESIGN. PATENTED.

- STEP01** 1 x Platform
- STEP03** 3 x Platform Pack
- STEP04** Escape STEP (1 x Platform, 2 x RISERS)
- STEP05** Escape STEP (1 x Platform, 4 x RISERS)
- STEP07** STEP Club Pack (3 x Platform, 6 x RISERS)

Club Pack allows for a configuration of one RISER underneath each end of a STEP. RISERS can also be used with the STEP to create inclined platforms.

SPECIFICATIONS.
STEP01: Size 107mm x 446mm x 1063mm. Weight 6.23kg.

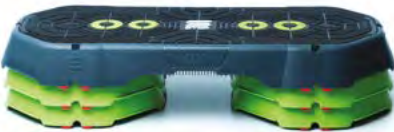
01 STEP.



02 RISERS.



03 RISERS RAISING STEP.



04 RISERS RAISING STEP INTO INCLINE POSITION.



LOCKING CONNECTORS.
Line up the red connectors and a firm push locks STEPs and RISERS securely together.

THE ESCAPE RISER.

The Escape RISER takes the stepping scene up to the next level. Not only can it be used to increase the height of the STEP platform, but it can be used as a stepping platform in its own right. Wide enough to step on, but narrow enough to straddle – the RISER can be used to create dynamic workouts that get the user moving in all planes of motion.



STUDIO.

- STEP02** 1 x RISER
- STEP06** 6 x RISER Pack

SPECIFICATIONS.
STEP02: Size 105mm x 434mm x 434mm. Weight 1.85kg.

DECK 2.0.

The Deck 2.0 delivers superb versatility for step, circuits, BODYPUMP™ and bootcamps. With 16 possible configurations across Step, Ramp and Bench modes, it's the perfect tool for whole body individual workouts, and as the basis for group training programs.

TECH SPEC.

The Deck 2.0 is packed with features to support performance: a top surface with hot spots and intelligent grip, strong steel tubing supporting the adjustable back rest, resistance tube channels, and integrated equipment storage.

DESIGN.

The key to the Deck 2.0's versatility is its three modes. Step mode has low (8") and high (14") settings, Ramp mode adds a different step challenge, and Bench mode means you can incorporate lifting into workouts.

TRAINING.

Escape's HIIT THE DECK group training program works for large groups, small groups, boutique studios and one-to-one PT. The package includes workout videos and templates, trainer education materials, and even the music you need for large group choreographed sessions. See **page 21** for details.

04 BENCH.

ANATOMIC HOT SPOTS.

Targets help guide users to where their hands and feet should be on every rep.

HEAT WELDED TOP MATS.

Robust heat welding secures the top mat for long-term durability.

INTELLIGENT GRIP.

Texture varies across the surface to match up with the demands of hands or feet in particular areas.

EQUIPMENT STORAGE.

This compartment is a great place to store equipment such as handweights and resistance bands for fast-paced changes between exercise styles.

ADJUST THE ANGLES.

Adjust the backrest through three different angles when using the Deck 2.0 in Bench mode.

REGISTERED DESIGN. **REGISTERED PATENT.**

EST-DECK Deck 2.0

SPECIFICATION.

Size 205mm (flat), 980mm (extended) x 330mm x 1100mm. Weight 13kg.

01 LOW STEP.



02 RAMP (8° INCLINE/DECLINE).



03 HIGH STEP.



STEP, RAMP OR BENCH? YOU DECIDE.



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: **escape.training**

URETHANE REP SET.

Made from hard-wearing urethane, this rep set is guaranteed to stay looking good and deliver long-lasting results.



TECH SPEC.

Manufactured from high-quality urethane which makes these rep sets long-lasting and durable. The urethane end caps on the Hollow Bar help protect studio floors from damage if sets are dropped from a height.

DESIGN.

Vibrant, engaging colours make weight identification quick and easy, meaning minimal time is wasted when changing loads between sets. The Hollow Bar is strong and will not bend, even when more advanced members use heavier loads.

STORAGE.

To keep the Urethane Rep Sets tidy and easily accessible for members, store them on one of our dedicated racks. Choose between the 30 Rep Set Rack (ESC300RACKS) or a 10 Rep Set Rack (PARSR02).

EST-PURWSET	Urethane Rep Set 2 x 1.25kg Urethane Plates – Pink 2 x 2.5kg Urethane Plates – Green 2 x 5kg Urethane Plates – Blue 2 x 30mm Rep Set Clamp Collars with protective rubber inserts 30mm Hollow Bar with urethane end caps to help protect flooring
EST-RRS10	10kg Rubber SBX Rep Set Plate - pair
EST-REPB	Rep Set Bar
EST-RRSCC	SBX Rep Set Clamp Collar - pair

01. ESC300RACKS	30 Rep Set Rack – Holds 30 sets - while stocks last
02. PARSR02	Rep Set Rack Oval Frame Holds 10 sets

RACK SPECIFICATIONS.

ESC300RACKS:	Size 1425mm x 760mm x 1730mm.
PARSR02:	Size 1600mm x 630mm x 760mm.

Rep sets not included with racks.



URETHANE ECO REP SET.

The Urethane Eco Rep Set gives facilities an opportunity to bring extra environmental credentials to their offering, as it's made from 93% recycled material.



PATENT PENDING. ECO FRIENDLY.

TECH SPEC.

The plates are made via a unique manufacturing process, where discarded engine blocks are recycled into small shot beads and then blended with resin and urethane. The end result is a great combination of durability and environmental performance.

DESIGN.

The sleek, satin black urethane finish looks great and is tough and durable. It's kind to polished floors, which makes it an ideal choice for use in group X studios. Bright green bar ends and clamp collars add a splash of colour.

STORAGE.

To keep the Urethane Eco Rep Set in pristine condition and easily accessible for members, store them on a 10 Rep Set Rack (PARSR02).

ECOSSET	Urethane Eco Rep Set 2 x 1.25kg Urethane Eco Plates 2 x 2.5kg Urethane Eco Plates 2 x 5kg Urethane Eco Plates 2 x 30mm Rep Set Clamp Collars 30mm Hollow Bar with urethane end caps to help protect flooring
EST-REPB	Rep Set Bar
EST-RRSCC	SBX Rep Set Clamp Collar - Pair
PARSR02	Rep Set Rack Oval Frame Holds 10 sets

RACK SPECIFICATIONS.

PARSR02:	Size 1600mm x 630mm x 760mm.
----------	------------------------------

Eco Rep Sets not included with rack.



WHAT'S 'ECO' ABOUT THE ECO REP SET?

The unique process we use to manufacture the Eco Rep Set plates uses minimal urethane and 100% recycled steel. It also consumes less energy than traditional manufacturing methods and ensures suitability for end-of-life recycling.



STUDIO.

URETHANE HANDWEIGHTS AND RACKS.

These handweights are made from hard-wearing polyurethane and designed to be durable, impact absorbing and scratch resistant, meaning they will stay looking great for longer.



While stocks last.

TECH SPEC.

Urethane is comfortable on the hands and impact absorbing, so members can keep up their effort right until the last rep. The most durable handweight in our range.

DESIGN.

These handweights have a triangular head so they are ideal for performing burpees, press-ups and rows with a stable foundation.

STORAGE.

Keep the Urethane Handweight safe and tidy with the Space-Saver Handweight Rack (ESC26RACKS), which holds 16 pairs, or the Handweight Rack (ESC28RACKS), which holds 18 pairs.

EST-PHW1	1kg	PU Handweights – pair – Grey/Purple
EST-PHW2	2kg	PU Handweights – pair – Grey/Green
EST-PHW3	3kg	PU Handweights – pair – Grey/Blue
EST-PHW4	4kg	PU Handweights – pair – Grey/Grey
EST-PHW5	5kg	PU Handweights – pair – Grey/Black

ESC-21049	Handweight Rack Silver holds 12 pairs Studio Handweights (see page 185)
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RACK SPECIFICATIONS.

ESC-21049: Size 1460mm x 530mm x 658mm. Weight 19.3kg.

Handweights not included with racks.

STUDIO HANDWEIGHTS AND RACK.

These handweights are ideal for the studio beginner, with a comfortable grip and bright, engaging colours. However, for those seasoned group X-ers, weights from 1kg to 5kg mean all group training fans can get involved.



TECH SPEC.

Vinyl coating is kind to studio floors and comfortable for the user to hold.

DESIGN.

A slightly reduced grip area is ideal for smaller hands, and oversized, colour-coded numbering makes weight identification quick and easy.

STORAGE.

Safely store your Studio Handweights on the Handweight Rack (ESC28RACKS), which holds 18 pairs.

EST-VH1	1kg	Studio Handweight – pair – Pink
EST-VH2	2kg	Studio Handweight – pair – Green
EST-VH3	3kg	Studio Handweight – pair – Blue
EST-VH4	4kg	Studio Handweight – pair – Grey
EST-VH5	5kg	Studio Handweight – pair – Black

ESC-21049	Handweight Rack Silver holds 12 pairs Studio Handweights
-----------	--

RACK SPECIFICATIONS.

ESC-21049: Size 1460mm x 530mm x 658mm. Weight 19.3kg.

Handweights not included with racks.



STUDIO.



STUDIO KETTLEBELLS.

Studio kettlebell workouts are very popular in health and fitness clubs, providing members with fun sessions that help them develop key functional training skills.



TECH SPEC.

Our Studio kettlebells are made to sit comfortably in the hand so members can concentrate on their workout. Cast iron construction with a vinyl dip covering means these kettlebells will last longer, but studio floors will also be protected.

STORAGE.

Store the Studio kettlebells on the Horizontal Rack, which holds a pair of each weight – 4, 8, 12, 16 and 20kg. If you want to mix kettlebells with other equipment, the RACK5 and the Cross Hub can store a full set on one shelf.

TRAINING.

Get the very best from your kettlebells with the Kettlebell instructor training course. This provides trainers and coaches with all the knowledge they need to implement key kettlebell exercises like the swing and the snatch.

Online training available: see **page 22** to find out more.

EST-SK4	4kg	Studio Kettlebell – Each – Pink
EST-SK8	8kg	Studio Kettlebell – Each – Green
EST-SK12	12kg	Studio Kettlebell – Each – Blue
EST-SK16	16kg	Studio Kettlebell – Each – Grey
EST-SK20	20kg	Studio Kettlebell – Each – Black

ULLSS11	Octagon Storage Solution - holds up to 4 sets of 4 - 20kg (20 Studio kettlebells)	
PAKBR10	Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 95)	
ESC20RACK	Kettlebell Rack - holds up to 10 Studio kettlebells - while stocks last	

RACK SPECIFICATIONS.

ULLSS11:	Size 364mm x 1340mm x 760mm. Weight 58kg.
PAKBR10:	Size 838mm x 508mm x 1194mm. Weight 36kg.
ESC20RACK:	Size 426mm x 558mm x 1470mm. Weight 42kg.

Equipment sold separately.



STUDIO.

POWER TUBES.



DESIGN.
A lightweight, colour-coded design makes these perfect for busy studios or PTs on the go.

TECH SPEC.
Our Power Tubes come in a standard length of 48" regardless of resistance level.

STORAGE.
Keep your studio accessories tidy – use the Ammo Box to store this equipment (see **page 234**).

EST-PT1	Power Tube Level 01 – Pink
EST-PT2	Power Tube Level 02 – Green
EST-PT3	Power Tube Level 03 – Blue

RESISTANCE TUBES.



DESIGN.
Brightly colour-coded to bring group X experiences to life and for level recognition.

TECH SPEC.
Sure-grip handles will not get slippery during tough workouts, so these bands are great for fast-paced studio sessions.

STORAGE.
Keep your Resistance Tubes tidy – use the Ammo Box to store this equipment (see **page 234**).

EST-RTL1	Resistance Tube Level 01 – Pink
EST-RTL2	Resistance Tube Level 02 – Green
EST-RTL3	Resistance Tube Level 03 – Blue

TRAINING BARS.

Training bars add weight and resistance to bodyweight exercises and are an effective introduction to weight training.



DESIGN.
The Training Bars are the same length and diameter, regardless of weight – 49" x 1.5". A sleek, eye-catching design adds an outstanding experience to group X sessions.

EXPERT TIP.
Use these Training Bars to offer dynamic and lively group training classes to develop coordination and to mimic different movements like rowing and pressing.

STORAGE.
Keep Training Bars tidy – use the Training Bar Rack to store your Training Bars and make them easily accessible for members.

EST-TB3	3kg Training Bar – Pink
EST-TB4	4kg Training Bar – Green
EST-TB5	5kg Training Bar – Blue
ESC18RACKS	Training Bar Rack
ESCPAD	Protective rubber feet for racks
RACK SPECIFICATIONS. Size 1133mm x 715mm x 1180mm. Weight 38kg.	
Training Bars sold separately.	



Rubber Feet not included.

PRO BOUNDER.™

Specially manufactured for commercial use, the Pro Bouncer is safe, strong and fun. It features rubber bungees in place of steel springs for ultimate member safety and a smooth rebounding workout. Light enough to carry around your club, but durable enough for the demands of a busy gym, the Pro Bouncer adds bounce to any workout.



TECH SPEC.

Rubber bungees are used on the Pro Bouncer as they provide a smoother bounce than springs and are safer for users if they get hands or feet caught within the cords. For extra safety, the bungees are covered by a protective mat.

DESIGN.

The frame of the Pro Bouncer is an extremely strong steel tube, light enough to carry around but sturdy enough for even the most aggressive rebounding. Rubber bumpers act as 'feet' on the legs to ensure it does not move during fast-paced workouts.

EXPERT TIP.

Use the Pro Bouncer as part of circuits or bootcamps for a station that provides an effective cardio workout. Rebounding has physiological benefits, such as reduced stress on joints and boosted lymphatic drainage.

EST-REBOU Pro Bouncer

SPECIFICATION.

Size 1160mm x 310mm. Weight 10kg.



STUDIO.

STRONGBOX.

The futuristic look of this revolutionary, all-in-one workout station will appeal to design-conscious gyms who want an experience that attracts and retains members.

An all-in-one training bench, plyo platform and equipment storage unit, STRONGBOX not only looks cool, but speeds up transitions and enhances safety too, storing equipment neatly to hand.

SIX LEVEL INCLINE.

