



2021 CATALOG.

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.



89



170



125



52



62



135

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WELCOME TO MARS.

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.



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.

FOUR WAYS TO TRAIN; NO WORKOUT THE SAME.

With four 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 ON AN OCTAGON LEG.

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, centered around one screen.



04 MARS ON AN OCTAGON FRAME.

Aesthetically-pleasing and practical, a MARS screen beam creates a focus point of any Octagon frame.



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: 30.39" x 18.34" x 3".
- Weight 37.5lb.
- VESA wall mount: 15.2" x 7.87"; overall bracket size: 15.2" x 11.1"; six hole wall fixing.
- Network patch lead (200") 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 four 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 or 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.



AMARSEPACKB 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.

MARSB 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.

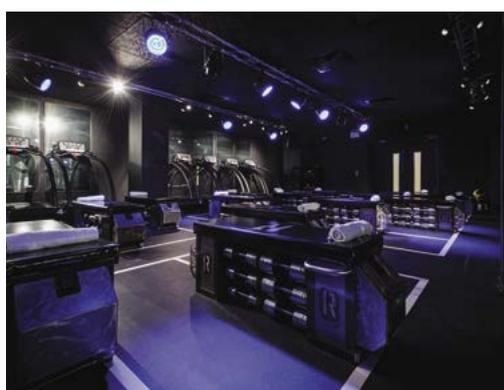
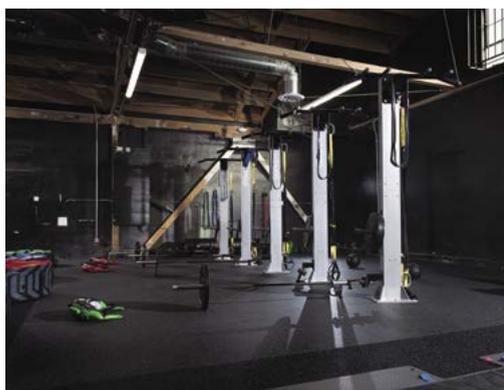
Our seven-stage process has proven itself in projects we've completed with clubs around the world – from new boutiques to established brands seeking new and better fitness experiences. Take a look at our summary of the process on the opposite page, and explore it in more detail by contacting sales@escapefitness.com.

PLANNING YOUR NEW FUNCTIONAL TRAINING SPACE?

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



Email us at: salesusa@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, personalized 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 – color 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 programs, 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.

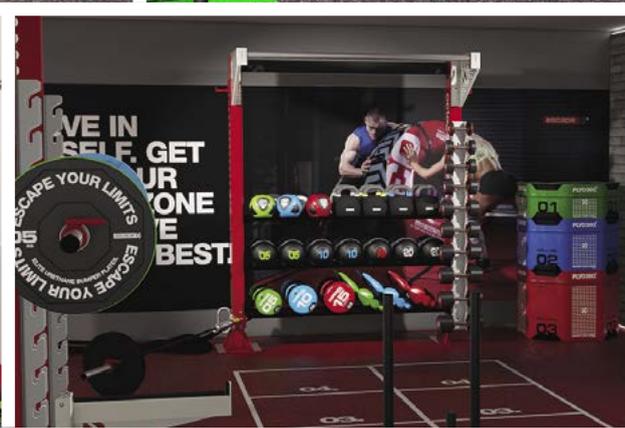
A BUZZ ABOUT WHAT YOU DO.

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 colors 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 COLORS.**
- 04. SPECIFY THE SIZES.**



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

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.



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ESCAPE NUCLEUS FREE WEIGHTS – AT THE CORE OF ALL THAT WE DO.

Nucleus. noun. the central and most important part of an object, movement, or group, forming the basis for its activity and growth.



Overcoming resistance and escaping our limits have been at the core of our mission and workout philosophy since we embarked on this journey over 22 years ago.

We got a simple resistance training tool built by my father when I was teenager, this became the central idea for our family business startup. This problem we chose to get to grips with, leading to the formation of Escape Fitness, was to be the first company to develop an affordable SBX dumbbell for the UK fitness industry.

That first product we saved up to import into England afforded us an opportunity to help a client in a time of need. A small fitness start-up contacted us with a problem; they had been let down by their supplier and urgently needed a set of dumbbells for their grand opening the next morning.

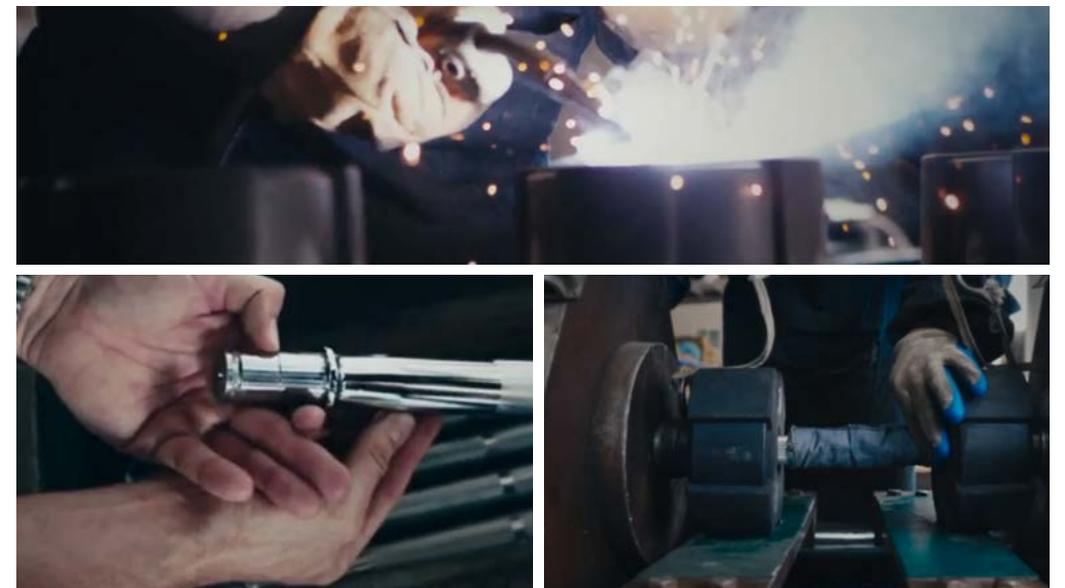
A lucky break, or moment of opportunity, I jumped at the chance to deliver a set of our new dumbbells that evening. That small operator went on to become one of the biggest fitness chains in Europe and helped Escape to go on and become one of the largest suppliers of commercial free weights in world. Over 1m kilos shipped in the last 12 months alone proves that, when you invest in an Escape product, you can rest assured your investment is in safe hands.

Over two decades later, we continue to solve problems for our customers and continue to design and build high quality functional free weight training equipment. As one of the few companies to own a dedicated manufacturing facility, we produce patented dumbbells and weight plates with full control of the supply chain, from raw materials to shipping cartons. With no middle men, no trading agents and no additional costs built into the supply chain, you can be assured you're getting the best possible price and quality on the market.

Today, after two years in development and testing, the Escape team is proud to announce the birth of a new line of free weight training equipment. But we needed a name... A name that's simple and powerful like the product itself. A name that represents the ideas that Escape has been built upon. A name to describe a gym essential and one of the most important training tools in thousands of fitness facilities. A name for something that lives in the palm of potentially millions of fitness enthusiasts and athletes committed to improving themselves and pushing for one more rep, even when no one else is counting.

Introducing Nucleus – the central and most important part of an object, movement, or group, forming the basis for its activity and growth.

Matthew Januszek



DUMBBELLS.

A pair or set of dumbbells is the best piece of kit for your fitness goals (and space). Whether you're trying to build toned shoulders, defined biceps, a bigger chest, or achieve a full-body workout, our dumbbells do it all. To ensure users reap the full benefits of reps and sets, our dumbbells have undergone rigorous testing and are among the best on the market when it comes to setting a new benchmark for dumbbell quality. Your investment is manufactured to the highest standards, ensuring long-lasting craftsmanship and user safety.



COMPARISON CHART.

FEATURES.	URETHANE DUMBBELLS.	SBX DUMBBELLS.
USE	Free weight areas for strength training with increased versatility.	Free weight areas for strength training and traditional workouts.
HEAD MATERIAL	Urethane	SBX
HANDLE	Hard Satin Chrome	Hard Satin Chrome
LOCKING	Dual-lock plus	Dual-lock plus
WEIGHTS	2.5lb - 30lb (2.5lb increments) 30lb - 150lb (5lb increments)	5lb - 125lb (5lb increments)
WARRANTY	7 years	3 years

HOW TO CHOOSE.



01 URETHANE DUMBBELLS.

With a permanently-bonded, steel head and dual lock construction, this innovative dumbbell range even features weight indications with the opportunity to customize for your brand. The unique head shape is a mathematical transition from round at the front face to an Octagon at the rear, giving the parallel faces for anti-roll benefits.



02 SBX DUMBBELLS.

Despite being the entry-level option to the new Escape free weight range, these SBX dumbbells still feature the same patented "Dual Lock Plus" process, splined press fit at three tonnes and are full penetration welded.

URETHANE DUMBBELLS.

With a permanently-bonded, steel head and dual lock construction, this innovative dumbbell range even features weight indications with the opportunity to customize for your brand. The unique head shape is a mathematical transition from round at the front face to an Octagon at the rear, giving the parallel faces for anti-roll benefits.

