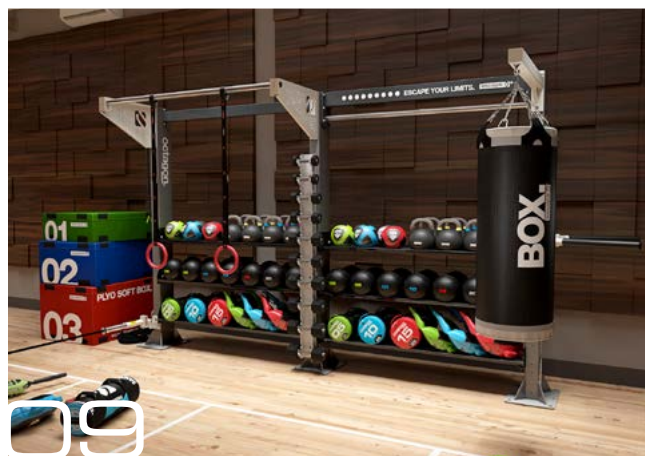


**THE ESCAPE
HIT HUB.**

**THE MOST VERSATILE
FRAME EVER MADE.**

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MAXIMUM RESULTS, MINIMUM FOOTPRINT.

Escape's newest space efficient frame-based, 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.

Expertly hand-crafted in Great Britain, with high-grade European steel, the strong and durable HIT HUB will enhance the look and feel of any club or studio. As well as ensuring a safe and solid structure – built for serious use – it creates engaging workout options in a small, efficient footprint, maximising your return on investment.

With a number of multi-configurable layout options, the HIT HUB is suitable for small to large spaces as perimeter solutions, to double-sided options that can create pods or dividing walls – and is even available freestanding.

As a single station or expanded modules, the HIT HUB's functionality provides numerous functional training possibilities – from plyometrics to strength training to core work to boxing and more. It's a fully-stocked workout station with storage and options for athletes of all levels – making it the go to destination for PTs and the ideal enhancement to programming solutions such as MOVE IT.

10 year warranty on all framework.



WHY ESCAPE?

We recognise that we need to be ahead of the curve, and we pride ourselves on having the best kit available. This frame has really enhanced our offering and fits great with our brand. The frame's versatility makes it a great solution for all our gyms.

The usage has been great. We've had nothing but great member feedback.

Scott Walker, National Fitness Manager,
MSG Life Ltd., Snap Fitness.



HIT HUB FRAMES.

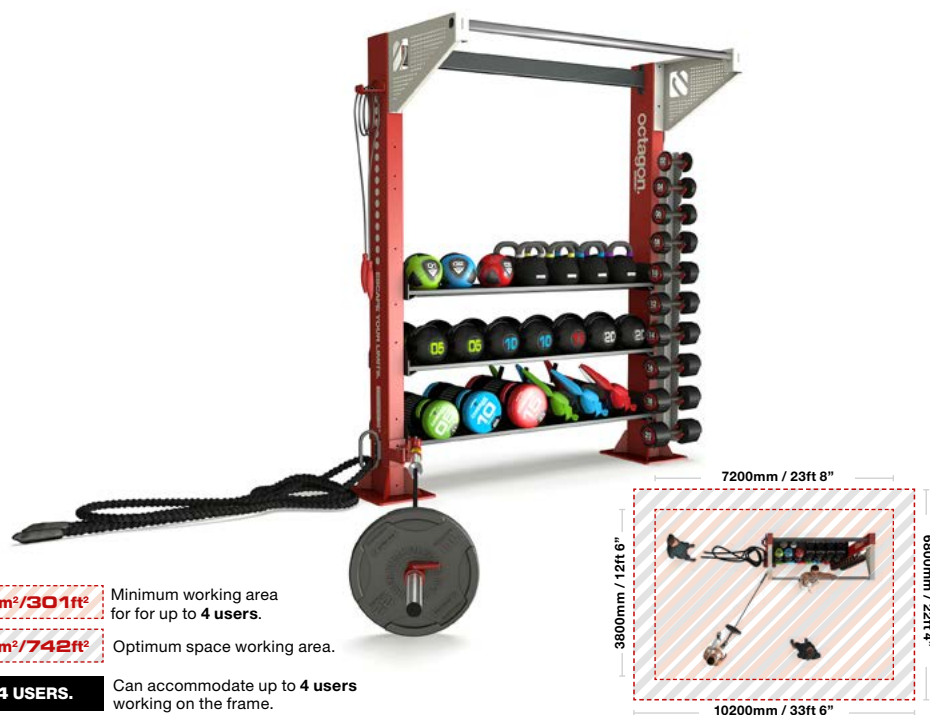
Bring any space to life with our expertly designed HIT HUB. Forming part of our Octagon range, the HIT HUB is developed in modules that attach and expand to any size – available as either single or double-sided, with a range of accessories that can attach to any option.