- Level 0 - 0°
- Level 1 - 15°
- Level 2 - 30°
- Level 3 - 45°
- Level 4 - 60°
- Level 5 - 80°



PATENT PENDING.

TECH SPEC.

Using the same steel construction, STRONGBOX has lost none of the long-term strength and performance of its predecessor, the B-BOX. Ergonomically designed octagon-shaped back pads allow clearance for exercises while your back remains supported.

STORAGE AND ACCESSIBILITY.

- Rack shelving with integrated covers for dumbbell protection. Stores up to six pairs of dumbbells:
 - Classic Steel dumbbells (2kg-14kg in 2kg increments).
 - Octagon (2.5kg-17.5kg in 2.5 increments).
 - Urethane dumbbells (2kg-14kg in 2kg increments).
 - Classic Urethane dumbbells (1kg-10kg in 1kg increments).
 - Edge Urethane dumbbells (1kg-10kg in 1kg increments).
- Three storage shelves and quick release compartment stores a choice of:
 - Up to 2 GRIPRs.
 - Up to 2 kettlebells (8kg and 12kg).
 - Resistance tubes.
 - Med balls.
- Hooks for resistance bands and Power/Resistance Tubes.

EXPERT TIP.

Store six pairs of dumbbells of different weights to accommodate users of different abilities in a single session. Choose your range of equipment wisely to blend cardio, strength and power exercises that require a range of weights into your workouts and programming.

STRBOX2V2 STRONGBOX

SPECIFICATIONS.

Size 1306mm x 515mm x 520mm. Weight 90kg empty.

INNOVATE AND EVOLVE. CREATE A STAND-OUT EXPERIENCE.



INJECTION MOULDED PADS.
Injection moulded pads are tough and hygienic.

DUMBBELLS.

- Classic Steel
- Octagon
- Urethane
- Classic Urethane
- Edge Urethane

PRODUCT STORAGE.
Shelving for products such as GRIPRs, resistance tubes, med balls, or even keys and mobile phones safeguards equipment to free up the gym floor.

PLEASE NOTE:
Accessories sold separately.

TURN TO PAGE 267 FOR WARRANTIES

BOXING.

Punch, spar and jab towards a fighting-fit body. The popularity of combat and boxing training has grown significantly, and more clubs are offering this style of training as a way to shed the pounds and get fit. It lends itself perfectly to group training, and can attract more interest than standard cardio and high intensity workouts. So whether members are looking to increase their confidence and release their inner fighter, or if they're training for competition, the Escape Boxing range provides a knockout performance every time.

BOXING.

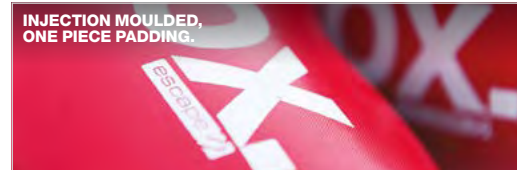
TRAINING GLOVES	197
BOA MITT	198
BOX SOX	198
HOOK AND JAB PADS	200
THAI BAG	203
PUNCHBAGS	204
JUMP ROPES	208

**DEVELOPED
FOR COMFORT,
HYGIENE AND
PERFORMANCE.**

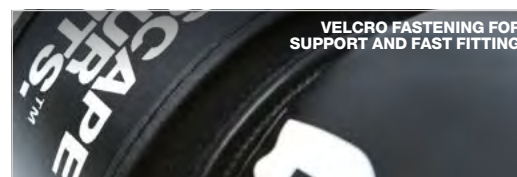
TRAINING GLOVES.

Gloves for pad or bag work need to be specially designed for the training environment and not the ring. That's why we created our range of combat staples. These gloves have the right blend of durability and usability: light but strong, and firm on the strike zone but cushioned on the palm. They also feature Velcro wristbands (Training Gloves) or an elasticated closing system (Punch Mitts) to speed up fitting and removal – perfect when used in workouts that blend a variety of exercises.

**INJECTION MOULDED,
ONE PIECE PADDING.**



**VELCRO FASTENING FOR
SUPPORT AND FAST FITTING.**



EASY CLEAN, HYGIENIC TECHNOLOGY.



TECH SPEC.

These Training Gloves feature mesh panels to improve air flow and keep users' hands cool. This also helps the gloves dry more quickly after use. The injection moulded, one-piece padding helps to absorb impact more effectively than traditional PVC gloves.

DESIGN.

The Training Gloves are available in three different sizes – 8oz, 10oz and 12oz – and the Punch Mitts weigh in at 12oz. Green, red and black gloves give a splash of colour, but still maintain a professional feel for training sessions.

EXPERT TIP.

These gloves are ideal for introducing boxing training to your club when used with both punchbags and partner pad work. Incorporate running and jump rope moves into these sessions to give members a true test of a boxing training session that packs a punch.

EBOX-MM	12oz	Punch Mitts – Green
EBOX-TG8G	8oz	Training Gloves – Green While stocks last.
EBOX-TG10R	10oz	Training Gloves – Red
EBOX-TG12B	12oz	Training Gloves – Black



BOA MITT.

Put these mitts on at the start of the workout and keep them on all the way to the end. Thanks to their open-palm design, there's no need to remove them when switching between bag work and handling functional training tools. They bring an authentic feel to any combat training session, but really come alive when used in a fusion of combat and functional training.

TECH SPEC.

At a weight of 8oz per mitt, these are noticeably lighter than regular boxing gloves at 12-16oz, and put hands into a more natural position than gloves. So as well as being great for blended combat or functional workouts, they are ideal for people getting into punchbag-based exercise.

DESIGN.

The fingerless design used by MMA fighters for grappling is just as useful for functional training. Hit a punchbag, do a push-up, swing a kettlebell and lift some dumbbells, all without having to remove the BOA Mitts.

EXPERT TIP.

Encourage members to embrace MMA training within your club by selling them their own pair of BOA Mitts. This can be done as part of a training and equipment package for group classes or individual training sessions.

MITT001	BOA Mitt - Medium
MITT002	BOA Mitt - Large



BOX SOX.

Quick, easy and convenient, the BOX SOX remove the need for time consuming hand wraps when combat training, ensuring comfort, support and hygiene while working out.

TECH SPEC.

Made from 100% polyester outer and 100% nylon straps with high density foam padding for improved protection.

DESIGN.

With integrated padding and strapping in one glove, BOX SOX ensures high standards of hygiene in gloves or on equipment. They're also available in two sizes to suit an array of members and clients.

RETAIL PREFERENCES.

The nature of the BOX SOX means that they're a perfect option for group exercise classes or other ancillary revenue stream options.

BOXSOX1S	BOX SOX S/M
BOXSOX1L	BOX SOX M/L



BOXING.

CURVED HOOK AND JAB PADS.

Designed to test your accuracy, these pads provide a target to hit and fine-tune your combinations. The dual-density palm pads ensure that it's the pads that take the beating and not the hands.



TECH SPEC.

Individual finger placement allows you to spread your hand wide to absorb punches.

DESIGN.

The ergonomic grip in the centre of the palm helps absorb the force of each punch, so users can withstand prolonged sessions with the pads doing the hard work, and not the hands.

EXPERT TIP.

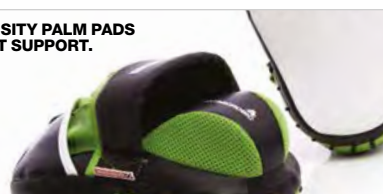
Take time to teach your members how to correctly use the pads to prevent injury and to ensure the boxer gets an effective workout.

EBOX-CHJP Curved Hook and Jab Pads – pair

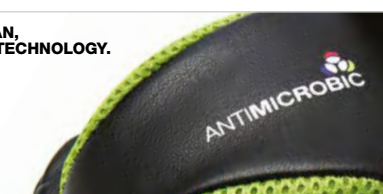
SPECIFICATION.

Size 80mm x 200mm.

DUAL-DENSITY PALM PADS AND WRIST SUPPORT.



EASY CLEAN, HYGIENIC TECHNOLOGY.



BOXING.

**PERFORMANCE
EVEN FOR
THE MOST
AGGRESSIVE.**

THAI BAG.

The Thai Bag is our first full-length bag for workouts in Muay Thai and MMA styles incorporating punches, elbows, kicks and knees. A great fit for any MMA boutique or combat focused space within a club, it performs brilliantly for developing endurance, rotational power and overall conditioning.



**COMPETITIVE PRICE POINT
TO ADD A BAG TO ANY
ESCAPE FRAME.**



**ATTRACT NEW MEMBERS WITH AN
INTEREST IN COMBAT TRAINING.**



**UNLOCK OPPORTUNITIES FOR
EXCITING PROGRAMMING.**



TECH SPEC.

The weight and materials of the Thai Bag provides realistic feedback and ensures this versatile striking bag not only maintains its shape but protects users during workouts.

DESIGN.

The bag is covered in a non-slip material, reflecting the benefits of making an impactful connection with each hit. There's also a loop attached to the base, enabling it to be tied securely in place. Preventing the bag from swinging allows for a faster, more powerful and ultimately more intense workout.

EXPERT TIP.

Technique is paramount when using the Thai Bag, so it should be the first goal when entering into combat training. Once perfected, results will be enhanced, injury will be avoided and it will be time to rev up the power with every jab, kick and hook.

THAIBAG1 Thai Bag

Size 1800mm x 350mm. Weight 54kg.



TRAINING BAG.

This punchbag is filled in the traditional way with recycled rags and fabric to create a bag that provides a total body workout and is perfect for kicks, punches, knees and elbows. It may be a more affordable bag, but pound for pound it still delivers a knockout performance.



TECH SPEC.

Our Synth-Tech™ material gives the look and feel of leather, and simple styling ensures this bag fits into any facility.

DESIGN.

Classic design retains shape and produces a firm target with little swinging or movement.

EXPERT TIP.

This bag is perfect if you want to introduce boxing to your club and get members interested in this training. It's durable enough to go the distance.

EBOX-PB	Training Bag
EBOX-PBCS	Training Bag Chains with one swivel
BBK20510	Wall Bracket - while stocks last
BBK20510/SAE	Wall Bracket Spare Swivel Assembly - while stocks last

SPECIFICATIONS.

EBOX-PB: Size 350mm x 1000mm. Weight 27kg.
BBK20510: Size 1045mm x 576mm x 860mm.

AQUA PUNCHBAG.

Ideal for a variety of striking exercises for boxing, MMA or general fitness, this heavy duty bag offers increased safety and a much more responsive feel than many traditional bags.

01 REALISTIC PUNCH FEEDBACK.

02 EASIER ON USERS' JOINTS.

03 PERFECT FOR MOVEMENT DRILLS.



COMBAT COMFORT.

The weight of the water within the Aqua Bag means it offers more resistance for a more challenging workout. Yet they're easier on your joints thanks to the bag absorbing every strike evenly.

TRAINING.

The unique teardrop shape makes the Aqua Bag ideal for training any style of striking, making it easy to throw jabs, hooks, uppercuts and more with the confidence to test any ability.

TECH SPEC.

The water filling and vinyl container provide a new experience compared with traditional bag materials. A unique valve system also means you can pump up each bag once it's filled with water to keep its shape.

AQUABAG55	Aqua Punchbag
Aqua punchbag includes:	

- D-bolt with lag screw
- Nozzle
- Rope

SPECIFICATIONS.

Size: 710mm x 550mm. Weight 85kg.



FREESTANDING PUNCHBAG.

For technique development, movement drills and conditioning, this bag delivers. Its light weight and two-part design makes it ideal for use as a station in a circuit as it can be easily moved into position and back again. It's also the bag of choice for clubs who are unable to securely fasten a hanging bag to a wall or ceiling.

01 TOUGH GTEX OUTER COVER WITH TARGET ZONES.

02 HIGH-DENSITY INNER FOAM.

03 TWO PARTS FOR EASY TRANSPORTATION.

04 PRE-WEIGHTED 46KG BASE.

TECH SPEC.

This technique bag features a special formulation foam base that is stronger and more resilient than plastic alternatives. Plus, it can be moved around the club so you can develop programming anywhere on the gym floor.

DESIGN.

Marked target zones give clients something to aim for and make programming easier. The Freestanding Punchbag comprises two parts that can be separated for easy transportation and storage.

EXPERT TIP.

This punchbag should be used for boxing only – it is not designed for kicking.

EBOX-FSPB1 Freestanding Punchbag
Size 730mm x 1830mm. Weight 72kg.

EBOXRT1 Replacement Tube
Size 350mm x 1830mm. Weight 26kg.

RE-21422 Replacement Base
Size 730mm x 500mm. Weight 46kg.



BOXING.

FITNESS JUMP ROPE.

The ideal rope for introducing members to jump rope training. This rope is also up to the task of giving more advanced users a tool to improve coordination and raise their heart rate.

DESIGN.

A lightweight rope that is a true all-rounder – ideal for PTs who are on the go or for incorporating into group training sessions.

EXPERT TIP.

A great tool to improve endurance, coordination and timing. Up the speed as technique improves.

TESTING.

This rope is stress tested to 50,000 rotations so it will stand up to your members' toughest workouts.



EST-ROPE5 Fitness Jump Rope - length 2.9m

CROSS TRAINING JUMP ROPE.

High jumping meets high performance. The ideal rope for serious CrossFit fans to perfect double-unders due to its roller-bearing handles and ultra-lightweight rope.

DESIGN.

Designed with passionate CrossFit fans in mind, this ultra thin rope is ideal for perfecting double-unders.

EXPERT TIP.