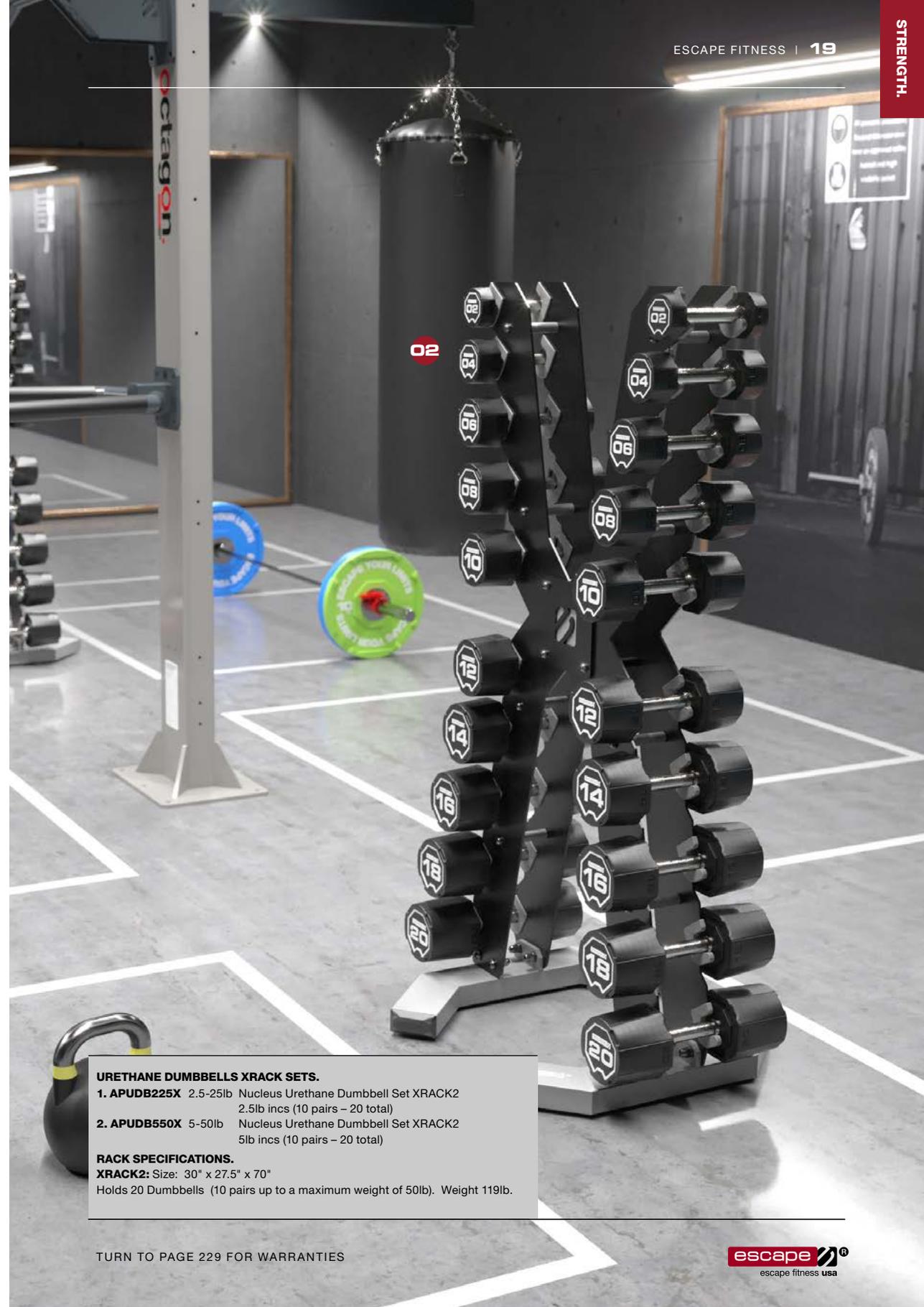


DESIGN. Every aspect of the Nucleus Free Weight Range has been carefully considered over two years, with decades of experience put into its development. This ensures that every aspect of design has been considered to offer the most value and benefit to members.

TECH SPEC. Texture and shaping innovation is at the forefront here, held together by a permanently-bonded, steel head and dual lock construction.

STORAGE. Now with an even smaller footprint, the next-gen XRACK 2.0 is a striking and space-efficient storage option for dumbbells in any gym or studio.

APUDB225	2.5-25lb	Nucleus Urethane Dumbbell Set
APUDB550	5-50lb	Nucleus Urethane Dumbbell Set
APUDB575	5-75lb	Nucleus Urethane Dumbbell Set
APUDB55100	55-100lb	Nucleus Urethane Dumbbell Set
APUDB105125	105-125lb	Nucleus Urethane Dumbbell Set
APUDB130150	130-150lb	Nucleus Urethane Dumbbell Set



URETHANE DUMBBELLS XRACK SETS.

- APUDB225X** 2.5-25lb Nucleus Urethane Dumbbell Set XRACK2 2.5lb incs (10 pairs – 20 total)
- APUDB550X** 5-50lb Nucleus Urethane Dumbbell Set XRACK2 5lb incs (10 pairs – 20 total)

RACK SPECIFICATIONS.
XRACK2: Size: 30" x 27.5" x 70"
 Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb). Weight 119lb.

URETHANE DUMBBELLS WITH RACK SETS.

NUCLEUS URETHANE DUMBBELLS WITH OCTAGON RACK SETS.

This innovative low-level storage can be linked together or integrated into a frame. Its smaller footprint takes up less space in the gym, can be fitted closer to a wall and stays underneath your eyeline, keeping visibility for mirrors or wall branding clear.



- APUDB550L** 5-50lb Nucleus Urethane Dumbbell Set ULLDB10
5lb incs, (10 pairs, 20 total)
- APUDB575L** 5-75lb Nucleus Urethane Dumbbell Set ULLDB15
5lb incs, (15 pairs, 30 total) (as shown)
- APUDB5100L** 5-100lb Nucleus Urethane Dumbbell Set ULLDB20
5lb incs, (20pairs, 40 total)

RACK SPECIFICATIONS.

- ULLDB10:** Size: 78" x 15" x 30". Weight 130lb.
- ULLDB15:** Size: 124" x 15" x 30". Weight 238lb.
- ULLDB20:** Size: 149" x 15" x 30". Weight 260lb.

NUCLEUS URETHANE DUMBBELLS WITH RIGID RACK SETS.

A cost-effective option for keeping members and equipment safe, this storage unit also gives you the ability to turn its feet inwards so that racks can be placed adjacent to each other.



- APUDB550R** 5-50lb Nucleus Urethane Dumbbell Set RACKDB10
5lb incs, (10 pairs – 20 total) (as shown)
- APUDB575R** 5-75lb Nucleus Urethane Dumbbell Set RACKDB15
5lb incs, (15 pairs – 30 total)
- APUDB5100R** 5-100lb Nucleus Urethane Dumbbell Set RACKDB10/15
5lb incs, (20 pairs – 40 total)

RACK SPECIFICATIONS.

- RACKDB10:** Size: 77" x 27.5" x 30". *67" if feet are turned inward. Weight 132lb.
- RACKDB15:** Size: 77" x 27.5" x 45". *67" if feet are turned inward. Weight 176lb.

GAME-CHANGING. STRENGTH TRAINING.



URETHANE DUMBBELLS VERTICAL RACK SETS.

- APUDB225V** 2.5-25lb Nucleus Urethane Dumbbell Set RACKVDB
2.5lb incs (10 pairs – 20 total)
- APUDB550V** 5-50lb Nucleus Urethane Dumbbell Set RACKVDB
5lb incs (10 pairs – 20 total)

RACK SPECIFICATIONS.

- RACKVDB:** Size: 27.5" x 27.5" x 68"
Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb). Weight 73lb.

SBX DUMBBELLS.

Another cost-effective alternative to the new Escape free weight range, these SBX dumbbells still feature the same patented “Dual Lock Plus” process, splined press fit at three tonnes and are full penetration welded.



FIXING.
Patented fixing technology.

EVOLUTION EDGING.
Circle-to-octagon shaping inspires anti-roll confidence.

BADGE.
3D embossed micro-injection badge.



DESIGN.

Allow members to get creative with their workouts using this cost-effective entry to the Nucleus range. Recessed edging gives increased variability for grip options in addition to using the traditional handle.



TECH SPEC.

These dumbbells are full penetration welded and use patented fixing technology, with handles that are hard-chromed to the highest specification with precise and defined knurling.