ONE BAY, TYPE1.

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 four people – making it the go-to location for functional training.

Available with a single HOLSTER the HIT HUB – Single Sided, One Bay, Type1 is ideal for keeping a range of dumbbells to hand for quick transition through a variety of workouts in one space.

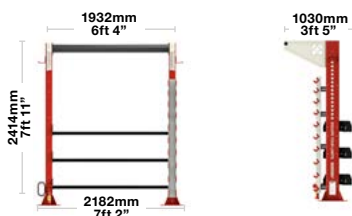


OHHW011 HIT HUB - Single Sided, One Bay, Type One
HIT HUB - Single Sided, One Bay, Type One attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER
- 2 x Claw

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.
Other colour options available, please call for details.

DIMENSIONS.



ONE BAY, TYPE2.

Modified specifically for areas that are tight on storage space or focused on free-weight based workouts, the additional HOLSTER on the HIT HUB – Single Sided, One Bay, Type2 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.

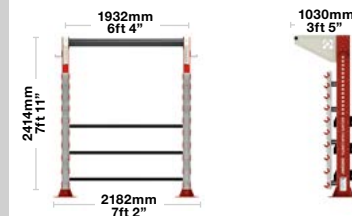


OHHW012 HIT HUB - Single Sided, One Bay, Type Two
HIT HUB - Single Sided, One Bay, Type Two attachments include:

- 1 x HIT Wing
- 2 x HOLSTER
- 2 x Claw

Holster x 2 - Store a set of 2-20kg/2.5-35lb dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg/50lb.
Other colour options available, please call for details.

DIMENSIONS.





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 programmes. The eye-catching design will ensure it is the focus of any group X, PT or individual functional training regime.



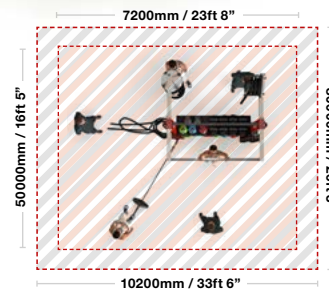
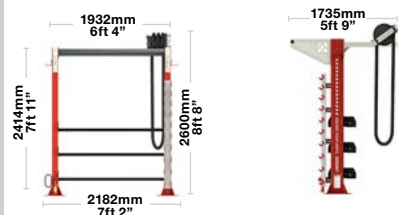
OHHW021 HIT HUB - Double Sided, One Bay
HIT HUB - Double Sided, One Bay attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER
- 1 x Rope Pulley Attachment
- 1 x Boxing Arm and Swivel
- 2 x Claw

Holster - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.



36m² / 387ft²

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

82m² / 882ft²

Optimum space working area.

6 USERS.

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

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

**BELIEVE IN
YOURSELF. GET
OUT OF YOUR
COMFORT ZONE
AND ACHIEVE
YOUR VERY BEST.**

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.