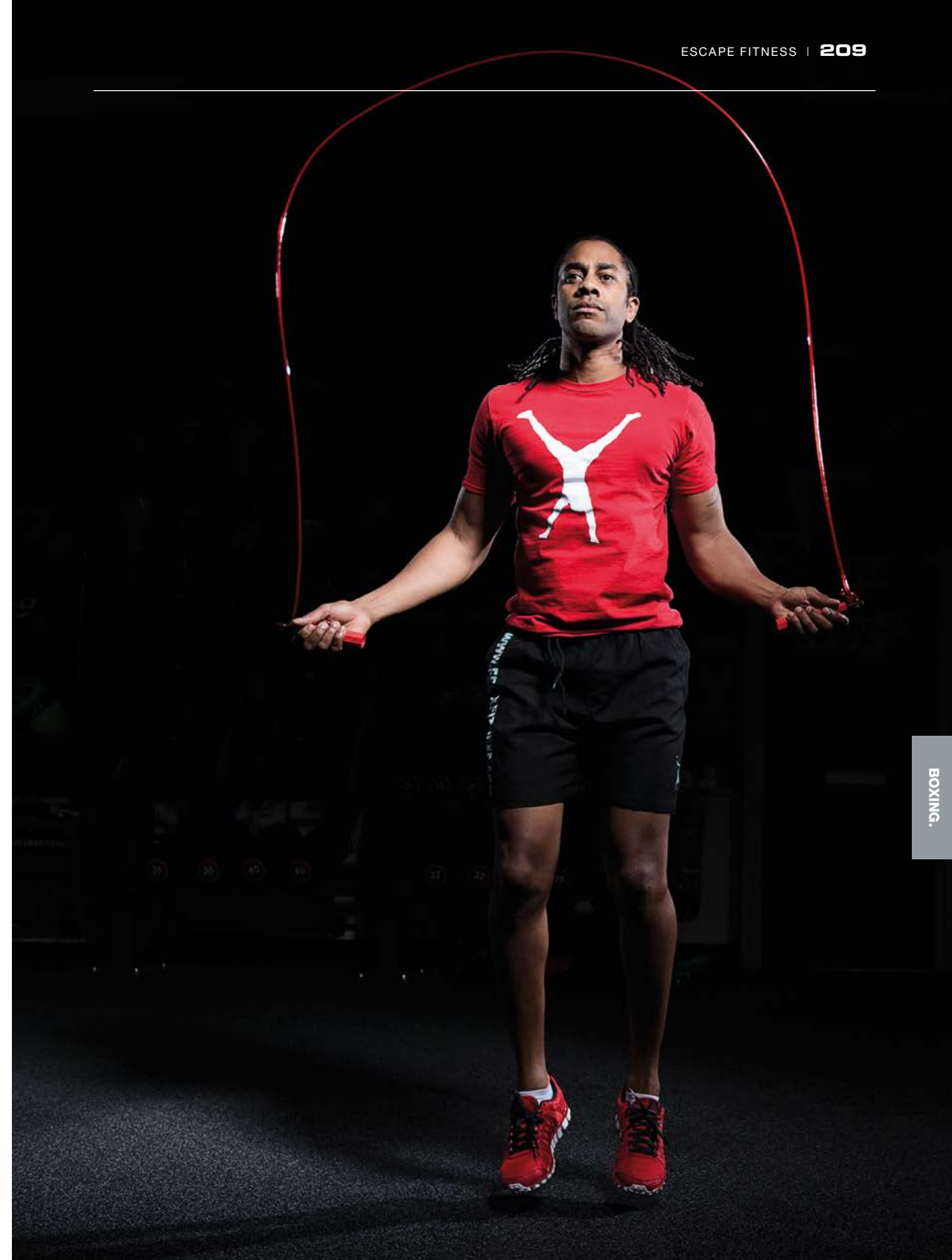
Use jump ropes with members or clients who want to tone up and build muscle. This exercise provides a complete body workout.

TESTING.

Stress tested to 50,000 rotations – the bearings in this rope will ensure smooth and speedy rotations.



EST-ROPE3 Cross Training Jump Rope - length 2.95m



FLEXIBILITY.

Stretch, bend, flex and spring – it’s not all about heavy weights. Get your body moving freely before and after sessions with the right treatment for maximum performance. Take some ‘me’ time with our yoga equipment or work on bodyweight moves with our range of mats. Relieve tired muscles, revive key joints and condition the core with our bright range of mobility equipment, designed to help everyone get the most from their workouts.



FLEXIBILITY.

MATS	212
YOGA BLOCK AND STRAP	215
ROLLERS	217
COMBAT MAT	219
GYM BALLS	220
AIR STABILITY DISC	223
BOSU	223
DUAL ACTION PUMP	223

MATS.

Our range of mats has been expertly designed and constructed, offering the greatest possible experience to a user – seasoned pro or absolute beginner alike. They are versatile, hard-wearing and hygienic.



COMPARISON CHART.

FEATURES	YOGA MAT.	ECO YOGA MAT.	CORE MAT.	FLEX MAT.	MULTI MAT.	COMBAT MAT.
USE	Yoga	Yoga	General use, crunches, stretches, etc	Stretching, Pilates	Stretching, balance, massage, floor exercises	Judo, MMA, Combat
MATERIAL	PVC	PVC	PVC with sealed foam filling	Foam	PVC compound foam	PVC dense foam
AREA	Yoga studios	Yoga studios	PT spaces, stretch areas	Pilates, mind/body studios	PT spaces, stretch areas	Combat spaces
SIZE	1830mm x 610mm x 4mm	1830mm x 610mm x 4mm	1020mm x 505mm x 10mm	1840mm x 610mm x 10mm	2000mm x 1000mm x 25mm	2000mm x 1000mm x 40mm
FEATURE	Central alignment markings, sticky feel	Bright colour, welcoming for beginners, toxin-free	Easy clean and wipe down, cushioning	Non-marking base, high grip	Durable but cushioned, anti-slip surface	Extra shock absorbency
EYELETS	Yes	Yes	Yes	Yes	No	No
WARRANTY	1 year	1 year	1 year	1 year	2 years	2 years

HOW TO CHOOSE.



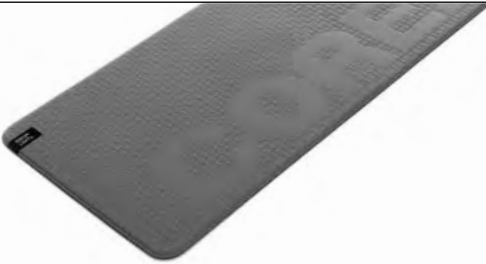
01 YOGA MAT.

This mat features a centred dotted line for guidance, which makes it the ideal mat for beginners.



02 ECO YOGA MAT.

This Eco Yoga Mat has a safe and grippy surface, and is produced with the environment in mind. Latex foam, anti-slip base.



03 CORE MAT.

A hard-wearing, easy-to-clean and hygienic mat that is perfect for studio work.



04 FLEX MAT.

A high-grip, textured surface featuring a fast-acting memory foam that returns quickly to its original shape for a more comfortable mat.



05 MULTI MAT.

PVC covering and compound foam create an easy-to-clean, versatile and comfortable mat that is at home in any studio.



06 COMBAT MAT.

Our battle-ready mat for combat training. Designed specifically for contact sports training. Latex anti-slip base.

FLEXIBILITY.



YOGA MAT.

Our Yoga Mat is made from compact foam and has been designed to allow for more grip and comfort when performing yoga moves.

- TECH SPEC.**
The material used for the Yoga Mat is chosen for its excellent grip, comfort and easy-clean properties.
- DESIGN.**
The mat features a central white positioning guide for hand and feet alignment.
- STORAGE.**
Store the Yoga Mats on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 232) to keep your studio mats in top condition.

YMAT01 Yoga Mat – Black
SPECIFICATION.
Size 1830mm x 610mm x 4mm.



Eyelets for hanging on Escape's mat storage racks.

ECO YOGA MAT.

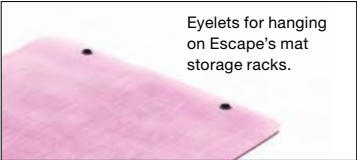
Our Eco Yoga Mat is toxin-free so has good environmental credentials. This is primarily a yoga mat but, given its premium look and feel, can be used for other stretching-based work, too.



While stocks last.

- TECH SPEC.**
Toxin-free construction helps protect the environment from hazardous chemicals. Latex foam, anti-slip base.
- DESIGN.**
Offers the user a safe and stable foundation on which to enjoy and develop their yoga with a sure grip-surface.
- STORAGE.**
Store the Eco Yoga Mat on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 232) to keep your studio mats in top condition.

EST-EYMAT Eco Yoga Mat – Pink
SPECIFICATION.
Size 1830mm x 610mm x 4mm.



Eyelets for hanging on Escape's mat storage racks.

YOGA BLOCK AND STRAP.

- YOGA BLOCK.**
Developed for heavy use, our Yoga Block is made from high-quality foam and is heavier, stronger and will last longer than most lightweight alternatives.
- YOGA STRAP.**
The Yoga Strap allows users to achieve those hard-to-reach yoga positions. It will stay in place thanks to the robust buckle that securely holds the strap at the right length.

EST-YOGB Yoga Block – Pink
EST-YOGS Yoga Strap – Black
SPECIFICATIONS.
EST-YOGB: Size 220mm x 140mm x 75mm.
EST-YOGS: Size 1710mm.



CORE MAT.

Whatever your exercise needs – stretching, mind, body and balance – this specially formulated non-slip foam mat is perfect.

TECH SPEC.

Welded and laminated foam and PVC cover is easy-to-clean and has eyelets for safe and hygienic storage.

DESIGN.

The cool anthracite colour will provide your studio with a calm and relaxed atmosphere for effective core and group training workouts.

STORAGE.

Store the Core Mat on the Freestanding Mat Storage Racks or the RACK5 Mat Attachment (page 232) to keep your studio mats in top condition.



Eyelets for hanging on Escape's mat storage racks.

EST-CMATA Core Mat – Anthracite

SPECIFICATION.

Size 1020mm x 505mm x 10mm.

FLEX MAT.

Two-sided, multi-purpose, non-marking base with a high-grip surface that has been designed specifically to provide extra comfort and grip, ideal for Pilates and stretching.

TECH SPEC.

Fast-reacting memory foam quickly returns to its original shape so you can work out without stopping to rearrange your mat.

DESIGN.

The Flex Mat is more than three times thicker than a regular yoga mat, with a specially formulated non-slip base.

STORAGE.

Store the Flex Mat on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 232) to keep your studio mats in top condition.



EST-FMGRY Flex Mat – Anthracite

SPECIFICATION.

Size 1840mm x 610mm x 10mm.

MULTI MAT.

A long-lasting, hard-wearing stretch mat. Available in two colours, it's durable enough for the rigours of everyday use and versatile enough to suit most applications.



TECH SPEC.

The PVC covering with compound foam and polyurethane granules provides extra durability and comfort for the user.

DESIGN.

These multi-purpose mats are designed for stretching, balance, massage and light floor exercises.

EXPERT TIP.

As well as on the gym floor, have some of these mats available in the studio for bodyweight exercises in circuits and bootcamp sessions.

MULTI MAT LARGE.

M0022B Multi Mat Large – Black

M0022 Multi Mat Large – Grey

SPECIFICATIONS.

M0022: Size 2000mm x 1000mm x 25mm.

RIDGE ROLLER.

Cool looking yet brilliantly effective, the Ridge Roller mimics the pressure applied by a sports therapist's hands.

TECH SPEC.

The textured surface offers superb feel, allowing the user to apply significant but bearable amounts of pressure on both muscle and fascia for a true pain/pleasure experience.

EXPERT TIP.

Use the Ridge Roller to improve mobility in joints and to relieve muscles after strenuous training sessions.

TRAINING.

The Self Myofascial Release with Foam Rollers Product Training Workshop will provide instructors and PTs with the knowledge they need to implement foam rollers correctly and effectively.

Online training available: see page 22 to find out more.



EST-RRC Ridge Roller

SPECIFICATION.

Size 385mm x 135mm.

ULTRAFLEX ROLLER.

With a perfectly proportioned size and diameter for maximum comfort, the Ultraflex Roller delivers a massage to keep limbs supple. The ultimate treatment for reviving tired muscles, with tough, non-porous material that's resistant to dirt and easy to wipe down.

TECH SPEC.
Made from tough urethane, this roller won't bend or sag and the tough durable material is resistant to dirt and easy to clean.

DESIGN.
The pimples on the surface of the Ultraflex Roller stimulate blood flow for effective self myofascial release.

TRAINING.
The Self Myofascial Release with Foam Rollers Product Training Workshop will provide instructors and PTs with the knowledge they need to implement foam rollers correctly and effectively. Online training available: see **page 22** to find out more.



EST-HFR Ultraflex Hard Roller – Green
EST-SFR Ultraflex Soft Roller – Purple (while stocks last)

SPECIFICATION.
Size 460mm x 140mm.

UBERSOFT ROLLER.

This roller allows beginners to achieve greater muscle flexibility and can also be used to improve their balance. It's great for easing tension and tightness after workouts with a light, forgiving massage.

TECH SPEC.
Low-density foam provides a forgiving surface, ideal for those new to foam rolling.

FLOORING.
Use the Ubersoft Roller on Escape Flexi-Soft flooring for a comfortable rolling experience (see **page 255**).

TRAINING.
The Self Myofascial Release with Foam Rollers Product training workshop will provide instructors and PTs with the knowledge they need to implement foam rollers correctly and effectively. Online training available: see **page 22** to find out more.



USR001 Ubersoft Roller – Grey

SPECIFICATION.
Size 905mm x 150mm.



COMBAT MAT.

The go-to mat for combat training. With an anti-slip base, it's battle-ready and designed specifically for contact sports.

TECH SPEC.
Durable and slip-resistant competition mat, specially created to make it suitable for MMA, kickboxing, taekwondo, karate, judo and wrestling. Latex foam, anti-slip base.

DESIGN.
Bright red design injects life into MMA workout sessions, and the wipe clean material makes it practical for busy studio environments.

EXPERT TIP.
Develop an international-standard judo area, as this mat's dimensions are the same as the international standard for judo mats. It is a great choice for all ability levels.

COMBAT2 Combat Mat – Red

SPECIFICATION.
Size 2000mm x 1000mm x 40mm.



FLEXIBILITY.

STEADYBALL.™

Designed specifically for core stability and balance work. The unique, safe and stylish two-tone Steadyball has self-levelling technology which means it won't roll away.

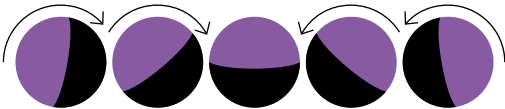


While stocks last.

TECH SPEC.
Our balls are made from anti-burst foam PVC, so there is little risk of sudden deflation. Plus they're fully tested with a safe maximum user weight of 110kg.

FLOORING.
Use the Steadyball on Escape Flexi-Soft flooring to protect hands and knees, and to keep the ball in top condition (see page 255).

STORAGE.
Keep Steadyballs tidy with the STAKR™ Rings or the Nine Ball Storage Rack.