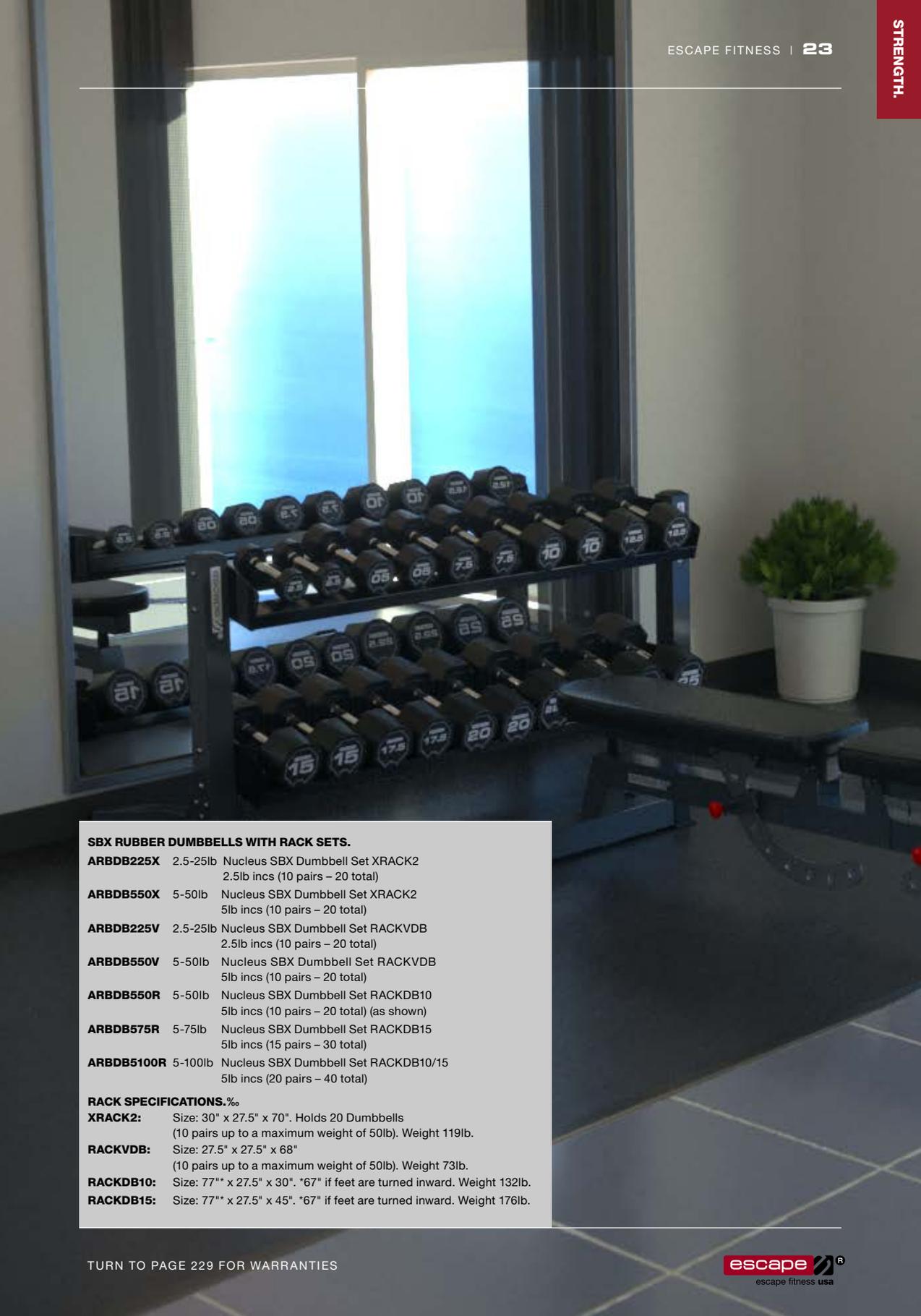


STORAGE.

Keep your dumbbells off the gym floor for member safety and equipment longevity with a choice of innovative storage shelving to suit any fitness space. For more storage info see pages 51-56.



ARBDB225	2.5-25lb	Nucleus SBX Dumbbell Set
ARBDB550	5-50lb	Nucleus SBX Dumbbell Set
ARBDB575	5-75lb	Nucleus SBX Dumbbell Set
ARBDB55100	55-100lb	Nucleus SBX Dumbbell Set
ARBDB105125	105-125lb	Nucleus SBX Dumbbell Set



SBX RUBBER DUMBBELLS WITH RACK SETS.

- ARBDB225X** 2.5-25lb Nucleus SBX Dumbbell Set XRACK2 2.5lb incs (10 pairs – 20 total)
- ARBDB550X** 5-50lb Nucleus SBX Dumbbell Set XRACK2 5lb incs (10 pairs – 20 total)
- ARBDB225V** 2.5-25lb Nucleus SBX Dumbbell Set RACKVDB 2.5lb incs (10 pairs – 20 total)
- ARBDB550V** 5-50lb Nucleus SBX Dumbbell Set RACKVDB 5lb incs (10 pairs – 20 total)
- ARBDB550R** 5-50lb Nucleus SBX Dumbbell Set RACKDB10 5lb incs (10 pairs – 20 total) (as shown)
- ARBDB575R** 5-75lb Nucleus SBX Dumbbell Set RACKDB15 5lb incs (15 pairs – 30 total)
- ARBDB5100R** 5-100lb Nucleus SBX Dumbbell Set RACKDB10/15 5lb incs (20 pairs – 40 total)

RACK SPECIFICATIONS,%

- XRACK2:** Size: 30" x 27.5" x 70". Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb). Weight 119lb.
- RACKVDB:** Size: 27.5" x 27.5" x 68" (10 pairs up to a maximum weight of 50lb). Weight 73lb.
- RACKDB10:** Size: 77" x 27.5" x 30". *67" if feet are turned inward. Weight 132lb.
- RACKDB15:** Size: 77" x 27.5" x 45". *67" if feet are turned inward. Weight 176lb.

URETHANE BARBELLS.

These new Escape barbells feature the same free weight range innovations for practicality and performance whether being used by an inexperienced or long-term lifter. Like the dumbbells, these bars are all hard chromed to our highest specification, batch sampled throughout manufacture and salt spray tested.



LOGO.
Client branding available.

FIXING.
Assembled with our unique patented "Dual Lock Plus" process.

KNURL.
Precise and defined knurl.

EVOLUTION EDGING.
Circle-to-octagon shaping inspires anti-roll confidence.

BADGE.
3D embossed micro-injection badge.



DESIGN.

The 3D embossed micro-injection badges clearly show weights, while also offering the option for branding for your fitness facility to further encourage member engagement.



TECH SPEC.

The unique head shape is a mathematical transition from round at the front face to an Octagon at the rear, giving parallel faces for anti-roll confidence.



STORAGE.

Options are available for storage of either five barbells on a single-sided rack or 10 on a double-sided rack.

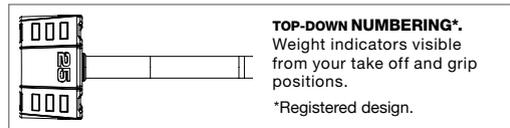
- APUBB2060** 20-60lb Nucleus Urethane Barbell Set
- APUBB70110** 70-110lb Nucleus Urethane Barbell Set
- APUBB20110** 20-110lb Nucleus Urethane Barbell Set

URETHANE BARBELLS WITH RACK SETS.

- APUBB2060R** 20-60lb Nucleus Urethane Barbell Set RACKBB5
- APUBB70110R** 70-110lb Nucleus Urethane Barbell Set RACKBB5
- APUBB20110R** 20-110lb Nucleus Urethane Barbell Set RACKBB10

RACK SPECIFICATIONS.

- RACKBB5** Size: 46" x 27.5" x 45". *36" if feet turned inward. Weight 68lb.
- RACKBB10** Size: 46" x 27.5" x 45". *36" if feet turned inward. Weight 79lb.



TOP-DOWN NUMBERING*.
Weight indicators visible from your take off and grip positions.
*Registered design.



URETHANE CURL BARBELLS.

The perfect bar for concentrating on bicep curls and tricep extensions has now got even better, with patented designs and innovation that inspires confidence and longevity for both members and operators alike.



LOGO.
Client branding available.

FIXING.
Assembled with our unique patented "Dual Lock Plus" process.

KNURL.
Precise and defined knurl.

EVOLUTION EDGING.
Circle-to-octagon shaping inspires anti-roll confidence.

BADGE.
3D embossed micro-injection badge.



DESIGN.

A traditional ergonomic approach on the bar itself meets upgraded tactile features and easy weight identification with the option to custom brand.



TECH SPEC.

Like all of the Nucleus Free Weight range, the weight heads are constructed and assembled with the handles to a unique Patented "Dual Lock Plus" process. They're splined press fit at three tonnes and full penetration welded.



STORAGE.

Give your curl bar range a safe home courtesy of storage racks that can be adapted to fit almost any space.



TOP-DOWN NUMBERING*.
Weight indicators visible from your take off and grip positions.
*Registered design.

- APUCBB2060** 20-60lb Nucleus Urethane Curl Barbell Set
- APUCBB70110** 70-110lb Nucleus Urethane Curl Barbell Set
- APUCBB20110** 20-110lb Nucleus Urethane Curl Barbell Set
- APUMBB2060** 20-60lb Nucleus Urethane & Curl Barbell Set

URETHANE CURL BARBELLS WITH RACK SETS.

- APUCBB2060R** 20-60lb Nucleus Urethane Curl Barbell Set RACKBB5
- APUCBB70110R** 70-110lb Nucleus Urethane Curl Barbell Set RACKBB5
- APUCBB20110R** 20-110lb Nucleus Urethane Curl Barbell Set RACKBB10
- APUMBB2060R** 20-60lb Nucleus Urethane & Curl Barbell Set RACKBB10

RACK SPECIFICATIONS.

- RACKBB5** Size: 46" x 27.5" x 45". *36" if feet turned inward. Weight 68lb.
- RACKBB10** Size: 46" x 27.5" x 45". *36" (L) if feet turned inward. Weight 79lb.



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.

COMPARISON CHART.

FEATURES.	COMPETITION PRO KETTLEBELLS 2.0.	SBX KETTLEBELLS.	STUDIO KETTLEBELLS.
USE	Kettlebell sport lifting, cross training	Free weight areas for strength training and traditional workouts.	Studio workouts, group training
BELL MATERIAL	Carbon steel with hollow core for even weight distribution	Rubber covered cast iron core	Vinyl dip with a cast iron core
HANDLE	Cast stainless steel with a satin chrome finish	Hard Satin Chrome Patented Handle to Bell connection	Cast iron
FEATURE	Powder coated and engraved weight indicators	Textures and grooves across the kettlebell allow for more dynamic grip options.	Vinyl coating and colors
TOLERANCE	+/- 2%	+/- 2%	+/- 3%
WEIGHTS	18lb-70lb in 8lb increments	10lb-60lb in 5lb increments	8lb-40lb in 8lb increments
WARRANTY	2 years	3 years	1 year

HOW TO CHOOSE.

01 COMPETITIONS PRO KETTLEBELLS 2.0.

The ultimate choice for clubs and members who take their lifting seriously. A uniform size and industry standard color 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 maximize performance.



02 SBX KETTLEBELLS.

An innovative example of strategy for strength, the new kettlebell range offers another level of practicality that lasts. Textures and grooves across the kettlebell allow for more dynamic grip options with dynamic feedback when shifting weight, while the hard satin chromed and salt tested handles ensure longevity.



03 STUDIO KETTLEBELLS.

These durable Studio Kettlebells are gentle on your grip as well as your flooring. Exceptionally well-designed, the cast iron bell is vinyl dipped with bright colors so you can easily organize your collection by weight. Built to last and versatile, these effective weights start at 4lbs, which makes them a great tool for even novice fitness members to use. Perfect for adding resistance to a variety of upper and lower body exercises, such as single-leg deadlifts, kettlebell swings, Turkish getups, and more.



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. The storage options keep kettlebells in top condition while maintaining a smaller footprint than most alternatives. In addition, these racks also improve 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 219** for details.