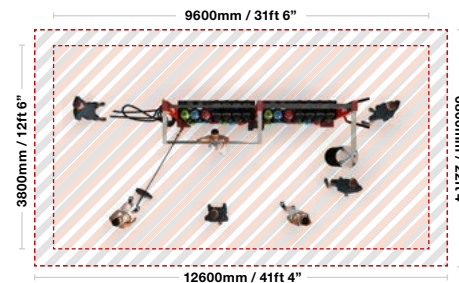
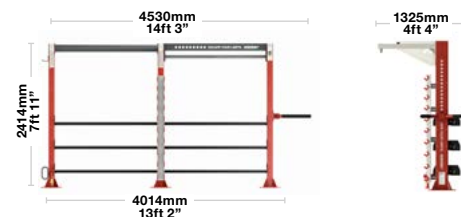
OHHW012 HIT HUB - Single Sided, Two Bay
HIT HUB - Single Sided, Two Bay attachments include:

- 1 x HIT Wing
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER
- 1 x Boxing Arm and Swivel
- 1 x Claw
- 1 x Fixed Dip Station

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.



37m² / 398ft²

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

65m² / 915ft²

Optimum space working area.

7 USERS.

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



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.



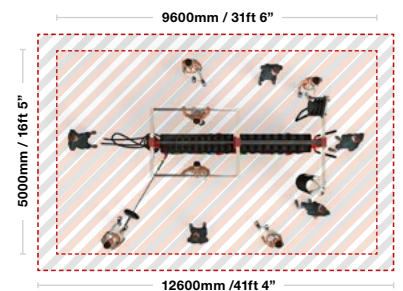
OHHW022 HIT HUB - Double Sided, Two Bay
HIT HUB - Double Sided, Two Bay attachments include:

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

Shelf can hold 11 pairs of dumbbells.

Other colour options available, please call for details.

DIMENSIONS.



48m² / 516ft²

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

100m² / 1076ft²

Optimum space working area.

11 USERS.

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



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.



52m² / 560ft²

Minimum working area for for up to 10 users.

121m² / 1302ft²

Optimum space working area.

10 USERS.

Can accommodate up to 10 users working on the frame.

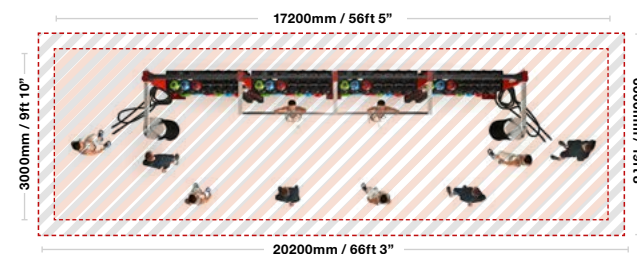
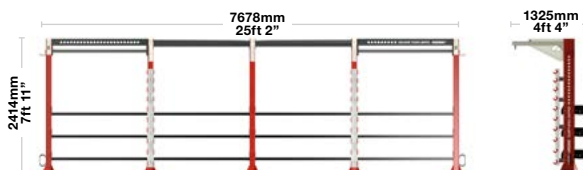
OHHW014 HIT HUB - Single Sided, Four Bay
HIT HUB - Single Sided, Four Bay attachments include:

- 1 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 2 x Boxing Arm and Swivel
- 2 x Claw
- 2 x HOLSTER

HOLSTER x 2 - Store a set of 2-20kg/2.5-35lb dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 30kg/50lb.

Other colour options available, please call for details.

DIMENSIONS.





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.



79m² / 850ft²

Minimum working area for up to 20 users.

153m² / 1647ft²

Optimum space working area.

20 USERS.

Can accommodate up to 20 users working on the frame.

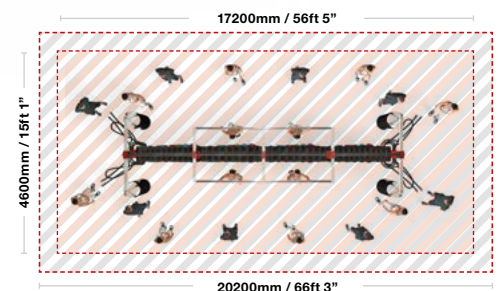
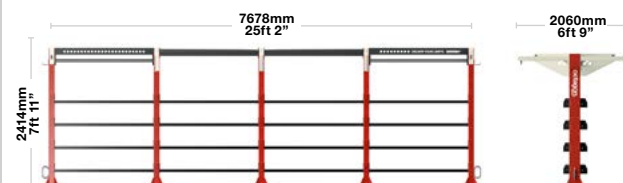
OHHW024 HIT HUB - Double Sided, Four Bay
HIT HUB - Double Sided, Four Bay attachments include:

- 2 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 4 x Boxing Arm and Swivel
- 2 x Claw
- 4 x HOLSTER

HOLSTER x 2 - Store a set of 2-20kg/2.5-35lb dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 30kg/50lb.