- EST-GB55 55cm Steadyball – Purple
- EST-GB65 65cm Steadyball – Green
- EST-GB75 75cm Steadyball – Blue



While stocks last.

- EST-GBSR STAKR Ring – Each
- 9GBR Nine Ball Storage Rack

RACK SPECIFICATION.
Size 1750mm x 1300mm x 1300mm.

Steadyballs sold separately.

FLEXIBILITY.

DURA-BALL PRO.

The Dura-Ball Pro is a great all-round ball that's perfect for stretching, and core stability, abdominal and flexibility work.

DURA45	45cm Dura-Ball Pro – Blue
DURA55	55cm Dura-Ball Pro – Red
DURA65	65cm Dura-Ball Pro – Black
DURA75	75cm Dura-Ball Pro – Silver

All Dura-Ball Pros have a 500kg burst resistance.



While stocks last.

MAX BALL.

The Max Ball has been specifically designed for strength training. The dimpled, non-slip surface prevents the ball from slipping when using heavy weights.

MAXBAL55	55cm Max Ball – Anthracite
MAXBAL65	65cm Max Ball – Gold

All Max Balls have a 750kg burst resistance.



While stocks last.

BOSU.®

A variety of dynamic balance, strength and agility drills can be performed in combination with other pieces of equipment or multiple balance trainers using this fitness favourite.



BOSU	BOSU® Pro Balance Trainer
-------------	---------------------------

AIR STABILITY DISC.

The pimpled texture provides sensory feedback to nerve endings in the lower limbs. Easily inflated, it is best used on non-slip surfaces.



EST-AD	Air Stability Disc
SPECIFICATION.	
Size 340mm x 60mm. Weight 1kg. Max load (user weight) 150kg.	

DUAL ACTION PUMP.

Our Dual Action Pump delivers a capacity of 140 litres at 100 strokes per minute – an essential item to have at your disposal.



MG-33	Dual Action Pump
SPECIFICATION.	
Height 45cm. Weight 0.8kg.	

STORAGE.

Great storage maximises floorspace, opening the door to the best possible member experience. Faced with a fixed overhead of running a facility in terms of cost per square foot or square metre, freeing up as much space as possible for training is vital. This range of Escape storage is more than just a place for equipment – it's unique to the needs of your fitness space and an integral part of its design.



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DUMBBELL STORAGE RACKS	228
TOAST RACK	231
OCTAGON WEIGHT TREE	231
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OCTAGON HUB STORAGE.

The Octagon Hub Storage options provide storage that's versatile, unique and personal to the needs of your club. These solutions will ensure your floorspace is maximised, with equipment kept safe, tidy and accessible.



HUB STORAGE.

UNIVERSAL SHELVING.

Octagon Hub Storage features integrated storage shelves that can store a range of Escape functional training equipment. From Bulgarian bags to gym balls and kettlebells to medicine balls, this storage solution can be situated flush against a wall to save space, or it can be used to separate designated training areas within the club.

Each single Hub Storage Wall features 10 fully-adjustable shelves that can be configured to best suit a club's requirements. Individualised combinations can be created to increase storage capabilities.

This is the ideal solution for clubs to keep equipment off the floor and within easy reach for fast changes during workouts.



Triple Storage

HUB STORAGE FREESTANDING.

In addition to the benefits of bolted-down Hub Storage, the Freestanding Wall offers further personalisation in positioning and flexibility for any fitness space set up. Not only does it mean that the storage wall can be installed on floors that are unsuitable for fixed frames, but it can also be moved at anytime to meet the needs of an evolving gym layout to meet member needs.



Single Storage

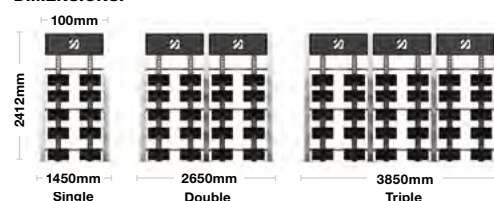
- OHTSW01** Octagon Single Storage Hub - 10 shelves
- OHTSW02** Octagon Double Storage Hub - 20 shelves
- OHTSW03** Octagon Triple Storage Hub - 30 shelves

- OFHSW01** Free Stand Single Storage Hub - 10 shelves
- OFHSW02** Free Stand Single Storage Hub - 20 shelves
- OFHSW03** Free Stand Single Storage Hub - 30 shelves

See **page 233** for more information about RACK5 shelving.

Other colour options available, please call for details.

DIMENSIONS.



INTELLIGENT, INTEGRATED, INFINITE.

OCTAGON STORAGE RACKS.

Get more from your fitness space with slim footprint, freestanding and easy access storage options to accommodate a range of training tools. Lower level storage means it doesn't obstruct visibility in your gym, so you can store more without covering up brand value wall decals, windows, mirrors or views of showpiece fitness stations such as Octagon HIT HUB frames.



ULLDB20.



ULLDB15.



You can also link these racks together, expanding into any space as stand-alone units or with an Octagon frame.

- ULLDB20** 20 Pair Dumbbell Rack
Size 610mm x 4320mm x 750mm. Weight 118kg
- ULLDB15** 15 Pair Dumbbell Rack
Size 610mm x 3680mm x 750mm. Weight 108kg
- ULLDB10** 10 Pair Dumbbell Rack
Size 610mm x 2160mm x 750mm. Weight 59kg
- ULLDB05** 5 Pair Dumbbell Rack
Size 610mm x 1520mm x 750mm. Weight 49kg



ULLDB10.



ULLDB05.



MAKE YOUR SPACE WORK HARDER FOR YOU.

HORIZONTAL STORAGE RACKS.

The Horizontal Storage Rack provides sturdy storage for a range of dumbbells. It is available in four lengths to meet the needs of any facility and to accommodate a range of dumbbell sets. Dumbbell selection becomes simple, and untidy freeweight areas become a thing of the past.

ESC1RACK.

ESC2RACK.

While stocks last.

- ESC1RACK** Horizontal Dumbbell Rack holds 10 pairs
Size 838mm x 910mm x 1500mm. Weight 61kg.
- ESC2RACK** Horizontal Dumbbell Rack holds 10 pairs
Size 838mm x 910mm x 2000mm. Weight 74kg.
- ESC3RACK** Horizontal Dumbbell Rack holds 10-15 pairs
Size 838mm x 910mm x 2400mm. Weight 81kg.
- ESCPAD** Protective rubber feet for racks

DUMBBELL RACK AND CUPS.

Bolted together for easy self-assembly, this simple yet effective storage rack will keep your gym floor free from clutter, leaving a safe and effective workout area. Holding a full set of dumbbells, the low carbon steel tube is expertly forged and welded for durability. The plastic end caps and rubber feet are included.

PADBR10 Dumbbell Rack - Holds 10 pairs
Size 900mm x 2400mm x 570mm. Weight 69kg.



TOAST RACK.

This strong, sturdy and stylish steel Toast Rack provides plate storage for clubs where strength training means serious business. It comes complete with wheels for easy movement around the club.

TECH SPEC.
This Toast Rack is made using high-quality materials. It is fully customisable to suit the individual needs of any club, and several can be connected together in a modular system for those who need more storage space.

DESIGN.
The Toast Rack has been created to inject colour and style into plate storage solutions, and gives club owners the chance to create the most suitable storage system for their needs.

STORAGE.
The Toast Rack is fully adjustable and will accommodate bumper plates in the combination of your choice.



REGISTERED
DESIGN.

OTR001 Toast Rack
Size 300mm x 300mm x 1092mm. Weight 27kg.
Plates sold separately.

OCTAGON WEIGHT TREE.

Keep your plates from across the Escape range in great shape. This Weight Tree has impressive capacity from a small footprint and complements the aesthetics of our other storage solutions and Octagon frames.



WTREE1 Octagon Weight Tree
SPECIFICATIONS.
Size 1218mm x 350mm x 1000mm. Weight 107kg.
Plates sold separately.

RACK5.™

The RACK5 is a versatile storage option that will keep your facility tidy and your functional training equipment in peak condition when not in use. Multiple bumper options are included in the RACK5 box, and the ability to adapt the shelves on the RACK5 enables users to organise the shelves to their facility’s unique needs. Do you have more Corebags than CMTs, or are you looking for a single storage station for a variety of functional training equipment? The RACK5 has you covered.

RACK5 MAT ATTACHMENT.

The RACK5 Mat Attachment can be screwed on the back of the RACK5, allowing the Escape range of mats (with eyelets) to be stored.



DESIGN.
The RACK5 is innovative and functional, providing a one-stop storage rack for a range of functional training equipment. Shelves can be arranged to suit the unique needs of gyms and studios to overcome storage challenges and clear up untidy floors.

TECH SPEC.
The RACK5 is made from strong carbon steel for inherent strength, and painted with a powder coat for a scratch-resistant finish. A range of plastic bumpers and guards can be selected and attached to the shelves based on what type of equipment will be stored.

TRAINING.
Maximise your members’ opportunities to develop their functional, power, strength, mobility and core performance with RACK5 packs that have been designed specifically to propel clients towards exceptional physical performance (see page 56).

- RACK5 RACK5
- RACK5B5 RACK5 Mat Attachment

SPECIFICATIONS.
RACK5: Size 1896mm x 600mm x 699mm. Weight 75kg.
RACK5B5: Size 400mm x 110mm x 356mm



REGISTERED
PATENT.

UNIVERSAL SHELVING.

RACK5 features integrated adjustable storage shelves for a range of functional kit. These pictures illustrate how equipment is stored on the various configurations.

01 BAG AND ROLLER SHELF.



02 KETTLEBELL SHELF.



03 CMT AND BOSU SHELF.



04 GYM BALL SHELF.



05 VERTBALL SHELF.



06 TOTAL GRIP MEDBALL AND VERTMINI SHELF.



07 MULTI GRIP MEDBALL AND SLAMBALL SHELF.



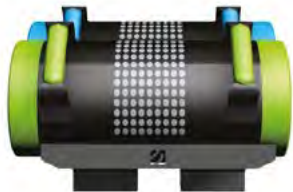
08 BULGARIAN BAG SHELF.



STORAGE EXAMPLES.

These images illustrate how various equipment is stored on the tray configurations listed above. They display how to correctly organise the RACK5 bumpers to safely store any range of functional training equipment.

01



02



03



04



05



06



07



08



STORAGE.

AMMO BOX.

Training areas get very messy, very quickly, when there isn't a proper place to store small training equipment like boxing gloves, power bands and so on. The Ammo Box solves the problem – it's a stylish storage solution with enough capacity for clubs where functional training tools are in high demand.



TECH SPEC.

Made from 95% carbon steel, the Ammo Box is built to take a lot of abuse in busy gyms. The front handle and wheels make it easy to move to where people are working out – for example in a group session – and then back to its usual location.

DESIGN.

Features include gas struts for a soft-close lid and ventilation to help complete the drying of equipment between workouts. The flat pack format (with toolkit and assembly instructions) reduces shipping costs and we pass this saving on to our customers.

EXPERT TIP.

The optional dividers get the most from the Ammo Box, helping to prevent equipment from piling up on top of each other. You can also use the dividers to create a compartment for each type of equipment involved in a varied training program.

REGISTERED DESIGN.

AMB001	Ammo Box Storage
AMB002	Ammo Box with Dividers
AMB001C	Ammo Box Dividers

SPECIFICATION.

Size 598mm x 606mm x 835mm. Maximum load 150kg.

Equipment sold separately.



ADD DIVIDERS FOR EVEN MORE STORAGE PERFORMANCE.

The optional dividers get the most from the Ammo Box, breaking the large internal space down into four smaller sections. This makes equipment even easier to access, and enables you to create compartments for each type of equipment: perfect for when running a circuit of multiple training styles.

DOES ALL OF THIS EQUIPMENT REALLY FIT IN AN AMMO BOX?

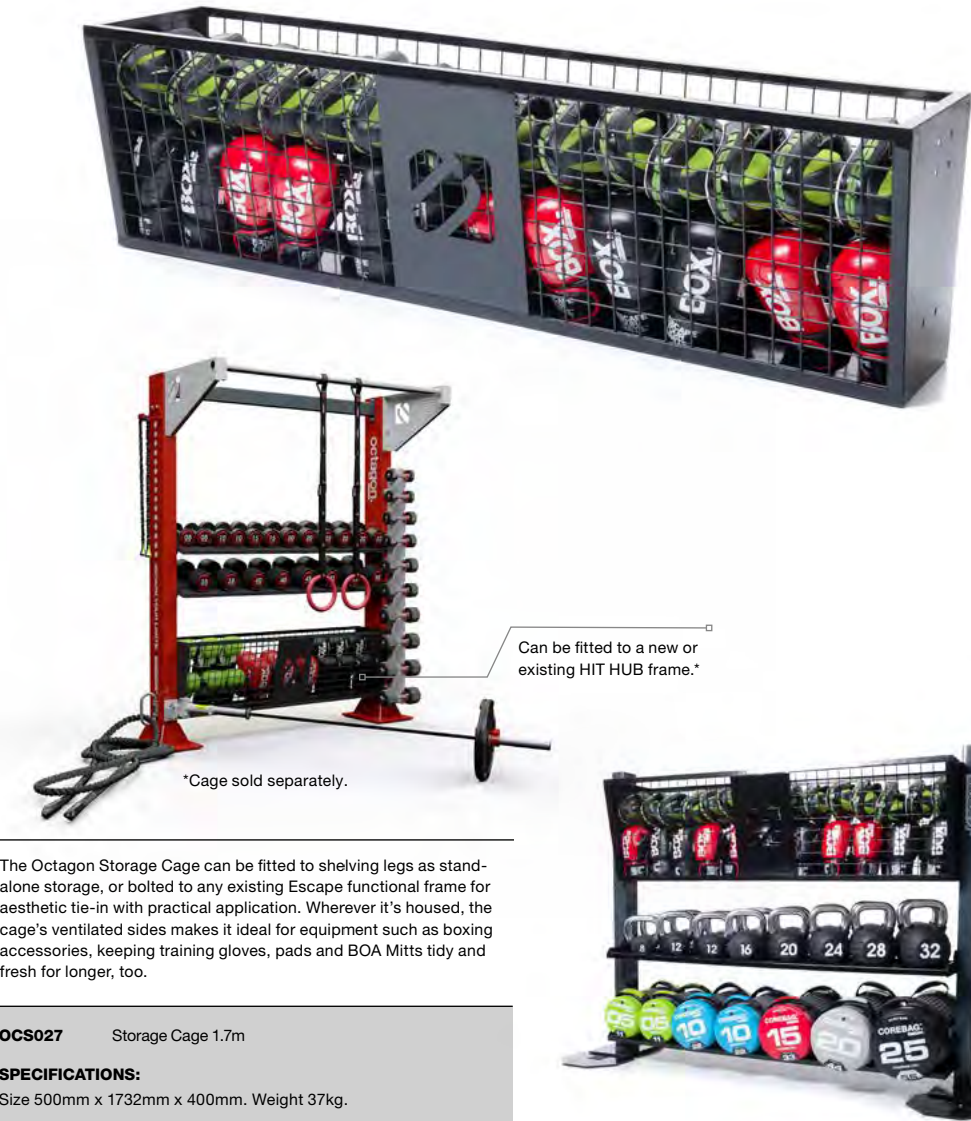
You bet! Despite its compact footprint, the Ammo Box has an amazing 216-litre capacity – enough for a huge amount of functional training kit.