CKB08	18lb	Competition Pro Kettlebell 2.0 – Purple
CKB12	26lb	Competition Pro Kettlebell 2.0 – Blue
CKB16	35lb	Competition Pro Kettlebell 2.0 – Yellow
CKB20	44lb	Competition Pro Kettlebell 2.0 – Gray
CKB24	53lb	Competition Pro Kettlebell 2.0 – Green
CKB28	62lb	Competition Pro Kettlebell 2.0 – Orange
CKB32	70lb	Competition Pro Kettlebell 2.0 – Red

COMPETITION KETTLEBELL WITH OCTAGON RACK SETS.

Keep kettlebells in competition condition with high-grade steel racks made in the UK. Reduce your storage footprint but max out practicality, as these shelves link with each other, to an Octagon frame, or freestand closer to a wall.



CKB8322L 18-70lb Competition Kettlebell Set *2 ULLSS11
8lb incs, (14 Kettlebells total)

TMAT11 Top Rubber Mat 1.1m

RACK SPECIFICATIONS.

ULLSS11: Size: 53" x 16" x 30". Weight 110lb.

COMPETITION KETTLEBELL WITH RIGID RACK SETS.

These cost-effective racks are made from affordable, lightweight steel with feet that can be turned inwards to stand rack units next to each other.



CKB8322R 18-70lb Competition Kettlebell Set *2 RACKKB2
8lb incs, (14 Kettlebells total)

RACK SPECIFICATIONS.

RACKKB2: Size: 62" x 27.5" x 30".
*52" if feet are turned inward. Weight 117lb.

SBX KETTLEBELLS.

As one of the first manufacturers to launch a rubber kettlebell, our years of experience and testing have led to develop the Nucleus kettlebell, with an enhanced design and ergonomic improvements. Using an efficient manufacturing process, we're able to lower the price point while still increasing functionality and giving the option for them to be custom branded.



LOGO.
Client branding available.

SALT TESTED.
Hard satin chromed handles have been salt tested to last.

HANDLE.
Patented 'fish tail' welded into cast iron core bell.

BADGE.
3D embossed micro injection badge.

LONGEVITY.
A flat-molded base reduces damage to racks when stored.



DESIGN.

A contoured body and more tactile experience makes for increased versatility, more movement options and better workouts from an already incredibly adaptable training tool.



TECH SPEC.

The patented handle design is not only welded into each cast iron core bell, but has been batch sampled throughout manufacture and salt spray tested to ensure that no rusting will attack the finish over their lifetime.



STORAGE.

Escape also offers plenty of storage options for the Nucleus range, and each kettlebell features a flat-molded base to ensure that both equipment and shelving remain in the best condition for longer.

ARBKB10	10lb	Nucleus SBX Kettlebell - Each
ARBKB15	15lb	Nucleus SBX Kettlebell - Each
ARBKB20	20lb	Nucleus SBX Kettlebell - Each
ARBKB25	25lb	Nucleus SBX Kettlebell - Each
ARBKB35	35lb	Nucleus SBX Kettlebell - Each
ARBKB45	45lb	Nucleus SBX Kettlebell - Each
ARBKB50	50lb	Nucleus SBX Kettlebell - Each
ARBKB60	60lb	Nucleus SBX Kettlebell - Each
ARBKB1060	10-60lb	Nucleus SBX Kettlebell Set



GRIP.
360-degree grip and dynamic feedback.

SBX KETTLEBELL WITH OCTAGON RACK SETS.

Stand-alone, connected to another rack or linked with any of the Octagon frame range, this Octagon kettlebell storage option is made in the UK out of high-quality steel with an anthracite finish that ties into any color scheme.



ARBKB10602L 10-60lb Nucleus SBX Kettlebell Set *2 ULLSS11

RACK SPECIFICATIONS.

ULLSS11: Size: 53" x 16" x 30". Weight 110lb.

SBX KETTLEBELL WITH RIGID RACK SETS.

Storage that's made from affordable, lightweight steel, this shelving holds a selection of the Nucleus kettlebell range from 10lb to 60lb.



ARBKB10602R 10-60lb Nucleus SBX Kettlebell Set *2 RACKB2

RACK SPECIFICATIONS.

RACKB2: Size: 62" x 27.5" x 30". *52" if feet are turned inward. Weight 117lb.

STUDIO KETTLEBELLS.

These durable Studio Kettlebells are gentle on your grip as well as your flooring. Exceptionally well-designed, the cast iron bell is vinyl dipped with bright colors so you can easily organize your collection by weight. Built to last and versatile, these effective weights start at 4lbs, which makes them a great tool for even novice fitness members to use. Perfect for adding resistance to a variety of upper and lower body exercises, such as single-leg deadlifts, kettlebell swings, Turkish getups, and more.



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 – 4lbs- 40lbs. If you want to mix kettlebells with other equipment, the RACK5 could store combinations of your choice on each 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 219](#) to find out more.

AVKB04	4lbs	Studio Vinyl Kettlebell - Green
AVKB08	8lbs	Studio Vinyl Kettlebell - Blue
AVKB12	12lbs	Studio Vinyl Kettlebell - Red
AVKB16	16lbs	Studio Vinyl Kettlebell - Gray
AVKB20	20lbs	Studio Vinyl Kettlebell - Black
AVKB24	24lbs	Studio Vinyl Kettlebell - Green
AVKB28	28lbs	Studio Vinyl Kettlebell - Blue
AVKB32	32lbs	Studio Vinyl Kettlebell - Red
AVKB36	36lbs	Studio Vinyl Kettlebell - Gray
AVKB40	40lbs	Studio Vinyl Kettlebell - Black

RACKKB2	2 Shelf Kettlebell Rack (as shown)
ULLSS11	Octagon Storage Solution - holds up to 4 sets of 8-40lb (20 Studio kettlebells)

RACK SPECIFICATIONS.

RACKKB2: Size: 62" x 27.5" x 30". *52" if feet are turned inward. Weight 117lb.%

ULLSS11: Size: 53" x 16" x 30". Weight 110lb.

Equipment sold separately.



MORE PRACTICAL = MORE PERFORMANCE.



PLATES.

Whatever your lifting needs – technique, training or competition – our comprehensive collection of plates means there’s a solution for you. Bright and engaging colors 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.	URETHANE GRIP PLATES.	RUBBER GRIP PLATES.	ELITE URETHANE BUMPER PLATES.	RUBBER BUMPER PLATES.
USE	Heavy use, strength training spaces	Demanding training environments, Olympic lifting, CrossFit .	Heavy use facilities, Olympic lifting, cross training	Olympic lifting, cross training
MATERIAL	Urethane, Cast iron, stainless core	Cast Iron, Rubber, Stainless steel core	Urethane, machined steel core	Solid rubber
WEIGHTS/ THICKNESS	2.5lb - 0.8" 5lb - 0.9" 10lb - 1.1" 25lb - 1.6" 35lb - 1.7" 45lb - 1.7"	2.5lb - 0.8 5lb- 0.95 10lb - 1.2 25lb - 1.6 35lb - 1.7 45lb- 1.7	10lb - 1" 25lb - 1" 35lb - 1.5" 45lb - 2" 55lb - 2.5"	10lb 25lb 35lb 45lb
DUROMETER RATING (HARDNESS*)	80°	68 – 75	89°	-
INTERNAL DIAMETER	2"	2"	2"	2"
WEIGHT TOLERANCE	+/- 10%	+/- 10%	+/- 2%	+/- 2%
WARRANTY	7 years	1 year	3 years	1 year

*The higher the hardness rating the less bounce.

HOW TO CHOOSE.

01 URETHANE GRIP PLATES.

Textured for better grip, these plates also feature material variances to the face, allowing quality laser engraving and text PU filling for client branding options.



02 RUBBER GRIP PLATES.

There is a lot of choice when it comes to buying bumper plates for your facility or home gym. The N-2 Grip Plate comes out on top in terms of the versatility it offers serious lifters and was designed to be durable enough to withstand even the toughest workouts.



03 ELITE URETHANE BUMPER PLATES.

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



04 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.



TURN TO PAGE 229 FOR WARRANTIES

URETHANE GRIP PLATES.

Textured for better grip, these plates also feature material variances to the face, allowing quality laser engraving and text PU filling for client branding options. The weight indicators are also debossed onto the periphery face of each plate for easy identification when racked horizontally.



- DESIGN.** More than just a plate, the textured design and handles offer varied workout application to develop grip strength, as well as being effective and reliable for traditional bar work.
- CUSTOM BRANDING.** Add your logo to each plate for brand awareness and to fit in with your facility's design with laser engraving and text PU filling.
- STORAGE.** Keep these plates on the weight tree to ensure longevity of equipment and improved safety for members.

APUGD025	2.5lb	Nucleus Urethane Grip Disc
APUGD050	5lb	Nucleus Urethane Grip Disc
APUGD100	10lb	Nucleus Urethane Grip Disc
APUGD250	25lb	Nucleus Urethane Grip Disc
APUGD350	35lb	Nucleus Urethane Grip Disc
APUGD450	45lb	Nucleus Urethane Grip Disc

PLATE SETS.		
APUGD2452	2.5-45lb	*2 Nucleus Urethane Grip Disc
APUGD2454	2.5-45lb	*4 Nucleus Urethane Grip Disc

URETHANE GRIP PLATES RACK SET.

APUGD2454R	2.5-45lb	*4 Nucleus Urethane Grip Disc WTREE2
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RACK SPECIFICATIONS.

WTREE2: Size: 27.5 x 27.5 x 52". Weight 47lb.



RUBBER GRIP PLATES.

There is a lot of choice when it comes to buying bumper plates for your facility or home gym. The N-2 Grip Plate comes out on top in terms of the versatility it offers serious lifters and was designed to be durable enough to withstand even the toughest workouts.



