

**ESCAPE OCTAGON
LOAD TRAINING.**

INTRODUCTION TO THE ESCAPE OCTAGON LOAD CONCEPT.

ESCAPE OCTAGON LOAD TRAINING.

WHY TAKE THIS WORKSHOP?

The Escape Octagon LOAD range offers instructors the opportunity to work with all types of clientele, and unlock the benefits of fundamental strength training. This workshop provides a deep understanding of the benefits of LOAD and its unique attributes; being the only complete range to offer standing-based exercises that engage the entire kinetic chain, offering a functional approach to strength training.

With the rise in popularity in strength training for all ages, this is the perfect opportunity for fitness trainers to upskill their knowledge base and deliver high quality, results driven workouts.

WHAT DO YOU WANT TO ACHIEVE?

- Looking for a strength training solution to work with clients of all ages?
- Searching for functional strength equipment that integrates the full body, but also delivers targeted results.
- Need a strength training programme that is safe and effective for everyone, even in a group training environment?
- Trying to find a solution for power training that meets the needs of all clients?
- Have you got clients' searching for hypertrophy gains but falling short of the results they could achieve because the equipment isn't designed to maximize muscle engagement?

This is why we designed and built the LOAD range, the first of its kind, full body strength and hypertrophy system that uses the benefits of accommodating resistance and plate loaded equipment.

The programming methods covered in this workshop unlock the benefits of the variable resistance system used in LOAD. Allowing instructors to maximize hypertrophy training gains in an efficient, safe fashion. These training methods also offer incredible flexibility and usage options for instructors. LOAD excels in strength, speed and power training, but it's also a great solution for rehabilitation, conditioning and muscular endurance training.

The LOAD range provides fast effective workouts for your group training needs, introducing plate loaded and variable resistance training into group programming will revolutionize the way you deliver strength training workouts in your facility.

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WHAT YOU WILL GET FROM THIS WORKSHOP.

- Learn how to effectively use the innovative Escape Octagon LOAD range, integrating it into various training programs.
- Learn to design customized programs that address specific client goals, including strength gains, hypertrophy, functional fitness, and rehabilitation.
- Understand how to manipulate training variables such as intensity, tempo, and resistance to maximize client results.
- Gain a deeper understanding of the benefits of standing-based exercises with plate loaded equipment that engage the entire kinetic chain, offering a functional approach to strength training.
- Equip yourself with knowledge about the latest advancements in variable resistance training, a method increasingly favoured in modern strength programs.
- Learn how to apply the LOAD training principles to different training goals, like rehabilitation, speed and power.
- Access to detailed resources, including program design methods, workout templates, to support your ongoing development and application of the LOAD range.
- Acquire the ability to design and deliver high-quality, effective training programs that can be immediately applied to your client base, enhancing their experience and results.





ESCAPE OCTAGON LOAD TRAINING.

THE CONCEPT.

The Octagon LOAD range combines a selection of plate loaded training stations with integrated variable resistance. Unlike many plate loaded machines, this series and the exercises performed on them require you to be standing. This concept introduces additional benefits and a greater crossover to everyday life.

The stations can be further combined with the Octagon cable stack and strength training rigs to provide excellent training variety.

WHAT IS UNIQUE ABOUT THE LOAD RANGE DESIGN?

The standout difference in the Octagon LOAD range to any other plate loaded equipment is the fact that the user must stand on their feet (one or two) at all times to perform the exercises. By doing this it engages the whole kinetic chain and instantly revolutionizes the way traditional plate loaded equipment has been thought of. Octagon LOAD is not only a great concept for strength and hypertrophy, but also an incredibly functional way to exercise. Every time our hands are connected via the myo-fascial system to our feet within an exercise, we engage the whole kinetic chain which allows the body to work as it is designed to.

This concept of integration means lines of tissue and muscles are recruited in the way the body intends to in everyday life.

When users experience the LOAD range, they will instantly feel muscles throughout the body having to stabilize and control the moving joints. LOAD allows all users to develop and progress in a very functional way whilst still training in a controlled environment.



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STRENGTH TRAINING.

Octagon LOAD offers all users the benefits of strength training whilst developing essential fundamental movement patterns which provide greater crossover to our everyday tasks.

With the added variable resistance and ease of loading or unloading weight a greater variety of training methods can be employed to achieve adaptation and exciting results.

APPROPRIATE SKILL LEVEL FOR WIDER POPULATION GROUPS.

The exercise selection is primarily low to medium skill level allowing all age groups the opportunity to gain the benefits of training with LOAD and variable resistance.

Plate loaded training stations reduce the complexity and joint stabilization requirements providing a viable alternative to barbell and dumbbell exercises. Although developing joint stabilization is important for sustaining healthy joints and reducing injury risk, with thoughtful programming it can be achieved with more controlled or isolated methods of training. When considering the general population groups who attend gym facilities there is an even greater argument to follow this approach in strength and power training.

STRENGTH TRAINING FOR GROUPS.

Combining both above benefits opens the possibility for facilities to offer safe, effective group strength training programmes. An instructor can load clientele appropriately with multi-joint, fundamental movements as the skill level and complexity is reduced. This takes away the challenges experienced when teaching barbell strength-based exercises to groups. The LOAD range also allows for swift load adjustments using the variable resistance bands and plate loading option, meaning individual clients can quickly adjust the load before they start exercising on the station.

FUNCTIONAL TRANSFER.

Most exercises are performed on your feet, either in neutral squat stance, split or staggered stance or even on one leg. This focus requires the whole body to work to stabilize the joints that aren't moving, just like so many other situations in everyday life. Exercises can easily become more demanding for the full body by changing the stance or reducing the contact points with the ground.

POWER DEVELOPMENT FOR EVERYONE.

Improving neuromuscular function is vital, especially for older adults. But it's often overlooked because of the technicality of the lifts required to develop muscular power. When training to develop power, this reduced requirement for stabilization can be particularly important for certain population groups or in stages of training where adding the complexity of a barbell may increase the risk of injury.

INJURY REHABILITATION.

Whether a seasoned athlete, coming back from injury or a dedicated gym goer, injuries happen and when they do the LOAD range offers a progressive training solution to return from injury. Plate loaded equipment that integrates the whole body but loads the muscles and joints gradually without the added stabilization requirement offers users a great training alternative to barbell and dumbbell work.