STORAGE.

OCTAGON STORAGE CAGE.

Some small fitness accessories can be difficult to store in a sensible footprint that remains practical. In addition, the shape of other items can make it a challenge to keep them at any time. The Octagon Storage Cage offers space for a variety of training tools, whether they're assorted accessories or products such as battle ropes that can be bulky in storage.



The Octagon Storage Cage can be fitted to shelving legs as stand-alone storage, or bolted to any existing Escape functional frame for aesthetic tie-in with practical application. Wherever it's housed, the cage's ventilated sides makes it ideal for equipment such as boxing accessories, keeping training gloves, pads and BOA Mitts tidy and fresh for longer, too.

OCS027 Storage Cage 1.7m

SPECIFICATIONS:
Size 500mm x 1732mm x 400mm. Weight 37kg.

Equipment sold separately.

OCTAGON CORNER STORAGE.

Get more from your corners! Installing intelligent shelving convenience in the dead space of your facility gives you and your members more from both fitness equipment and footprint.



Improve safety for members and equipment alike, while making the most of every dimension in your gym. These corner storage units can be expanded to suit any need. The Ultra Low Storage offers two tiers of storage for easier access to picking up equipment that's more accessible than many chest-height units.

Expanding on the Ultra Low Storage, the four-tier Low Level Storage doubles the practicality of your corner space with efficient space for kettlebells, medicine balls, Bulgarian bags and other training tools.

- 01. ULLAS2** Octagon Ultra Low Level Angled Storage
- 02. LLAS4** Octagon Low Level Angled Storage

SPECIFICATION.
ULLAS2: 560mm x 1780mm x 760mm. Weight 44.2kg.
LLAS4: 560mm x 1780mm x 1477mm. Weight 95kg.

As an example; each shelf can hold up to four Slamballs, four Competition Pro kettlebells or two ENDURA Balls.

Equipment sold separately.

STORAGE.

GYM BALL STORAGE.

The Nine Ball Rack is a robust steel tube storage solution that can hold your Steadyballs safely. Or when you're short of space, STAKR™ Rings provide the perfect storage solution.



While stocks last.

EST-GBSR STAKR Rings
9GBR Nine Ball Storage Rack

SPECIFICATION.
Size 1750mm x 1300mm x 1300mm.

Steadyballs sold separately.

FREESTANDING MAT STORAGE.

These sleek multi-mat storage racks are suitable for all Escape mats with eyelets, keeping them safe, dry and tidy when not in use.

01 FREESTANDING MAT STORAGE RACK
Store up to 45 mats with this stylish storage solution.



01. LF2RACK Freestanding Mat Storage Large
This rack can store up to:
45 x Yoga Mats, 45 x Eco Yoga Mats,
30 x Core Mats or 15 x Flex Mats.

02. RACK5B5 RACK5 Mat Attachment (RACK5 sold separately)
This rack can store up to:
65 x Yoga Mats, 65 x Eco Yoga Mats,
25 x Core Mats or 25 x Flex Mats.

SPECIFICATIONS.
LF2RACK: Size 1940mm x 783mm x 812mm. Weight 19kg.
RACK5B5: Size 400mm x 110mm x 356mm

ESCPAD Protective rubber feet for racks

02 RACK5 MAT ATTACHMENT
Can easily be attached to the RACK5 (sold separately) or mounted on to a wall. For more information on the RACK5 see **page 232**.



PLEASE NOTE:
RACK5 shown storing the Flex Mat, Core Mat and the Eco Yoga Mat.
Rubber feet not included.

STORAGE.

FLOORING.

Fitness flooring can support the successful running of a club in several ways, from separating floor space into different zones to protecting members and equipment during workouts.

Specialist options like line markings, speed tracks and free weight flooring make a big contribution to the ability of everyone in the gym to perform at their best. Escape uses years of gym experience and technical knowledge to provide the right specialist flooring for clubs that demand the best performance from their investment.

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FEATURE FLOORING.

The gym floor is unlike any other piece of equipment, because it’s put through its paces all day, every day. That’s why it’s just as important as a club’s other training tools. Clubs are increasingly looking for flooring that adds some style, colour and vibrancy to the ambience of the facility. And of course, it should also be carefully chosen to support and protect the club’s members, and reduce the stress placed on equipment. We’ve taken all of these factors into consideration to perfect a quality range of flooring options.

INDUSTRY-LEADING TECHNOLOGY.

Across the Escape range, there is flooring that will keep pace with users engaged in a variety of training styles, no matter what is thrown at it. High quality materials make it a durable, long-lasting and effective investment. Our flooring systems offer athletic benefits to end users, protecting their ankles, knees and hips in areas that may involve high impact, plyometric or aerobic training. The materials used include elastomers that adapt to the foot, reducing the risk of injury to members and instructors.

CREATING SUPERB TRAINING ENVIRONMENTS.

We have dedicated, specialist flooring for every facility’s needs - from functional training, free weight areas and studios to sports halls, sprint tracks and stretching spaces. We even offer a quality line marking service to tempt your users away from their standard training into more varied, challenging and fun programming. Let’s not forget also that the right flooring can add a huge ‘wow’ factor to clubs, transforming workout areas from uninspiring places to breathtaking spaces.

LET’S DELIVER YOUR PERFECT FLOORING INSTALLATION.

With several flooring options from which to choose, making the right decision isn’t always straightforward. That’s why our flooring specialists are here to help you choose products and colours that reflect your unique needs, in terms of performance and aesthetics. The team will work closely with you to assess, choose and install the flooring that meets your facility’s needs, making sure you stand out from the competition.

COMPARISON CHART.

FEATURES	SHOCKTURF.	ENERGYM.	SPEED TRACK / PORTABLE SPEED TRACK.	EVERFLEX.	EVERROLL CLASSIC.
USE	Functional areas, SAQ, group X, performance zones, sleds/TIYRs and indoor/outdoor	Functional areas, multi-use sports halls, studios	SAQ areas, TIYRs, sled work, sprint tracks	Free weight, functional, main gym areas, spin studios, CV and resistance	Free weight, functional, main gym areas, spin studios
THICKNESS	24mm including shock pad	10mm	12mm	10mm	8mm, 10mm, 12mm
PRODUCT SIZE	Rolls from 1.25m x 10m	7mm or 9mm pad with 3mm PU layer	1.5m x 10m, 12m, 15m, 20m or 25m roll	1.25m x 10m roll	1.25m x 10m roll
MATERIALS	Polyethylene and nylon	PU top layer and rubber pad	Polypropylene	Recycled rubber (80%) and EPDM (20%)	Recycled rubber (80%) and EPDM (20%)
COLOURS	Six base colours with white lines	Available in a range of 20+ colours	Available in a range of 8 colours	Black with grey fleck	Available in a range of 6 colours
RECOMMENDED INSTALLATION	DIY or professional install	Professional install required	DIY or professional install	Professional install required	Professional install required

FEATURES	SHOCK PAD UNDERLAY SYSTEM.	EVERROLL WEIGHT LAYER.	FLEXI-TUF.	FLEXI-SOFT.	FLEXI-HARD.
USE	Functional, free weight, heavy free weight and CrossFit areas	Free weight, heavy free weight, CV and resistance, strength and conditioning areas	Free weight areas, some functional areas	Warm-up and stretch areas, yoga and Pilates	Studio areas, light functional training areas
THICKNESS	10mm, 12mm, 15mm, 20mm	43mm or 27mm	12mm	20mm	20mm
PRODUCT SIZE	1.25m x 10m roll	1m x 0.5m tile	0.5m x 0.5m tile	1m x 1m tile	1m x 1m tile
MATERIALS	Recycled rubber fibres and granules and PUR resins	EPDM top layer with recycled rubber shock pad	Recycled rubber and SBR rubber	EVA tiles	EVA base with a rubber top layer
COLOURS	Black	Available in a range of stone or classic colours	Black	Available in a range of four colours	Available in a range of four colours
RECOMMENDED INSTALLATION	Professional install required	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install



SHOCKTURF.

This new-generation synthetic turf flooring has been specifically developed for functional training environments, both indoors and outdoors. It's a true heavy duty product that has consistently performed brilliantly in wear and resistance tests.

Escape recognised the increasing popularity of turf flooring within clubs. But we also noticed that, too often, the standard turf products used weren't suitable for functional training. In many cases these products simply didn't provide enough cushioning to joints and provided little protection to the floor underneath. They were also frequently made from a substandard material that can melt under friction from sleds.

We wanted to solve these issues, so we worked with one of the USA's biggest producers of turf products to develop a product specifically for use in a functional training facility or area. The result is Shockturf, and it's proving its quality in clubs, including with top athletes as a surface for developing mobility, balance and explosive power.

USAGE.

This is superb multi-purpose performance flooring for functional training areas, with the properties essential for jumping, bounding, lifting, sprints, agility training, TIYR flips and sled pushes.

DESIGN.

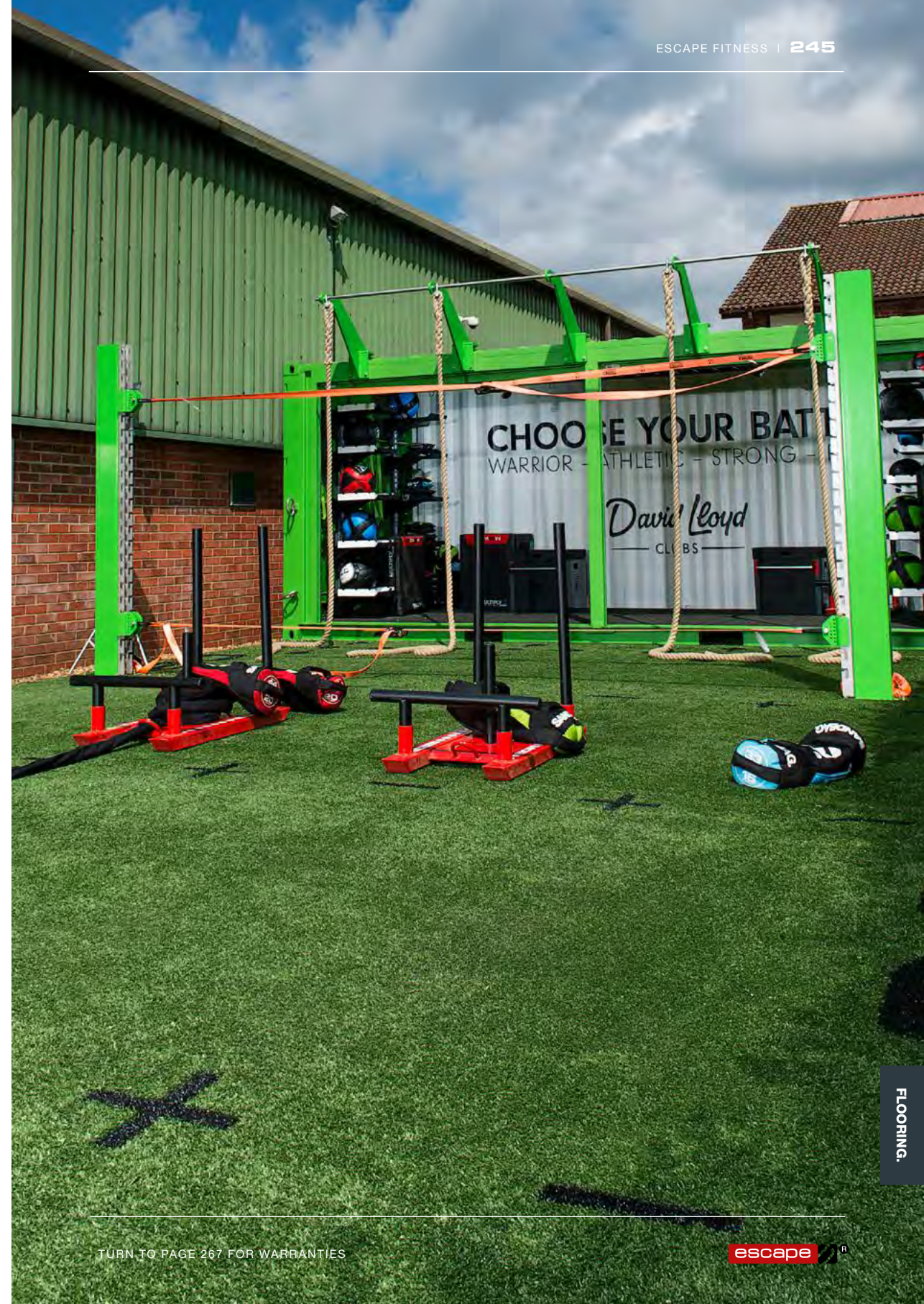
Available in six standard colours: black, green, orange, red, slate and tan. Escape can create bespoke zones and layouts.

PERFORMANCE.

This product has an especially high melting point, so there is no risk of fast or heavy sled pushes melting the glass fibres. An added foam pad layer helps to reduce the shock users feel when training.

STURFB	Shockturf - Black	■
STURFG	Shockturf - Green	■
STURFO	Shockturf - Orange	■
STURFR	Shockturf - Red	■
STURFS	Shockturf - Slate	■
STURFT	Shockturf - Tan	■

Please call for markings options and installation details.



SPORTS MARKING.