- DESIGN.** Features a state-of-the-art plate design, distinct finish and long-lasting durability. The N-2 Grip Discs are equipped with easy grip weight handles, a stainless-steel center bore, and are impact-resistant to prevent breakage, cracking, and improve safety, functionality, and usability.
- CUSTOM BRANDING.** We specialize in custom branding to offer a range of options to promote your brand to your customers. Showcase your logo, tagline, or colors to create the ultimate gym experience.
- STORAGE.** The WTREE2 weight tree will store up to 4 of each plate.

ARBGD02	2.5lb	N-2 Rubber Grip Disc
ARBGD05	5lb	N-2 Rubber Grip Disc
ARBGD10	10lb	N-2 Rubber Grip Disc
ARBGD25	25lb	N-2 Rubber Grip Disc
ARBGD35	35lb	N-2 Rubber Grip Disc
ARBGD45	45lb	N-2 Rubber Grip Disc

WTREE2 Weight Tree

RACK SPECIFICATIONS.

WTREE2: Size: 27.5 x 27.5 x 52". Weight 47lb.





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 SBX 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 colors 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.

APUBP10	10lb	Elite Urethane Bumper Plate – Black (Technique Only)
APUBP25	25lb	Elite Urethane Bumper Plate – Green
APUBP35	35lb	Elite Urethane Bumper Plate – Yellow
APUBP45	45lb	Elite Urethane Bumper Plate – Blue
APUBP55	55lb	Elite Urethane Bumper Plate – Red

Plates sold individually.



RUBBER BUMPER PLATES.

These solid plates get straight to the point of Olympic lifting, with a simple design, molded 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, molded 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 or frame-mounted plate racks.

PABR050	10lb	Rubber Olympic Bumper Plate
PABR100	25lb	Rubber Olympic Bumper Plate
PABR150	35lb	Rubber Olympic Bumper Plate
PABR200	45lb	Rubber Olympic Bumper Plate

Plates sold individually.



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.	CURL BAR.	WOD BAR.	POWER BAR.
USE	Strength Training	Cross Training	General Strength Training
WEIGHT	20lb	44lb	44lb
LENGTH	3' 9"	7' 2"	7' 2"
SHAFT DIAMETER	1"	1"	1"
SLEEVE LENGTH	6"	16"	16"
KNURL	Single mark no center knurl	Single mark no center knurl	Center knurl
SHAFT FINISH	High Alloy Steel	High Alloy Steel	High Alloy Steel
TENSILE STRENGTH	N/A	162k PSI	128k PSI
BUSHING/BEARING	2 bronze bush bearing (1 per sleeve)	8 needle bearing (4 per sleeve)	4 needle bearing (2 per sleeve)
WARRANTY	1 year	1 year	1 year
HEAT TREATMENT	N/A	Twice	Twice
MAX LOAD	220lb	1100lb	550lb
PERFORMANCE			
WHIP	N/A	★★★★★	★★★★★
KNURL COURSENESS	N/A	★★★★★	★★★★★
ROTATION	N/A	★★★★★	★★★★★

★★★★★ = High
 ★★★★★ = Low

POWER BAR.

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



POWER01 44lb Olympic Power Bar

WOD BAR.

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



WOD001 44lb WOD Bar

CURL BAR.

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



CURL01 20lb Olympic Curl Bar

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.



EXPERT TIP.

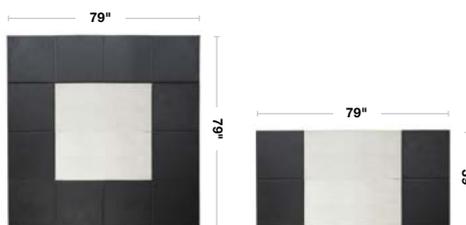
Use the Lift Zone to create a designated lifting area within your club. The Lift Zone will help protect gym floors and keep the area clear so people can practise Olympic lifting confidently and safely. Plus, because the Lift Zone is portable it can be assembled and disassembled to move it around the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

LIFT ZONE.



- LIFTPLAT3** Lift Zone Small
- LIFTPLAT4** Lift Zone Large

SPECIFICATIONS.

Small: 79" x 39" x 1.5". Weight 176lb
 Large: 79" x 79" x 1.5". Weight 353lb



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 2" WOD Collar – Black – Pair
Internal Diameter 2". Weight 7oz.



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 2" Olympic Clamp Collar – Red – Pair
Internal Diameter 2". Weight 6oz.



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.

ADJBEN2 Adjustable Bench

SPECIFICATION. %
Size: 52" x 16" x 23" Weight 81.5lb



FLAT.



50° INCLINE.



80° INCLINE.

STORAGE.

Great storage maximizes 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 meter, 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.

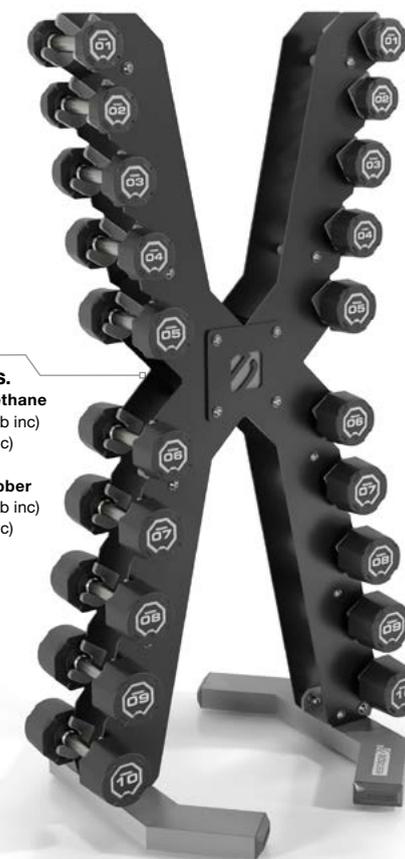


DUMBBELL RACKS	51	BAR STORAGE	67
BARBELL RACKS	58	MAT STORAGE	67
UNIVERSAL RACKS	59	RACK5	68
KETTLEBELL RACKS	60	AMMO BOX	70
MULTI-USE RACKS	62	OCTAGON CORNER STORAGE	71
GYM BALL RACKS	64	OCTAGON HUB STORAGE	72
PLATE STORAGE	66		



XRACK 2.0.

Updated with a striking look and improved space efficiency, the XRACK adds angular style and practicality to any facility.



DUMBBELLS.
Nucleus Urethane
 2.5-25lb (2.5lb inc)
 5-50lb (5lb inc)

Nucleus Rubber
 2.5-25lb (2.5lb inc)
 5-50lb (5lb inc)

The XRACK's physical footprint has been reduced compared to its predecessor, further improving the benefits of storing dumbbells vertically instead of horizontally. It also now comes with the cost-effective and environmentally friendly benefits of being flat-packed for easy assembly on-site.

XRACK2 XRACK 2.0

SPECIFICATIONS.

Size: 30" x 27.5" x 70"

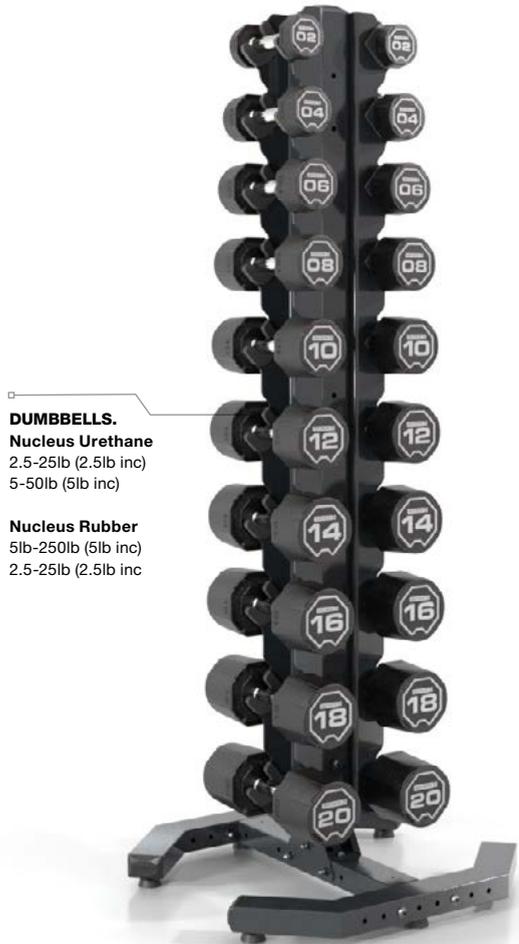
Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb).

Weight 119lb.

Dumbbells sold separately.

VERTICAL DUMBBELL RACK.

The Vertical Dumbbell Rack conveniently organizes your Escape dumbbells and delivers a space-saving alternative to a horizontal rack. Providing easy accessibility, its modern, intelligent design does a lot more than simply display the range of weights. Its heavy-duty, quality craftsmanship will provide long-term durability for years to come.



DUMBBELLS.
Nucleus Urethane
 2.5-25lb (2.5lb inc)
 5-50lb (5lb inc)

Nucleus Rubber
 5lb-250lb (5lb inc)
 2.5-25lb (2.5lb inc)

RACKVDB Vertical Dumbbell Rack

SPECIFICATIONS.

RACKVDB: Size: 27.5" x 27.5" x 68"
 Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb).
 Weight 73lb.



STORAGE.

OCTAGON DUMBBELL 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.

Material: Carbon steel S275. Leg dimensions: 120 x 60 x 5mm (5" x 3" x 6 Gauge).