Other colour options available, please call for details.

DIMENSIONS.





ATHLETIC.

This is the next level in cost and space efficiency. By combining a MONO strength station with limited space can create a serious workout training. The catch racks for barbell lifts attachment complement the multiple positions of the HIT HUB. In addition to this, the HIT HUB as a whole offers the benefits of both environments combined.



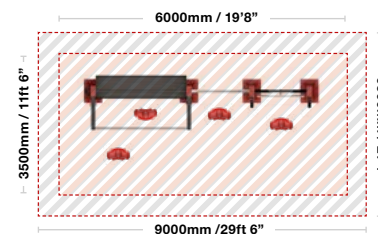
OHHWM11 HIT Hub Single Sided, 1 Bay with Mono
HIT Hub Single Sided, 1 Bay with Mono attachments include:

- 1 x Torso Trainer
- 1 x HOLSTER
- 1 x HIT Wing
- 1x Claw
- 1x Catch Rack Pair
- 1x Bull Horn Pull-Up Bar

HOLSTER - Store a range of single dumbbells from 2.5-35lb.

Other color options available, please call for details.

DIMENSIONS.



22m² / 237ft²

Minimum working area
for up to 4 users.

59m² / 635ft²

Optimum space working area.

4 USERS.

Can accommodate up to 4 users
working on the frame.

ESCAPE
YOUR
LIMITS.



INTRODUCING FREESTANDING FRAMES.

It's hard to match the robustness of our frames with such a tiny footprint and 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 and double sided frames – from one to four bays – 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 the same level of building inspection prior to installation and you can move the frame as you redesign your club.



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.

Available with a single HOLSTER the HIT HUB – Single Sided, One Bay, Freestanding is ideal for keeping a range of dumbbells to hand for quick transition through a variety of workouts in one space.



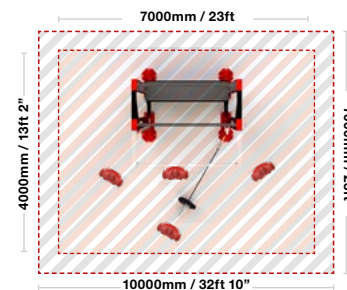
OFHHW011 HIT HUB - Single Sided, One Bay, Freestanding
HIT HUB - Single Sided, One Bay, Freestanding attachments include:

- 1 x HIT Wing
- 2 x Claw
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.



28m² / 301ft²

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

70m² / 753ft²

Optimum space working area.

4 USERS.

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



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 programmes. The eye-catching design will ensure it is the focus of any group X, PT or individual functional training regime.

Designed as the ultimate group X programming solution for smaller clubs, the HIT HUB – Double Sided, One 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 challenges individuals and small groups with equipment that is exciting, versatile, contained and effective across varying ability levels.



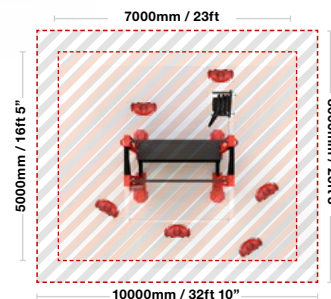
OFHHW021 HIT HUB - Double Sided, One Bay, Freestanding
HIT HUB - Double Sided, One Bay, Freestanding attachments include:

- 1 x HIT Wing
- 2 x Claw
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 1 x HOLSTER
- 1 x Rope Pulley Attachment

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.



35m² / 377ft²

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

80m² / 861ft²

Optimum space working area.

6 USERS.

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



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.