Personalise and customise your space with our bespoke polyurethane sports line marking service, available for new or existing rubber fitness floors.

Our bespoke service allows you to create logos or markings such as sprint tracks, functional compasses, agility ladders, speed circles and zoning areas to make your facility really stand out. These are permanently bonded line markings, so they will never fade and will keep your gym looking good. We use the RAL colour chart to offer a wide range of colours that add dimension, branding and a focal platform for your members to train on.

DESIGN.

Bring dynamism, intrigue and individuality to your facility with company branding, logos and bespoke training markings.

TECH SPEC.

Excellent adhesion, flexibility and durability for prolonged lifespan with UV resistance – this will stay looking great for years to come.

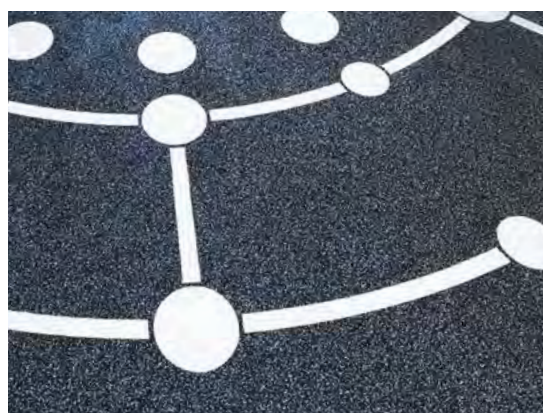
USAGE.

Suitable for most sports and fitness polymeric surfaces.

SPECIFICATION.

Our high-performance two-pack polyurethane sports marking paints are specially formulated for use on fitness surfaces. Use of primers then application of the PU coatings provide an elastic and durable surface to create unique designs.

Please call for prices, colour options and installation details.



RECORDS HAVE BEEN BROKEN ON THIS SURFACE.





To watch the Speed Track video, visit:
www.escapefitness.com/flooring-range/speed-track

SPEED TRACK.

Our Speed Track provides the perfect basis for agility and explosive power training, including with the Escape TIYR and Quad Sled. Bring an outdoor feel to the centre of your gym and create a visually stunning environment to inspire members.

USAGE.

This multi-use surface provides the right levels of grip for sprint work, while offering perfect resistance for sled work.

TECH SPEC.

The four-way loop pile has a high melting point, perfect for heavy sled work.

INSTALLATION.

Once installed there is practically no maintenance required, making this a cost-effective solution.

GRASS10	1.5m x 10m Speed Track
GRASS12	1.5m x 12m Speed Track
GRASS15	1.5m x 15m Speed Track
GRASS20	1.5m x 20m Speed Track
GRASS25	1.5m x 25m Speed Track

Please call for colour options and installation details.



To watch the Portable Speed Track video, visit:
www.escapefitness.com/flooring-range/portable-speed-track

PORTABLE SPEED TRACK.

The Portable Speed Track offers the same benefits as the Speed Track but in a portable format. Members and their trainers can reap the benefits of a speed track without a permanent installation.

USAGE.

Use the Portable Speed Track for sprint training, sled work, TIYR flips and pushes and a variety of other drills.

TECH SPEC.

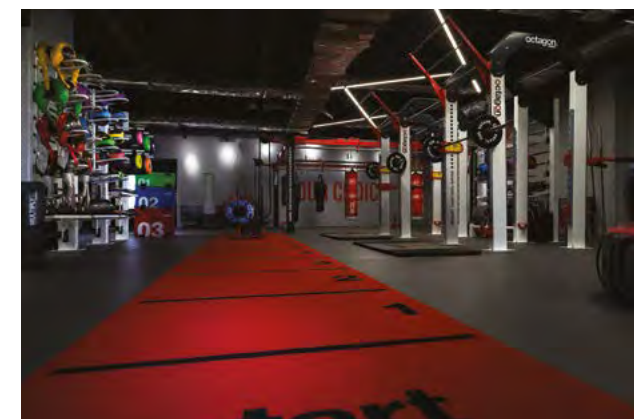
Facilities do not have to install a permanent track to benefit from speed training. The Portable Speed Track can be easily rolled out, used for training sessions and packed away after use.

DESIGN.

The Portable Speed Track is available in a variety of lengths and colours to suit the individual needs of any club.

PORTST10	1.5m x 10m Portable Speed Track
PORTST12	1.5m x 12m Portable Speed Track
PORTST15	1.5m x 15m Portable Speed Track
PORTST20	1.5m x 20m Portable Speed Track
PORTST25	1.5m x 25m Portable Speed Track

Please call for colour options and installation details.



SPORTS FLOORING.



WHAT FLOORING SHOULD YOU CHOOSE?

APPLICATIONS.	EVERFLEX.	EVERROLL CLASSIC.
Aerobic studios	10mm	8mm
Indoor cycling studios	10mm	8mm
Cardiovascular areas	10mm	8mm
Boxing studios	10mm	8mm
Free weight areas	10mm	10mm
Heavy free weight areas	-	12mm
Main gym areas	10mm	8mm
Indoor play areas	-	10mm

PLEASE NOTE: Custom flooring may have a six week lead time depending on colour and quantity.



EVERFLEX.

Our best-selling covering. High-density and very hard-wearing, Everflex offers great insulation and shock absorption – both of which are essential properties for any facility.

TECH SPEC.

Extremely high-quality, high-density material compressed from rubber and EPDM elastomers to protect members and equipment.

DESIGN.

Viscoelastic consistency protects floors from heavy, blunt loads and resists sharp edges and points, providing unrivalled wear and durability.

USAGE.

Everflex flooring offers anti-slip properties but easily allows natural body movement to help prevent injuries.

MAT600EF Everflex 10mm High Density Matting - Black Fleck

SPECIFICATION.

Roll Size 10m x 1.25m as standard.



FLOORING.

EVERROLL® CLASSIC.

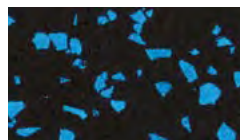
Everroll Classic is used throughout the fitness industry due to its distinctive look and feel. It also offers improved impact sound absorption, safety and comfort under foot.

MAT500	8mm High Density
MAT501	10mm High Density
MAT502	12mm High Density

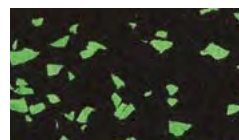
SPECIFICATION.

Roll Size 10m x 1.25m as standard.

COLOUR OPTIONS.



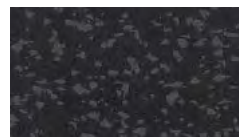
Blue Fleck



Green Fleck



Red Fleck



Charcoal Fleck



Yellow Fleck



Orange Fleck

SHOCK PAD UNDERLAY SYSTEM.

The Shock Pad Underlay System prolongs the quality of your gym flooring and gives maximum shock absorbency during plyometric and heavy weight training.



THE SHOCK PAD SYSTEM FITS UNDERNEATH YOUR EVERROLL FLOORING.

SP60102	10mm Regupol Underlay – Black
SP60122	12mm Regupol Underlay – Black
SP60152	15mm Regupol Underlay – Black
SP60202	20mm Regupol Underlay – Black

SPECIFICATION.

Roll Size 10m x 1.25m as standard.

INTEGRATED LIFTING PLATFORM.

This interlocking tile system is ideal for free weight areas and heavy lifting zones, helping to protect equipment when dropped. Available in two thicknesses for maximum protection.

MADE IN EUROPE

TECH SPEC.

A substantial shock pad base with an EPDM finish layer provides durability, increased performance levels, aesthetics and feel. Great for heavy equipment areas where damage could be caused to the equipment or floor.

PROTECTIVE.

Reduces noise and vibration as the system provides ultimate protection for subfloors, equipment, weights and members alike. Spin and cardiovascular areas can benefit from the enhanced grip offered by this versatile tile.

INSTALLATION.

Easy installation as the modular system can be built to suit any area. It comes in a wide range of colour choices to suit all environments and club aesthetics.

EVERROLL WEIGHT LAYER 43MM.

EWT430	43mm Weight Layer – Classic colours
EWT432	43mm Weight Layer – Stone colours

43MM SPECIFICATION.

1000mm x 500mm x 43mm with a dowelled jointed interlocking system – minimum quantity purchase of 25m².

EVERROLL WEIGHT LAYER 27MM.

EMT270	27mm Weight Layer – Classic colours
EMT272	27mm Weight Layer – Stone colours

27MM SPECIFICATION.

1000mm x 500mm x 27mm with a dowelled jointed interlocking system – minimum quantity purchase of 35m².

For Classic colours see page 252.

Please call for Stone colour options and installation details.





FLEXI-TUF.

Flexi-Tuf is a heavy-duty and flexible floor covering that will ensure your free weights and floor are protected from damage and marking.

USAGE.

Ideal for free weight areas and spaces where rigorous functional training will take place.

DESIGN.

Unique, small, interlocking tiles are easily lifted. Textured surface provides sure footing for maximum confidence during workouts.

INSTALLATION.

Easy installation means it's easy to create islands of flooring for specific areas. Transport and re-use wherever you wish. Corners and edges provide smooth ingress and egress.

MATFT12	Flexi-Tuf Floor Tile
MATES12	Flexi-Tuf Edge Strip
MATCB12	Flexi-Tuf Corner Piece

SPECIFICATION.

MATFT12: Size 500mm x 500mm x 12mm.
MATES12: Size 500mm x 190mm x 12mm.
MATCB12: Size 190mm x 190mm x 12mm.



FLEXI-SOFT.

Soft and slip-resistant modular flooring system for stretching, gym balls and foam rolling. Ideal for yoga studios.

INSTALLATION.

Quick to lay and the tapered edge strip reduces risk of injury. The tiles do not need to be fixed to the floor, allowing them to be easily moved for greater flexibility of layouts.

PROTECTIVE.

Absorbs impact while being comfortable for stretching exercises thanks to their dense foam composition. They are also very easy to clean.

DESIGN.

Colour contrasting edges and corners are tapered to prevent tripping and allow safe entry and exit on and off the mat.

MAT510S	Flexi-Soft Foam Coloured Tile
MAT511S	Flexi-Soft Foam Coloured Edge Strip
MAT512S	Flexi-Soft Foam Coloured Corner

SPECIFICATION.

MAT510S: Size 1000mm x 1000mm x 20mm.
MAT511S: Size 1000mm x 185mm x 20mm.
MAT512S: Size 185mm x 185mm x 20mm.



AVAILABLE IN FOUR COLOURS.





FLEXI-HARD.

Durable, cushioned flooring for balance exercises, light dumbbell workouts and strength training.

DESIGN.

Designed for PT and functional training areas. The tiles can be interlocked in minutes and don't need to be fixed to the floor.

USAGE.

Ideal for balance and lightweight exercises with free weights up to a maximum of 20kg. For heavier weights we would recommend Flexi-Tuf – see [page 254](#).

PROTECTIVE.

A good base support with an element of cushioning.

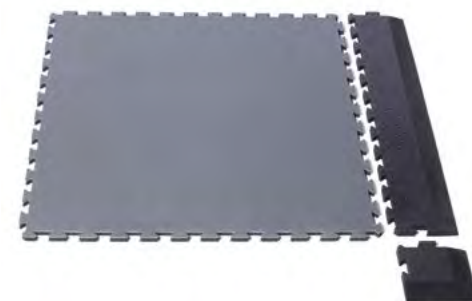
MAT510	Flexi-Hard Foam Coloured Tile
MAT511	Flexi-Hard Foam Coloured Edge Strip
MAT512	Flexi-Hard Foam Coloured Corner

SPECIFICATION.

MAT510:	Size 1000mm x 1000mm x 20mm.
MAT511:	Size 1000mm x 185mm x 20mm.
MAT512:	Size 185mm x 185mm x 20mm.



AVAILABLE IN FOUR COLOURS.



ENERGYM.

A multi-use flooring that is extremely durable and easy to maintain. Suitable for use anywhere, from a functional zone to a sports hall, EnergyM is available in a range of Pantone colours and can feature logos, sports markings and other designs.

TECH SPEC.

An elastic layer with polyurethane multi-use top coatings that provides shock absorption that is kinder to users' joints and helps to reduce injury.

USAGE.

Seamless system to ensure hygiene and easy maintenance. This is a durable and long-lasting system which makes it ideal for functional zones.

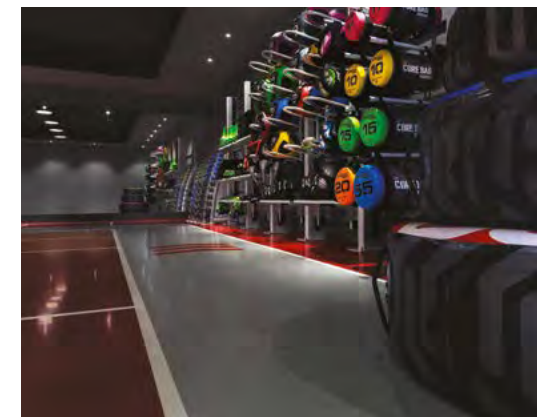
DESIGN.

The huge range of 20 colours and the additional line markings that can be applied allow this surface to be tailor-made to suit your needs.

SPECIFICATION.

Polyurethane top coating is applied to a 7mm or 9mm shock pad, giving a 3mm polyurethane wear layer.

Please call for prices, colour options and installation details.



FLOOR GUARD.

A high-performance, recycled floor mat that is ideal for positioning under free weight benches, cardiovascular machines and dumbbells.

PROTECTIVE.

This floor mat acts as a shock pad and helps reduce noise.

USAGE.

The textured finish provides a high-grip surface that is essential when exercising with free weights.

DESIGN.

Fully reversible, the floor guard can be easily cleaned with water or a mild detergent giving you trouble-free usage.

MAT506C Floor Guard – Black

For heavy lifting, see **page 106** for Lift Zone.

SPECIFICATION.

Size 2000mm x 1250mm x 10mm.



THE BEST WAY TO MAINTAIN YOUR GYM FLOOR.

ACCESSORIES.

As leaders in the field of fitness flooring we have extended our after-care service by developing our own range of cleaning products that will help you to keep your flooring clean, safe and vibrant.

01. ESCAPE SPRINT EVERYDAY FLOOR CLEANER.

- Neutral pH is ideal for daily maintenance of sports floors from rubber to timber.
- Advanced formula removes grease and ensures a rapid cleaning action.
- Low foam for ease of rinsing.