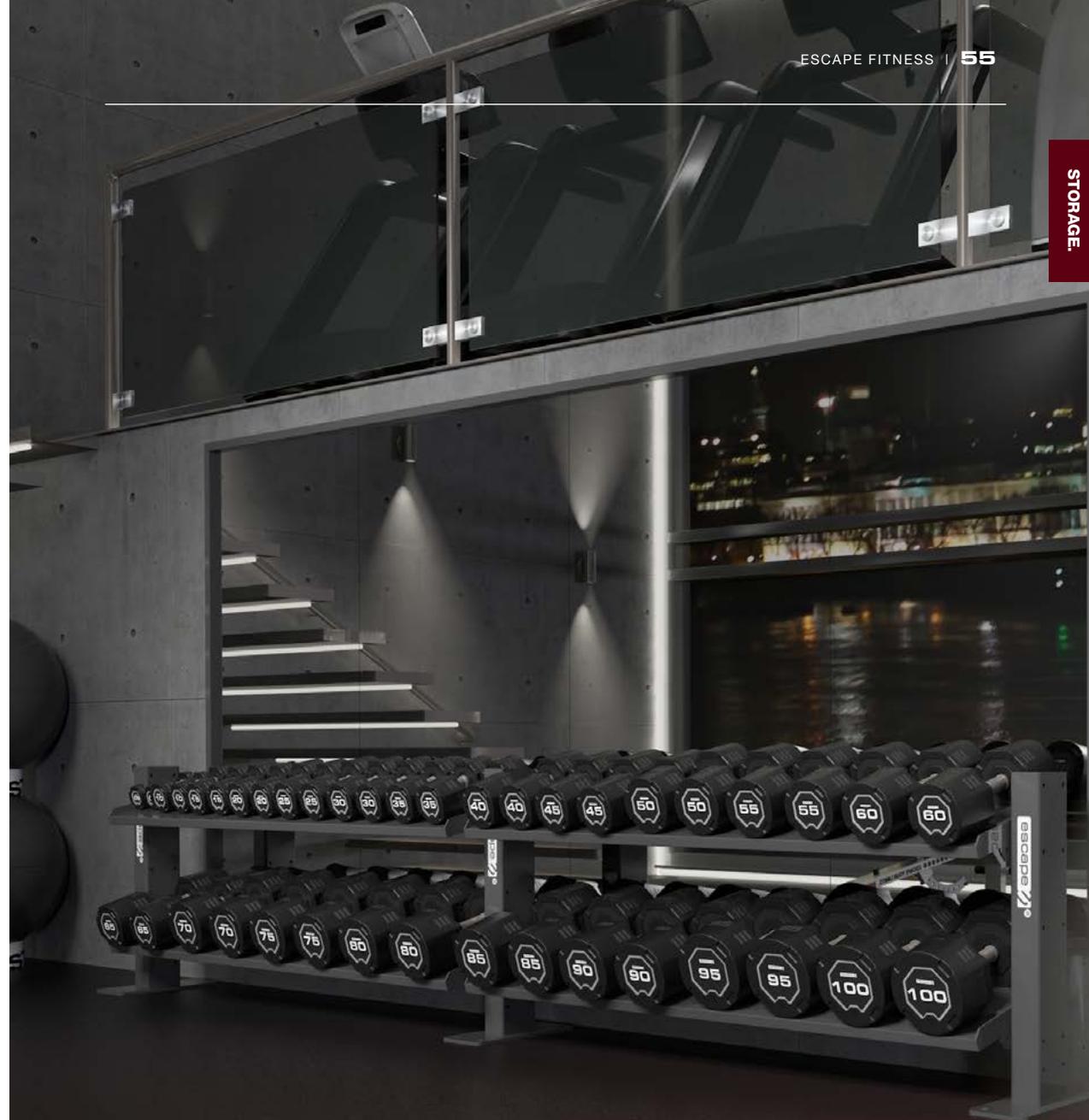
- 01. ULLDB20** 20 Pair Dumbbell Rack
Size: 149" x 15" x 30". Weight 260lb.
- 02. ULLDB15** 15 Pair Dumbbell Rack
Size: 124" x 15" x 30". Weight 238lb.
- 03. ULLDB10** 10 Pair Dumbbell Rack
Size: 78" x 15" x 30". Weight 130lb.
- 04. ULLDB05** 5 Pair Dumbbell Rack
Size: 53" x 15" x 30". Weight 108lb.

Please speak to your sales representative for information on storage rack rubber floor protectors.

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



ULLDB05.



MAKE YOUR SPACE WORK HARDER FOR YOU.

DUMBBELL RACKS.

Storing either 10 or 15 pairs of dumbbells, these racks offer flexibility in both member use and practical placement, with adjustable feet to make the most of every bit of space in your facility.



HEAVY DUTY.

The racks store every size of dumbbell that a fully-stocked free weight area needs, suitable for everything from light weight introductory movements to heavy duty strength sessions.



VARIABLE HEIGHT.

Adaptable shelving makes fitting these dumbbell racks into any fitness space simple. With two or three shelving options, you can choose where to stack storage or where to keep it low level so you don't cover up mirror or wall branding space.



RACKDB15.



Feet can be turned inward to allow you to run them in a line enabling them to be closer to each other.

RACKDB10 10 Pair Dumbbell Rack

RACKDB15 15 Pair Dumbbell Rack

SPECIFICATIONS.

RACKDB10: Holds 20 Dumbbells (10 pairs).
Size: 77" x 27.5" x 30"
*67" if feet are turned inward.
Weight 132lb.

RACKDB15: Holds 30 Dumbbells (15 pairs).
Size: 77" x 27.5" x 45"
*67" if feet are turned inward.
Weight 176lb.

Dumbbells sold separately.

STORAGE WITHOUT ANY INTERFERENCE.

STORAGE.





BARBELL RACKS.

Put your empty wall space to work or give members a storage option that's accessible from either side. These barbell racks can store either five or 10 bars, ensuring easy access and weight identification with easy access for cleaning, too.

||| EASY ACCESS.

With easy weight identification, anyone can progress through the range as their strength and fitness level increases, with convenience being key from challenging increments all in one place.

↕ DOUBLE SIDED.

Choose to feature your barbell storage backed against a wall or as a centerpoint to your fitness space, depending entirely on layout options and the weight range of bars that you need.

- RACKBB5** 5 Barbell Rack
- RACKBB10** 10 Barbell Rack

SPECIFICATIONS.

- RACKBB5:** Size: 46" x 27.5" x 45"
*36" if feet are turned inward.
Weight 68lb.
- RACKBB10:** Size: 46" x 27.5" x 45"
*36" if feet are turned inward.
Weight 79lb.

Barbells sold separately.



RACKBB10.



STORAGE.

UNIVERSAL RACKS.

Whether you need versatility in equipment stored or where to place shelving, the universal racks offer options for both, available with two or three shelves.

● YOUR CHOICE.

Either use the universal shelving to display a full weight range of one particular training tool, or show off a range of different exercise equipment that complements your fitness space.

👤 SOCIAL DISTANCING.

With this storage option it's easy to create an entire workout's worth of equipment stored on one small-footprint shelving option. This way everyone has access to the same equipment from a single, easily sanitized station.

- RACKU2** 2 Shelf Universal Rack
- RACKU3** 3 Shelf Universal Rack

SPECIFICATION:

- RACKU2:** Size: 77" x 27.5" x 30"
*67" if feet are turned inward.
Max load: 661lb. Weight 117lb.
- RACKU3:** Size: 77" x 27.5" x 45"
*67" if feet are turned inward.
Max load: 661lb. Weight 166.5lb.



RACKU3.

Feet can be turned inwards to allow you to run them in a line enabling them to be closer to each other.



KETTLEBELL RACK.

These space-efficient kettlebell racks are adaptable to act as modular shelving thanks to the interchangeable feet.

▼ LOW LEVEL LIFTING.

Raising heavy kettlebells back onto high shelving is a thing of the past, thanks to ergonomically-designed shelving that will reduce injury or damage to equipment.



Feet can be turned inwards to allow you to run them in a line enabling them to be closer to each other.

RACKKB2 2 Shelf Kettlebell Rack

SPECIFICATION:

RACKKB2: Max capacity of 7 Competition Pro Kettlebells or 8 Nucleus Kettlebells per shelf.
Size: 62" x 27.5" x 30"
*52" if feet are turned inward.
Weight 117lb.

KETTLEBELL AND DUMBBELL RACK.

Store your workout staples together in a shelving unit that's accessible for any weight and practical enough for members to return training tools without damaging any equipment.

➤ DURABILITY.

Thanks to its high build quality and longevity, this kettlebell and dumbbell rack offers free weight variety suitable for any level of workout without sacrificing on storage safety or equipment damage.



Feet can be turned inwards to allow you to run them in a line enabling them to be closer to each other.

RACKKD Kettlebell and Dumbbell Rack

SPECIFICATION:

RACKKD Holds up to 10 Dumbbell pairs and 12 Kettlebells.
Size: 77" x 27.5" x 45"
*67" if feet are turned inward.
Weight 183lb.

01



VERTICAL VARIETY.
Show off a range of equipment or the same training tool at different weight levels, all in the smallest of footprint courtesy of the stacking storage option.

01. RACKM5 5 Shelf Multi Rack

SPECIFICATION:

RACKM5: Size: 27.5" x 27.5" x 82". Weight 68lb.

PLEASE NOTE: Max weight on a shelf is 55lb, always load the heaviest weights at the bottom of the rack.

MULTI-USE RACKS.

Offers versatility in storing a range of fitness essentials, from sandbags to medicine balls, easily accessible from one or two sides.



02



DOUBLE THE CHALLENGE.
Mix up your training tools, showing up to 10 equipment options in the same place, or create an aesthetically pleasing pyramid effect with products such as the Corebag.

02. RACKM10 10 Shelf Multi Rack

SPECIFICATION:

RACKM10: Size: 27.5" x 27.5" x 82". Weight 89lb.

PLEASE NOTE: Max weight on a shelf is 55lb, always load the heaviest weights at the bottom of the rack.

GYM BALL RACKS.

The gym ball storage racks are ideal for keeping cumbersome fitness favourites in a tidy tree configuration, for up to 12 stability or Swiss balls.