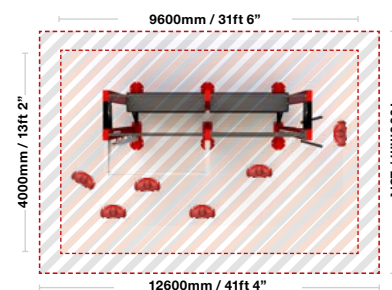
OFHHW012 HIT HUB - Single Sided, Two Bay, Freestanding
HIT HUB - Single Sided, Two Bay, Freestanding attachments include:

- 1 x HIT Wing
- 2 x Claw
- 1 x Battle Rope Eye
- 1 x HOLSTER
- 1 x Torso Trainer
- 1 x Fixed Dip station
- 1 x Rope Pulley Attachment

HOLSTER x 2 - Store a set of 2-20kg/2.5-35lb dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 30kg/50lb.

Other colour options available, please call for details.

DIMENSIONS.



39m² / 420ft² Minimum working area for for up to **6 users.**

88m² / 947ft² Optimum space working area.

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



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.



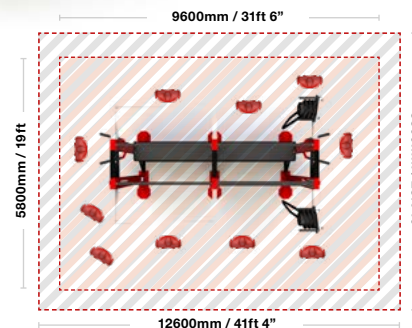
OFHHW022 HIT HUB - Double Sided, Two Bay, Freestanding
HIT HUB - Double Sided, Two Bay, Freestanding attachments include:

- 2 x HIT Wing
- 2 x Claw
- 1 x Battle Rope Eye
- 1 x Torso Trainer
- 2 x HOLSTER
- 2 x Rope Pulley Attachment
- 2 x Fixed Dip Station

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.



54m² / 581ft²

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

108m² / 1162ft²

Optimum space working area.

10 USERS.

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



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.



69m² / 743ft²

Minimum working area for for up to 10 users.

141m² / 1518ft²

Optimum space working area.

10 USERS.

Can accommodate up to 10 users working on the frame.

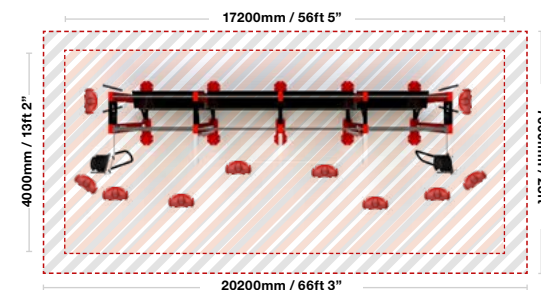
OFHHW014 HIT HUB - Single Sided, Four Bay, Freestanding
HIT HUB - Single Sided, Four Bay, Freestanding attachments include:

- 1 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 2 x Fixed Dip Station
- 2 x HOLSTER
- 2 x Rope Pulley Attachment
- 2 x Claw

HOLSTER x 2 - Store a set of 2-20kg/2.5-35lb dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 30kg/50lb.

Other colour options available, please call for details.

DIMENSIONS.





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.



88m² / 947ft²

Minimum working area for for up to 16 users.

163m² / 1755ft²

Optimum space working area.

16 USERS.

Can accommodate up to 16 users working on the frame.

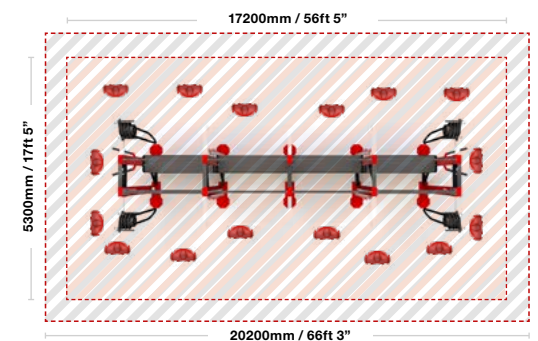
OFHHW011 HIT HUB - Double Sided, Four Bay, Freestanding
HIT HUB - Double Sided, Four Bay, Freestanding attachments include:

- 2 x HIT Wing and Extender
- 2 x Claw
- 2 x Battle Rope Eye
- 2 x Fixed Dip Station
- 4 x HOLSTER
- 4 X Rope Pulley Attachment

HOLSTER - Store a range of single dumbbells from 2-20kg/2.5-35lb.