02. ESCAPE POWER FLOOR CLEANER.

- Heavy-duty formulation removes even the toughest grease and grime.
- Low foaming specifically designed for machines with suction driers and ease of rinsing.
- Fragrance-free so solution will maintain a neutral environment.

03. GRADUS EDGE.

- Finish off your flooring in style with our transition strips that help to reduce the risk of tripping hazards.

01. EFCSPRINT Sprint Everyday Floor Cleaner (5 litre)

02. EFCPOWER Power Floor Cleaner (5 litre)

FLRCLPK Floor Maintenance Pack
1 x EFCSPRINT and 1 x EFCPOWER

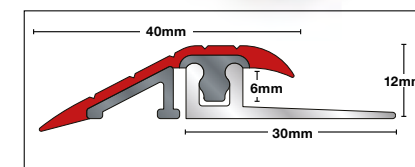
For professional use only.

03. GRADUS EDGE

MAT1000 Quantum Transition Strip (per 2.75m)

MAT2000 Gradus Curved Ramp Trim (per 2.5m)

MAT3000 Gradus Skirting Edge Strip (per 2m strip)



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BEFORE YOU ORDER.

As exclusive Business to Business suppliers of Fitness Equipment to the Industry, Escape Fitness aims to make the Customer buying experience efficient and informative. Orders placed with Escape Fitness are subject to the standard Terms and Conditions of Business ("Conditions") contained in the following pages to the exclusion of any other terms or conditions that the Customer seeks to impose or incorporate or that may be implied by trade custom, practice or course of dealing. In the event that Goods are sold on to a third party, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts the Conditions overleaf. No variation of these Conditions shall be effective unless expressly agreed in writing by an Escape Fitness authorised signatory.

THINGS TO NOTE BEFORE ORDERING.

Delivery charges

The cost of delivery depends on volume and weight. Please contact Escape or your local representative for details.

UK delivery

Most Orders will be delivered as parcels by independent carriers. Where large Orders cannot be delivered as parcels, the Order will be delivered on pallets to the exterior access point of the delivery address (UK Mainland Only.) The Customer must provide adequate manpower to unload the Goods and dispose of all packaging supplied for transit. Escape Fitness offer an Upgraded Delivery Service which includes a two-man team who will deliver, unload, assemble and site the Goods, removing all transit packaging upon completion. Please call for an Estimate.

Overseas delivery

Most small items will be sent as parcels by independent carriers. Larger items may be delivered by a dedicated specialist shipping company. Certain stock items may be dispatched from Escape Fitness's warehouses in Germany or Thailand. Please call for an Estimate.

Product assembly and installation

Please note that functional frames and equipment storage racks will require assembly after delivery. Escape Fitness offers an installation service to include the assembly of and safe siting of equipment. Please call for an Estimate.

Customised, bespoke and made-to-order products

Once an Order has been placed and an Order Confirmation issued in respect of Goods that are customised, bespoke or special order, it cannot be amended or cancelled. Goods are customised when an element of the product is changed e.g. the Customer's brand colour or logo is added. Bespoke Goods are specifically designed for the Customer and include, but are not limited to, flooring, functional frames and storage solutions. Special order Goods include products that are not normally held in stock or are ordered in a large quantity e.g. MARS, storage racks etc. Escape Fitness do not accept any liability for loss or damage incurred or suffered by the Customer as a result of inaccuracies made by them in the Order process. Accurate measuring is essential. To avoid the possibility of mistakes, use Escape Fitness's site survey service (see following details).

MEASURING AND SURVEYS.

When ordering large/heavy equipment or flooring, it is important that accurate measurements of the relevant area are supplied to ensure equipment will fit and can be used safely. Accurately measuring access points, corridors, lifts, stairs, and their height is equally important to ensure smooth delivery and installation. Escape Fitness offers a free site survey for those Customers who place an Order for both Goods and installation (expressed as a credit on the final invoice). The survey takes account of all these factors as well as the suitability of the product for a particular location. This service is also available for 'supply only' orders at a cost of £150+ VAT.

DAMAGES AND DELIVERY DISCREPANCIES.

All deliveries must be checked as soon as received and before the delivery note is signed as any discrepancy or damage in the consignment must be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the delivery note. If a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 01733 313535 with full details of the Goods ordered and the damage or discrepancy identified. At its sole discretion, Escape Fitness will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the delivery note or similar device operated by the carrier.

CANCELLATIONS AND RETURNS (NOT APPLICABLE TO CUSTOMISED, BESPOKE AND SPECIAL ORDER GOODS).

Once a quotation is accepted by the Customer placing an Order, Escape Fitness will issue an order confirmation. The customer may amend or cancel the Order within 14 days of the Order confirmation and provided the Order has not been dispatched. A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs. Escape Fitness reserves the right to reduce the above fee, in its sole discretion when the amendment sought by the Customer is de minimis or there are other exceptional circumstances justifying the same. Where Goods have been dispatched, the Customer may return some or all of the Goods for up to 14 days after receipt (as recorded by the carrier) provided that the goods are returned to the supplier at the Customer's cost and in new and unused condition with all the original labels and packaging intact. A fee of 20% of the Order value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by Escape Fitness's Customer Service Department.

NON-RETURNABLE ITEMS.

Unless Goods are damaged or faulty, any customised, bespoke, made-to-measure order equipment or flooring cannot be returned once an Order for confirmation has been issued. Items such as floor mats, gloves, mitts etc cannot be returned once dispatched for hygiene reasons.

PRODUCT MEASUREMENTS.

All sizes, weights and measurements are approximate. All products in Escape Fitness's functional range are subject to a tolerance of up to +/- 20%.

UK SALES.

For UK sales direct from Escape please contact us as follows:

- 1. **Freephone:** 0800 458 5558
- 2. **Website:** www.escapefitness.com
- 3. **Email:** sales@escapefitness.com
- 4. **Post:** Eastwood House, The Office Village, Cygnet Park, Hampton, Peterborough, PE7 8FD.

When placing an order by post or email, the Customer should:

- 1. Quote the product code, product description, quantity required, price, VAT and carriage costs.
- 2. Include their unique purchase order number (for account customers this must have been authorised by an appropriate signatory).
- 3. Print the name, department and position of the person placing the order.
- 4. Confirm the method of payment.
- 5. Provide the full postal delivery address.

NB Customers' purchase orders are only accepted from pre-approved Customers or account holders.

PAYMENT.

Customers may use the credit/debit cards shown.



Card payments are required for orders from non-account Customers.

NON UK SALES.

Please contact your local distributor for information on pricing and how to place your order.

FEEDBACK.

Escape Fitness believes in continuously improving its products and services. It can only do this by listening to its Customers. If you have a comment to make please contact Escape Fitness's Customer Services Team on:

Telephone: 01733 313 535

Email: aftersales@escapefitness.com

Or alternatively write to:

Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG.

TERMS AND CONDITIONS.

1. THE CONTRACT.

- 1.1 In these Terms and Conditions ("Conditions"), Escape Fitness Limited or one of its group of companies, is the Supplier and you are the Customer.
- 1.2 Upon receipt of a written Quotation, accompanied by these Conditions, (and where design and/or installation is requested; a Programme of Works), the Customer may offer to purchase the Goods and/or Services by signing, dating and returning the copy of these Conditions supplied with the Estimate or Quotation to the Supplier, or by submitting a purchase order. The Supplier will accept the offer by sending to the Customer an Order Confirmation at which time a binding contract will exist between the parties and the Customer may not amend or cancel the Order without the Supplier's written consent.
- 1.3 The Customer acknowledges that it has not relied on any statement, promise or representation made, or given by or on behalf of, the Supplier which is not set out in these Conditions. Any samples, drawings, descriptive matter or advertising issued by the Supplier and any descriptions or illustrations of the Goods or Services contained in catalogues or brochures are issued or published for the sole purpose of giving an approximate idea of the Goods and Services described in them. They do not form part of the Contract nor have any contractual force. These Conditions apply to the Contract to the exclusion of any other terms that the Customer seeks to impose or incorporate, or which are implied by trade custom, practice or course of dealing. Where the Customer re-sells the Goods, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts these Conditions. No variation of these Conditions shall be effective unless expressly agreed in writing by the Suppliers authorised signatory.
- 1.4 These Conditions apply to the supply of both Goods and Services except where application to one or the other is specified.
- 1.5 The Supplier reserves the right to change these Conditions at any time. The amended Conditions will take effect on the 30th day following the date upon which the amended Conditions are sent to the Customer. The placing of further Orders after the amendment date and before the effective date shall signify the Customer's acceptance to be bound by the latest Conditions.

2. PAYMENT.

- 2.1 The price of the Goods and Services shall be the price set out in the Estimate or Quotation (the latter of which shall be valid for 30 days) or the price stated in any effective Supply Agreement. Prices are quoted net of VAT. VAT is payable by the Customer at the prevailing rate as indicated upon the Estimate, Quotation or Pro-Forma Invoice. Prices are subject to change on not less than 30 days notice.
- 2.2 Payment for the Goods and Services shall be made in full at the time the Order is placed to the Supplier's bank account detailed in the Quotation. For Customers who have a credit account with a sufficient credit limit, Goods shall be paid for in accordance with their credit account terms. Time for payment shall be of the essence of the Contract. VAT Invoices are issued when the Goods are dispatched.
- 2.3 Interest is payable to the Supplier on overdue amounts at the rate of 4% per annum above Barclay's Bank base rate accruing on a daily basis from the due date until the date of actual payment of the overdue amount.
- 2.4 The Customer shall pay all amounts due under the Contract in full without any deduction or withholding except as required by law and the Customer shall not be entitled to assert any credit, set-off or counterclaim against the Supplier in order to justify withholding payment of any such amount in whole or in part.

3. GOODS AND SERVICES.

Orders are accepted for Goods and Services by the Supplier strictly subject to availability and to these Conditions.

4. CUSTOMISED, BESPOKE AND MADE-TO-ORDER GOODS.

- 4.1 In respect of any Order for customised, bespoke or special order Goods (flooring, frames, the MARS, racks, etc), the Customer may not amend or cancel an Order once accepted (including positioning of equipment where installation is involved). It is imperative that all Customer requirements are fully and accurately conveyed to the Supplier prior to acceptance of the Order. The Supplier accepts no liability for costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Customer or any sub-contractor, agent or third party employed by the Customer arising out of any delay in delivery or installation of the Goods where such delay is caused by inaccuracies of whatever nature in the Customers Order. To avoid such inaccuracies, the Supplier recommends a site survey of the installation premises. Surveys cost £150 + VAT for flooring and £199 + VAT for Equipment and the liability to pay the Survey Fee arises on submission of the relevant Request Form. The site Survey Fee will be waived when the Customer places an Order for installation and the Escape Fitness in-house installation team carry out the Survey. Where Customers do not proceed with the installation for whatever reason, the site Survey Fee shall be invoiced and payable in accordance with clause 2.2 above.
- 4.2 All designs created in respect of any installation are subject to clause 11 below so that the Customer may not use such designs or any designs that the Supplier believes breach the Supplier's Intellectual Property Rights unless a separate contract for the purchase of a licence to use the designs is negotiated and entered into. This clause 4.2 shall survive termination of the Contract howsoever determined.
- 4.3 To the extent that any element or component of the Goods (e.g. line markings, bench upholstery) are to be manufactured in accordance with colour and/or design specifications supplied by the Customer, the Customer shall indemnify the Supplier against all liabilities, costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Supplier in connection with any claim made against the Supplier for actual or alleged infringement of a third party's intellectual property rights arising out of or in connection with the Supplier's use of that component. This clause 4.3 shall survive termination of the Contract howsoever determined.
- 4.4 The Supplier reserves the right to amend the Specification of the Goods if required so to do by the manufacturer or any applicable statutory or regulatory body.
- 4.5 Where Contracts involve installation and the Customer's installation area does not comply strictly with the Working Conditions Specification ("Specification") detailed in the Programme of Works, the installation shall be delayed until such time as the Customer is compliant with the Specification and the Customer shall be liable to the Supplier for all costs and expenses incurred by the delay. Without prejudice to the generality of this clause; time when appointed contractors are unable to perform the Contract ("Downtime") shall be payable to the Supplier at the rate of £176.00 per man per day (based on an 8 hour day) plus full reimbursement of all travel, accommodation and other expenses properly incurred in anticipation of performance of the Contract and which cannot otherwise be recouped from the relevant provider by the Supplier (Wasted Costs).

5. CARRIAGE.

Carriage is payable by the Customer in respect of each Order. Carriage charges are unaffected by the number of instalments in which the Goods are delivered.

6. DELIVERY.

- 6.1 Delivery lead times vary according to the Goods Ordered. If Goods will not be delivered on the "Estimated Delivery Date" detailed on the Order Confirmation, the Customer will be advised of the intended delivery date as soon thereafter as reasonably practical. Any date quoted for delivery of the Goods is approximate only and time of delivery is not of the essence. The Supplier shall not be liable for any delay in delivery of the Goods that is caused by events beyond its control nor the Customer's failure to provide the Supplier with adequate delivery instructions or any other instructions that are relevant to the supply of the Goods.
- 6.2 Customised, bespoke and special order Goods have varying manufacturing lead times (provided by the manufacturer as at the date of the Supplier's Order) which will be notified to the Customer as the Estimated Delivery Date. It will take up to a further 7 days for the Goods to be delivered to the Customer once the Goods are delivered to the Supplier. It is the Customer's responsibility to ensure any planned installation date takes account of these times. A firm delivery date will be notified to the Customer once the Goods are under the care and control of the Supplier.
- 6.3 Delivery of the Goods shall be completed once the Goods arrive at the exterior access point of the delivery address. The Customer's signature recorded on the Delivery Note (or similar device operated by the carrier) shall be conclusive evidence of the quantities dispatched and delivered.
- 6.4 It is the responsibility of the Customer to ensure that appropriate arrangements are in place to:
 - (a) accept delivery of the Goods on the Delivery date; and
 - (b) where there are large/heavy Goods; provide adequate manpower to unload the Goods from the pallet(s) upon delivery and dispose of any transit packaging supplied; and
 - (c) for Orders involving installation; arrange to store the Goods pending installation in climatic conditions that will emulate the climate of the area in which the flooring or equipment will be installed and in accordance with the storage instructions (if any) supplied upon delivery.
- 6.5 If the Customer fails to accept or take delivery of the Goods in accordance with clause 6.4 above, then, save where such failure or delay is caused by a Force Majeure Event or by the Supplier's failure to comply with its obligations under this Contract, delivery of the Goods shall be deemed to have been completed at 9.00 am on the day after the Delivery Date notified by the Supplier. The Supplier shall store the Goods until actual delivery takes place, and charge the Customer for all related costs and expenses (including insurance) incurred in this respect. A Force Majeure Event means an event beyond the control of a party (or any person acting on its behalf), which by its nature could not have been foreseen by such party (or such person), or, if it could have been foreseen, was unavoidable, and includes, without limitation, acts of God, storms, floods, riots, fires, sabotage, civil commotion or civil unrest, interference by civil or military authorities, acts of war (declared or undeclared) or armed hostilities or other national or international calamity or one or more acts of terrorism or failure of energy sources.