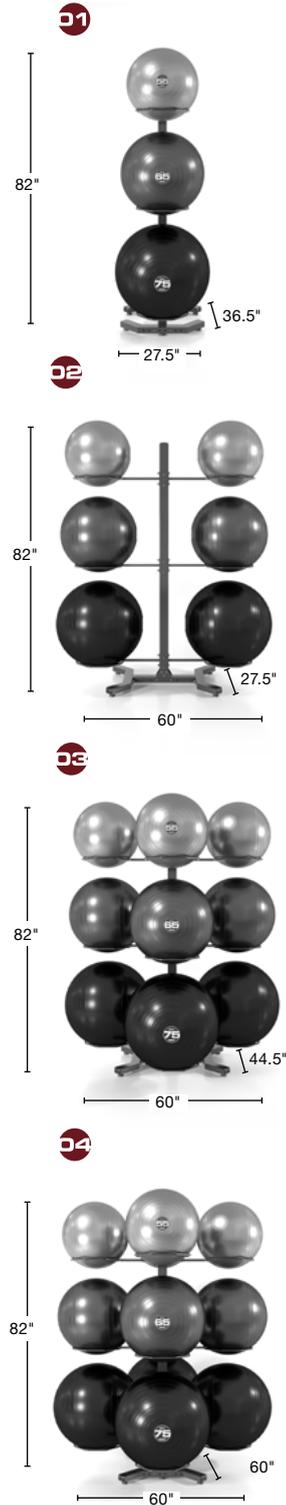


Combined with the color-coded balls, a height for each gym ball size makes for easy identification and reduced confusion when removing or returning the equipment.

- 01. RACKGB3** 3 Gym Ball Rack
- 02. RACKGB6** 6 Gym Ball Rack
- 03. RACKGB9** 9 Gym Ball Rack
- 04. RACKGB12** 12 Gym Ball Rack

SPECIFICATION:

RACKGB3:	Size: 36.5" x 27.5" x 82". Weight 55lb.
RACKGB6:	Size: 27.5" x 60" x 82". Weight 64lb.
RACKGB9:	Size: 44.5" x 60" x 82". Weight 75lb.
RACKGB12:	Size: 60" x 60" x 82". Weight 81.5lb.



STORAGE VERSATILITY.
Gym Ball storage can also be fitted to an Octagon frame. Speak to your sales representative for more information.

WEIGHT TREE.

Seven sturdy arms house Grip Plates at almost every angle, for easy member access and identification.



TECH SPEC.

The Weight Tree holds up to 28 plates, with up to four plates per pin. Its max load is 694lb.



DESIGN.

Using every bit of space available for convenient storage of a range of weight plates, the tree also features a smaller pin at the top for storing incremental plates.



STORAGE.

With a small footprint of just 27.5" by 27.5", few storage options will offer this level of safekeeping for weight plates when not in use, without taking up a lot of space on the gym floor.



WTREE2 Weight Tree

SPECIFICATIONS.

Holds up to 28 plates. 4 plates per pin.

Size: 27.5" x 27.5" x 52"

Max load 490lb. Weight 47lb.

Plates sold separately.

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 color 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.



OTR001 Toast Rack

SPECIFICATIONS.

Size: 43" x 12" x 12". Weight 59.5lb.

Plates sold separately.

**REGISTERED
DESIGN.**

OLYMPIC BAR HOLDER.

Intelligent storage for up to nine Olympic barbells vertically, making the most sense from a tiny footprint.



BARH9 Olympic Bar Holder

SPECIFICATIONS.

Holds up to 9 bars.

Size: 19.5" x 19.5" x 10"

Weight 39.6lb.

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.

FREESTANDING MAT STORAGE RACK

Store up to 45 mats with this stylish storage solution.



LF2RACK Freestanding Mat Storage Large

This rack can store up to:
45 x Yoga Mats, 30 x Core Mats
or 15 x Flex Mats.

SPECIFICATIONS.

LF2RACK: Size: 28" x 29" x 79". Weight 101lb.

RACK5.™

The RACK5 will keep your functional equipment in peak condition and your facility tidy, with plenty of options to adapt the shelves and rear storage to suit your needs.

RACK5 REVERSE STORAGE.

We are able to offer two options for reverse storage on the RACK5.

1. Fixed to bracket on the back of the shelf

2. Fixed to bracket directly on the spine

This allows you to either store multiple gym balls on a RACK5 or to combine gym balls and mat storage both on the back of the rack.

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.

- RACK5** RACK5
- 01. HOOPB15** Rack5 Gym Ball Holder
- 02. RACK5B5** Rack5 Mat Rack Attachment
Can hold up to either 65 x Yoga mats, 25 x Core mats or 25 x Flex mats.
- RACK5B35** Rack5 Short Pin Mat Rack
Can hold up to either 12 x Yoga mats 5 x Core mats or 5 x Flex mats.

SPECIFICATIONS.

RACK5: Size: 23.5" x 27.5" x 73". Weight 165lb.

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 SHELF.



04 GYM BALL SHELF.



05 VERTBALL SHELF.



06 TOTAL GRIP MEDBALL AND VERTMINI SHELF.



07 MULTI GRIP MEDBALL AND SLAMBALL SHELF.

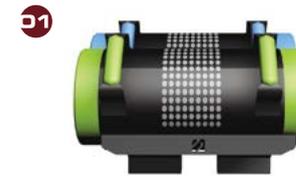


08 BULGARIAN BAG SHELF.



STORAGE EXAMPLES.

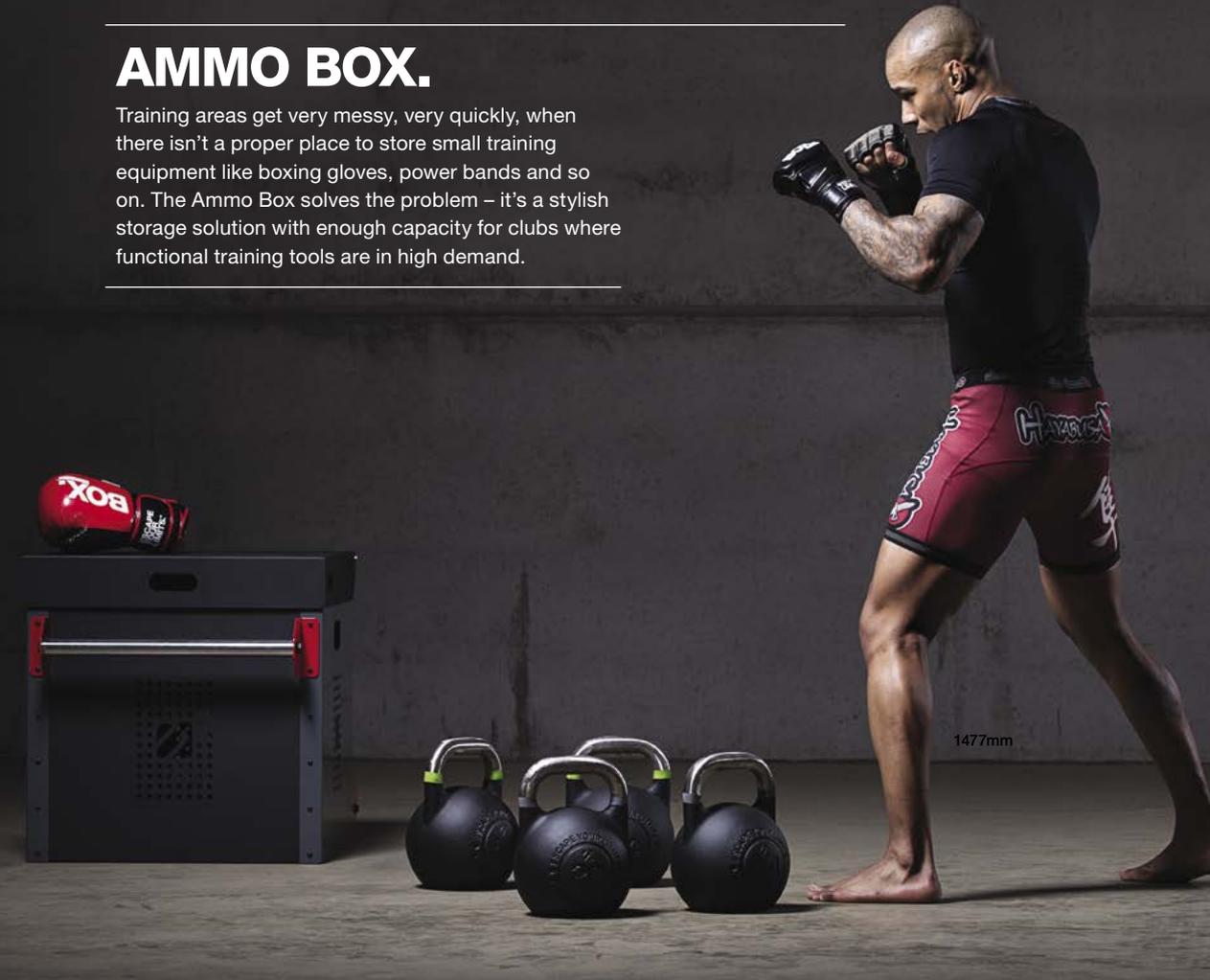
These images illustrate how various equipment is stored on the tray configurations listed above. They display how to correctly organize the RACK5 bumpers to safely store any range of functional training equipment.



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.

AMB001 Ammo Box Storage

SPECIFICATION.

Size: 23.5" x 33" x 24". Maximum load 330lb.

Equipment sold separately.



REGISTERED DESIGN.

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.



01



02



Improve safety for members and equipment while making the most of every dimension in your gym. The Ultra Low option offers two tiers of storage for easier access to equipment than many chest-height units.

Expanding on the Ultra Low unit, the four-tier Low Level Storage doubles the practicality of your corner 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: Size: 56" x 22" x 30". Weight 97.4lb.
LLAS4: Size: 70" x 22" x 58". Weight 209.4lb.

As an example; each shelf can hold up to four Slamballs, four Competition Pro kettlebells or two ENDURA Balls.

Please speak to sales rep for rubber floor protectors.

STORAGE.