Other colour options available, please call for details.

DIMENSIONS.





ATTACHMENTS.

Escape offers a wide selection of optional attachments to maximise the functionality and versatility of your HIT HUB - here's a small selection. Please contact us or your sales representative for details of the full range.



TORSO TRAINER.

Simply fasten a training bar into the Torso Trainer attachment for a dynamic core workout. The space-efficient Torso Trainer develops rotational strength and power.



CLAW.

The claw can be used as a step to access equipment like pull-up or monkey bars and can also be positioned towards the top of the frame to store ropes and bands.



HIT WING.

Include this stainless steel pull-up bar for bodyweight exercises and to act as an attachment for equipment like straps, bands and rings.



PRO BOUNDER.

Partner with medballs like the VERTMINI and Total Grip Medball, for a workout option that increases agility, reaction time, hand-eye coordination, proprioceptive awareness, upper body strength and balance.



FIXED DIP STATION.

Adding this strength building attachment for a dip workout - one of the most effective and intense isolation exercises for developing toned and strong triceps and engaging the lower body, chest, shoulders and forearms.

OCA056 Torso Trainer

OCA014 Claw

OCA054 HIT Wing

OCA051 Pro Bouncer

OCA016 Fixed Dip Station



BOXING ARM.

Adding any one of our punch bags to the HIT HUB range, using the Boxing Arm to create a striking visual element as well as providing the perfect target for a punch workout.



ROPE PULLEY UNIT.

Ordered together with the Rope Pulley, this attachment adds a resistance training option to increase the heart rate.



LEG TARGET.

Perfect for the classic 'squat and throw' wall ball exercise. The Leg Target fits on to the leg above head height and includes 9ft and 10ft markings necessary for CrossFit workouts and more.



DOCK TARGET.

Perfect for the classic 'squat and throw' wall ball exercise. The Dock Target fits on the Suspension Dock Beam, and includes the 9ft and 10ft markings necessary for CrossFit workouts and more.



WEIGHT HORN.

Store weights efficiently - with little extra footprint - ensuring they're close to hand for a quick transition to weight training.

OCA007 Boxing Arm with Swivel

OCA015 Rope Pulley (without Support-Bracket)
OCA012 Support Bracket Rope Pulley - order with the Support Bracket.

OCE017 Leg Target
Size 600mm x 955mm. Weight 4.30kg

OCE016 Dock Target
Size 600mm x 850mm. Weight 11.5kg

OCA069 Weight Horn

HOLSTER.

Eliminate the need for separate dumbbell racks in this small footprint – the vertical support legs can now be paired with the HOLSTER so 10 pairs of dumbbells can be conveniently and discreetly stored off the floor on the HIT HUB.

Store a set of 2-20kg/2.5-35lbs dumbbells on two HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 30kg/50lbs.

HOLDS THE FOLLOWING DUMBBELLS:

In lbs

5-50lbs and 10-30lbs for ACTDB-SBX

5-50lbs and 10-30lbs for AEPDB

2-20lbs full set Classic urethanes APUD

2.5-35lbs for PAA

In KGs

2-20KG for EPDB

2.5-25kg for Octagon (single of each)

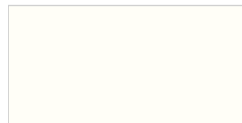
2.5-12.5kg for Octagon (pair of each)



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 a HIT HUB that will suit your unique club environment. You can order frames and attachments in any of these colours to really put your stamp on things.

TRAFFIC WHITE
RAL9016



JET BLACK
RAL9005



METALLIC SILVER
RAL9007



TRAFFIC RED
RAL3020



TRAFFIC BLUE
RAL5017



YELLOW GREEN
RAL6018



RAPESEED YELLOW
RAL1021



TRAFFIC ORANGE
RAL2009



ANTHRACITE GREY
RAL7016



OCA076 HOLSTER

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