7. INSTALLATION.

- 7.1 The Supplier shall install the flooring or equipment in accordance with the Contract.
- 7.2 Where installation is delayed under clause 4.5 above, the Supplier may at its own discretion

- (a) perform or assist the Customer to perform the work required to make the Customer installation area compliant with the Specification and the Customer shall be liable only for the additional costs associated with such works at the Wasted Costs rates specified in clause 4.5 above; or
 - (b) delay the installation in accordance with clause 4.5 above and claim the Wasted Costs thereof; or
 - (c) cancel the installation and refund to the Customer the sum equivalent to 50% of the cost of installation (as per the Quotation), provided always that the Suppliers' Wasted Costs are first paid in full (at the rates quoted in clause 4.5 above). In the event that deduction of the Wasted Costs leaves less than 50% of the cost of installation, then the Supplier shall repay the balancing sum only.
- 7.3 In the event that the Customer changes a confirmed installation date less than 48 hours before the planned start time, the Customer shall be liable for the Supplier's Wasted Costs as detailed in clause 4.5 above.

8. TITLE AND RISK.

- 8.1 The risk in the Goods shall pass to the Customer on completion of delivery.
- 8.2 Title to the Goods shall not pass to the Customer until the Supplier has received payment in full (in cash or cleared funds). Until title passes, the Customer shall hold the Goods on a fiduciary basis as the Supplier's bailee, store the Goods separately from all other Goods held by the Customer and maintain the Goods in new condition and keep them insured against all risks for their full retail price on the Supplier's behalf from completion of delivery.
- 8.3 In the event that the Customer proves unable, for whatever reason, to pay in full for the Goods, the Customer hereby irrevocably authorises the Supplier or its agents to enter the Customer's premises or the premises where the Goods are stored and take possession of the Goods supplied. If any Goods which become subject to this clause 8.3 are sold or hired out by the Customer to any third party before payment is made to the Supplier, then all monies received from such third party transactions are the property of, and will be claimed by the Supplier in satisfaction of and to the extent only of the unpaid Invoices.

9. CANCELLATIONS, AMENDMENTS AND RETURNS.

- 9.1 Once an Order is placed by the Customer, the Supplier will issue an Order Confirmation. Orders may only be amended or cancelled if;
 - (a) the Customer formally notifies the Supplier in writing by email to aftersales@escapefitness.com or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG; and
 - (b) the notification is received within 14 days of the date of the Order Confirmation; and
 - (c) no Goods have been dispatched.
 A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs in such cases. The Supplier reserves the right to reduce the above fee, in its sole discretion, when the amendment sought by the Customer is "de minimis" or there are other exceptional circumstances justifying the same.
- 9.2 Where Goods have been dispatched, the Customer may return some or all of the Goods within 14 days after delivery (as recorded by the Carrier) provided that the Customer follows the procedure notified by the Customer Services Department who may be contacted free on 0800 458 5558 or 01733 313535 or in writing at aftersales@escapefitness.com or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough,

Cambridgeshire, PE2 6SG . The Goods must be returned to the Supplier at the Customers cost and in a new and unused condition with all original labels and packaging intact. A fee of 20% of the returned Goods value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by the Suppliers Customer Services Department.

10. DAMAGES AND DELIVERY DISCREPANCIES.

10.1 When signing for a delivery, the Customer is accepting that the correct number of parcels has been delivered and the Goods have not been damaged in transit. All deliveries must therefore be checked as soon as received and BEFORE the Delivery Note is signed as any discrepancy in the consignment MUST be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the Delivery Note. If the order is incorrect or damaged, the Customer should either refuse the consignment or record the discrepancy or damage on the Delivery Note. It is the Customer's responsibility to ensure that the actions above are followed BEFORE SIGNING as mistakes cannot be rectified once the Goods have been signed for.

10.2 If damage or a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 0800 458 5558 or 01733 313535 with full details of the Goods Ordered and the damage or discrepancy identified. At its sole discretion, the Supplier will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the Delivery Note or similar device operated by the carrier. The Customer should only return Goods following the procedures outlined by the Supplier at the time of the report.

11. INTELLECTUAL PROPERTY RIGHTS.

The Customer acknowledges that all intellectual property rights in the Goods and/or Services (e.g. product design, flooring design, gym design), whether registered or unregistered and including all applications for and renewals or extensions of such rights, and all similar or equivalent rights or forms of protection in any part of the world including all patents, rights to inventions, utility models or prototypes, copyright and related rights, trademarks, service marks, trade, business and domain names, belong to or are used by Supplier under licence. The Customer agrees that it shall not use the same unless a licence to use them has been granted within a contract for the provision of Goods and/or Services to be supplied by the Supplier

12. PRODUCT DESCRIPTIONS.

The Supplier endeavours to ensure that the product images, descriptions, weights and measurements which appear in any Supplier literature are fair and accurate. The Supplier accepts no responsibility for any error or omissions either to the Customer or at all. The Supplier reserves the right to discontinue or change the specification and/or the design of a product without prior notice. Colour, packaging and product specification may vary according to manufacturing changes, tolerances and availability.

13. WARRANTIES AND LIMITATION OF LIABILITY.

13.1 Nothing in these Conditions excludes or limits liability for;

- (a) death or personal injury caused by the negligence of the Supplier, or
- (b) fraudulent misrepresentation or any other liability that the Supplier may not otherwise exclude or limit under applicable law.

13.2 The Supplier warrants that the Goods supplied to the Customer under this Contract shall be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements for not less than the period of the manufacturer's warranty period.

13.3 The Supplier shall not be liable for the Goods' failure to comply with the warranty in clause 13.2 if:

- (a) the Customer makes any further use of such Goods after notifying the Supplier of a defect; or
 - (b) the defect has arisen as a result of the Customer's failure to follow the Supplier's oral or written instructions as to the storage or care of the Goods or (if there are none) good trade practice; or
 - (c) the defect has arisen as a result of the Supplier following any drawing, design or specification supplied by the Customer; or
 - (d) the Customer alters or repairs the Goods without the prior written consent of the Supplier; or
 - (e) the defect arises as a result of fair wear and tear, wilful damage, negligence, or the use of the Goods for a purpose other than the purpose declared or in abnormal use conditions; or
 - (f) the Goods differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.
- 13.4 Except as provided in this clause 13; the Supplier shall have no liability to the Customer in respect of the Goods' failure to comply with the warranty set out in clause 13.2 or otherwise.
- 13.5 Subject to clause 13.1 above, the Supplier shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with the Conditions for any 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 by the Customer arising out of or in connection with the provision of the Goods and Services supplied in respect of this Contract.
- 13.6 Notwithstanding the above and subject to clause 13.1, the Supplier's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable by the Customer for the Goods in respect of one incident or series of incidents attributable to one cause.
- 14. GENERAL.**
- 14.1 These Conditions, including the documents referred to herein, supersede all prior representations, understandings, agreements and contracts between the Customer and the Supplier relating to the supply of Goods and Services and sets forth the entire agreement and understanding between the Customer and the Supplier.
- 14.2 Nothing in this Contract is intended to, or shall be deemed to, constitute a partnership or joint venture of any kind between any of the parties, nor constitute any party the agent of another party for any purpose. No party shall have authority to act as agent for, or to bind, the other party in any way.
- 14.3 A person who is not a party to the Contract shall not have any rights under or in connection with it.
- 14.4 The Customer may not assign or sub-contract any of the rights or obligations imposed by this Contract unless agreed to in writing by the Supplier.
- 14.5 The Supplier reserves the right to transfer, assign, novate or sub-contract the benefit of the whole or part of any of its rights or obligations under these Conditions or any related contract to any third party.
- 14.6 No delay or failure by the Supplier to exercise any powers, rights or remedies under this Contract will operate as a waiver of them nor will any single or partial exercise of any such powers, rights or remedies preclude any other or any further exercise of them. To take effect any waiver must be in writing and signed by an authorised signatory of the Supplier.
- 14.7 This Contract, and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims), shall be governed by, and construed in accordance with, English law, and the parties irrevocably submit to the exclusive jurisdiction of the courts of England and Wales.

GENERAL WARRANTY INFORMATION.

All Escape Fitness products are warranted to be free from defects in materials and workmanship. This warranty is non transferrable and extends only to the original Customer. The products are additionally warranted to comply with all applicable statutory and regulatory requirements. The warranty commences on the date of delivery to the Customer (as recorded by the carrier), and subject to the Exclusions section herein, is valid for not less than the period stated in the full product warranty schedule found at. www.escapefitness.com.

Each Escape Fitness product is designed for a specific purpose. Products should only be used for their intended purpose, in an area designed or suitable for that product's use and by users aged 16 years or older.

Products which are not stored, cared for or used as directed or in normal use conditions may fail. Failure in these circumstances is considered abuse and will be excluded from a warranty claim even where the failure occurs during the stated warranty period.

EXCLUSIONS.

Escape Fitness shall have no liability under the warranty if:

- (a) any further use of the product(s) is made after a defect has been notified. Faulty products should be removed from service until the claim is resolved; or
- (b) the defect has arisen as a result of a failure to properly use, store, care for or maintain the products; or
- (c) the defect has arisen as a result of Escape Fitness following any drawing, design or specification supplied or specifically requested by you; or
- (d) the product(s) is altered or repaired without the prior written consent of Escape Fitness; or
- (e) the defect arises as a result of fair wear and tear, corrosion due to incorrect storage, wilful or negligent damage or the use of the products for a purpose other than the purpose intended or in abnormal use conditions; or
- (f) the products differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.

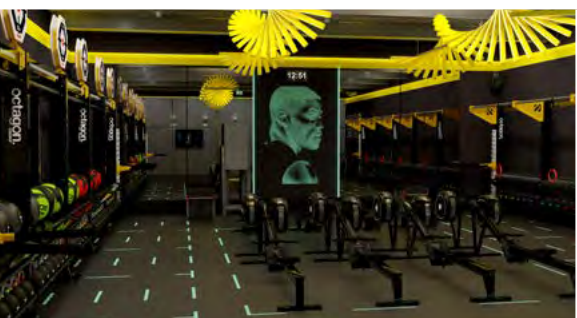
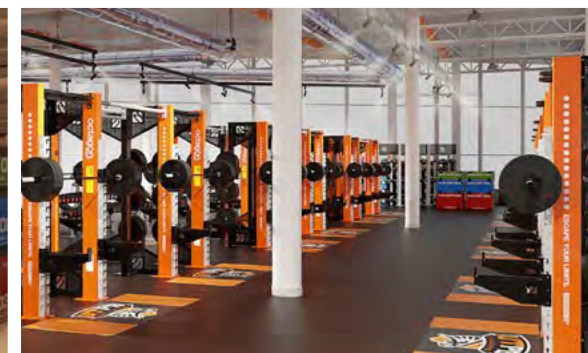
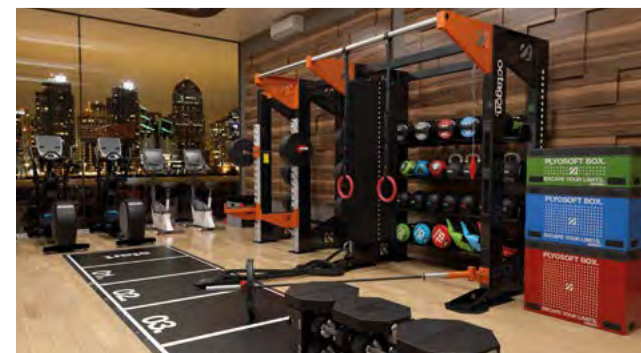
Escape Fitness shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with a claim for any economic losses (including without limitation loss 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 provision of the products. Escape Fitness's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable for the product(s) in respect of one incident or series of incidents attributable to one cause.

- MAKING A CLAIM.**
- A warranty claim will only be accepted when the following procedure is used. Once a claim has been determined, Escape Fitness will, at its sole discretion, either repair/replace the product or issue a credit note or refund. Where the claim is found to be unsubstantiated, Escape Fitness will reject the claim (and where appropriate) return the product to you.
- CLAIMS PROCEDURE.**
1. If the product was purchased through an Escape Fitness approved Distributor, please refer the claim to the Distributor will deal with the claim directly.
 2. If the product was purchased directly from Escape Fitness, please telephone the Customer Services Department on 01733 313 535 or email aftersales@escapefitness.com quoting the Order Number of the product and provide full details of how and when the product(s) has been used, the fault or damage identified and the contact details of the person dealing with the claim. Escape Fitness will log the claim and allocate a unique "X" reference which needs to be quoted in all future dealings with the claim.
 3. Photographic evidence in support of the claim should be sent by email or post which should clearly identify the damage/defect. Within 48 hours of receipt of a properly evidenced claim, the quality control department will report their findings and advise whether the claim is accepted or rejected. If accepted, Escape Fitness will advise whether the product will be repaired or replaced, or if a credit or refund will be made and whether or not the product(s) needs to be returned for a full quality control investigation which will be arranged and paid for by Escape Fitness.
 4. After your claim has been processed we will contact you again to ensure that your claim was satisfactorily resolved.

Please refer to www.escapefitness.com/uk/warranties for full product warranty schedule.

LET US HELP YOU TURN YOUR DREAM INTO A REALITY.

Great functional training experiences require careful planning and meticulous execution. After many years of helping clubs to create superb functional fitness experiences, we have found what works well and what doesn't.



SPEAK TO US ABOUT DESIGNING YOUR EXPERIENCE.

Visit: escapefitness.com/concepts.

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