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 maximized, 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. Individualized 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

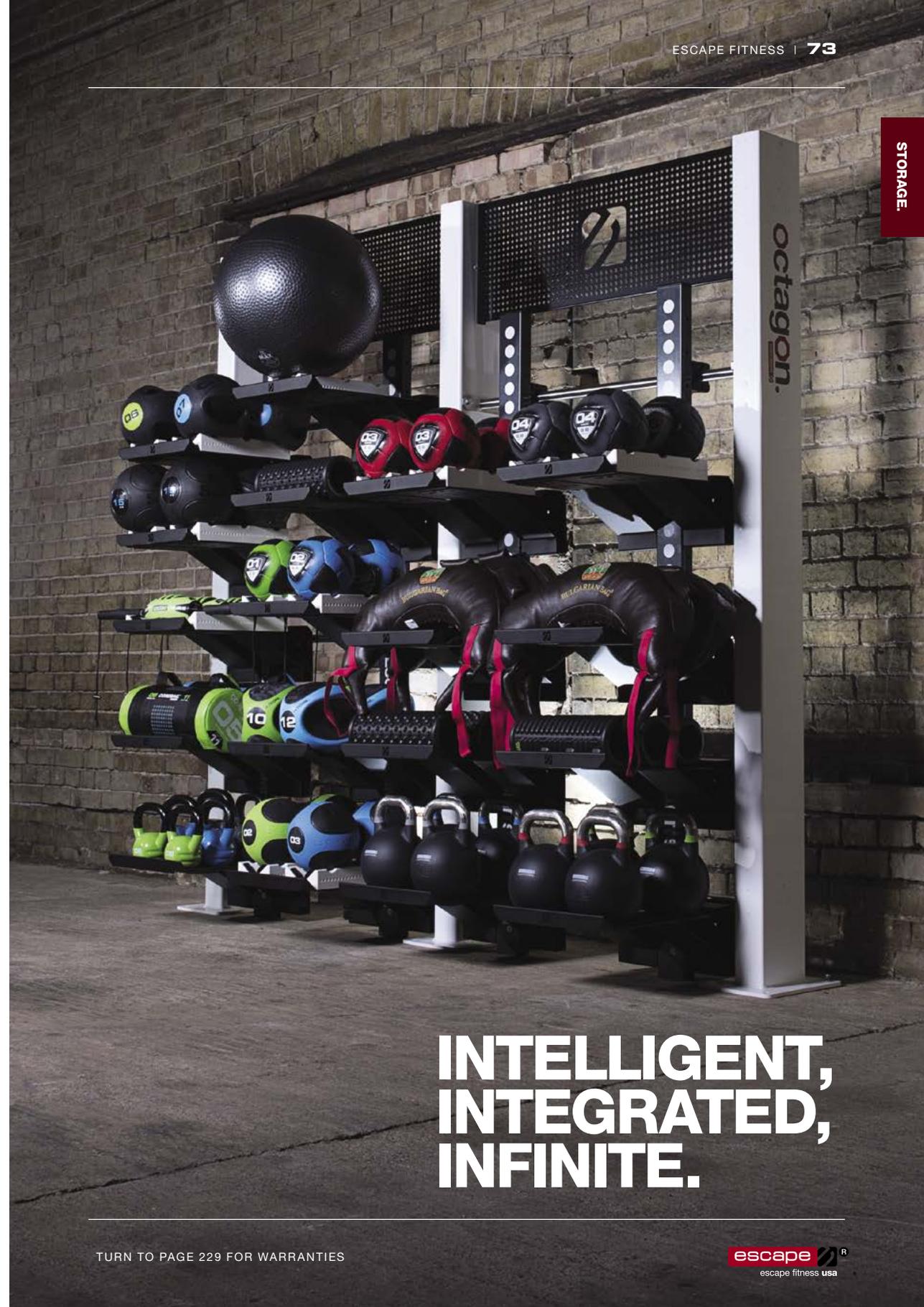
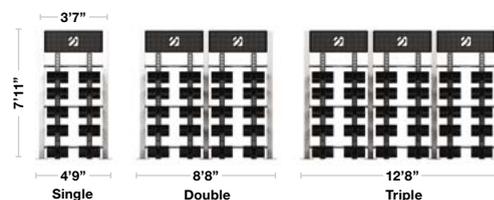
- OHTSW01** Octagon Single Storage Hub - 10 shelves
- OHTSW02** Octagon Double Storage Hub - 20 shelves
- OHTSW03** Octagon Triple Storage Hub - 30 shelves

- 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 69 for more information about RACK5 shelving.

Other color options available, please call for details.

DIMENSIONS.



STORAGE.

INTELLIGENT, INTEGRATED, INFINITE.

OCTAGON.

There is one piece of equipment that grabs user attention like no other – the challenging and versatile functional frame.

With endless configuration possibilities, Escape's Octagon range stands out from the rest. Suitable for members of all fitness levels, from beginner to athlete, our functional frames and storage-focused products deliver comprehensive solutions to optimise any training environment.



OCTAGON.

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BODY CONDITIONING TRAINING FRAMES	90
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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.

Regardless of gym size and members' fitness abilities, our extensive range gives you endless options when it comes to choosing one that's right for your club.



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

OCTAGON.

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 80-89 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 90-97 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 98-105 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 106-113 for our athletic training frames.





TRANSFORM THE WAY YOUR GYM FLOOR WORKS.

Here at Escape, we believe craftsmanship matters. Our Octagon frame range is manufactured in Great Britain with function, attention to detail, and purpose in mind, as well as thoughtful design.



Dynamic, high-impact workouts demand a high performance, multi-dimensional gym. That's exactly what the Octagon delivers.

The options are limitless when it comes to designing a statement rig that demands the best results. Our extensive range of training frames will transform the way your gym floor works and offer unrivalled experiences to your members.

Our line-up of wall-based, freestanding, body conditioning, cross training, and athletic training frames enhance group training, member engagement, functionality.

Select a frame directly from the catalogue for a comprehensive off-the-shelf solution complete with frame attachments and equipment. Or choose to semi-customise or fully-customise a rig to match up with your gym's branding, facility size or budget, member demographics, or training and storage needs.





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.

HIT HUB SINGLE SIDED, ONE BAY.

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.

-  **4 USERS.** Can accommodate up to 4 users working on the frame.
-  **301ft²** Minimum working area for up to 4 users.
-  **753ft²** Optimum space working area.

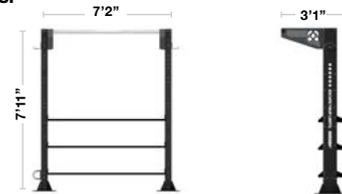


OFPHH04 Hit Hub Single Sided, 1 Bay
Hit Hub Single Sided, 1 Bay attachments include:

- x1 Battle Rope Eye.
- x2 Claws for storage.
- x1 Internal Hit Wing.
- x3 Flat Shelves with rubber mats.

Other color options available, please call for details.

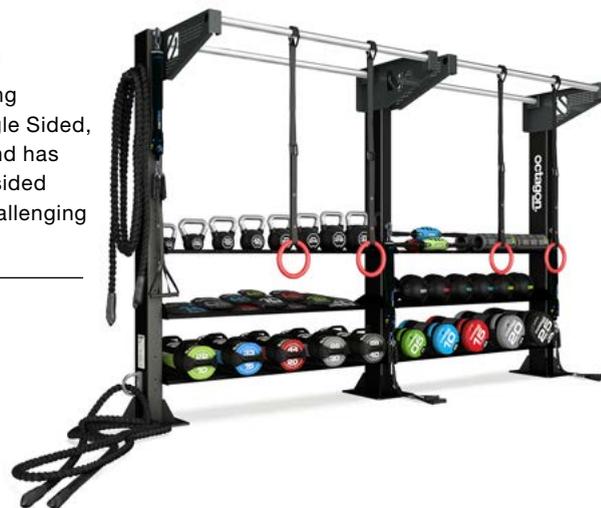
DIMENSIONS.



HIT HUB SINGLE SIDED, TWO BAY.

Designed as the ultimate group X programming solution for smaller clubs, the HIT HUB – Single Sided, Two Bay provides a centrepoint for circuits and has double the storage capabilities of the single-sided frame, along with added accessories for a challenging multifunctional workout.

-  **6 USERS.** Can accommodate up to 6 users working on the frame.
-  **398ft²** Minimum working area for up to 6 users.
-  **915ft²** Optimum space working area.

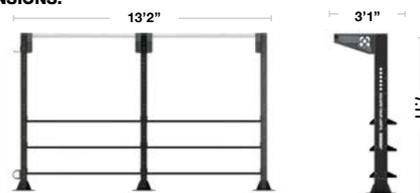


OFPHH05 Hit Hub Single Sided, 2 Bay
Hit Hub Single Sided, 2 Bay attachments include:

- x1 Battle Rope Eye.
- x1 Claw for storage.
- x2 Internal HIT Wings.
- x6 Flat Shelves with rubber mats.

Other color options available, please call for details.

DIMENSIONS.



NOTHING GETS RESULTS LIKE TRAINING WITH A PURPOSE.



OCTAGON.

HIT HUB ATHLETIC.

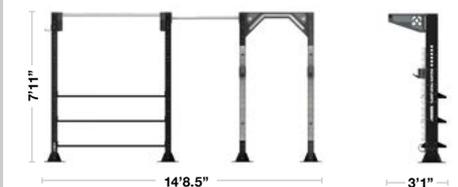
By combining a MONO strength station and the HIT HUB, even facilities with limited space can create a serious workout area for functional training. The catch racks for barbell lifts and an overhead pull-up attachment complement the multiple possibilities already offered by the HIT HUB. In addition to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



-  **4 USERS.** Can accommodate up to 4 users working on the frame.
-  **237ft²** Minimum working area for up to 4 users.
-  **635ft²** Optimum space working area.

- OFPHH03** Hit Hub Athletic
Hit Hub Athletic attachments include:
- x1 Battle Rope Eye.
 - x1 Claw for storage.
 - x1 Internal Hit Wing.
 - x1 Weight Station with Catch Racks.
 - x1 Pull-Up Bar.
 - x3 Flat Shelves with rubber mats.
- Other color options available, please call for details.

DIMENSIONS.



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.

HIT HUB 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 four people.

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

131ft² Minimum working area for up to 4 users.

753ft² Optimum space working area.



OFPHH01 Hit Hub Single Sided, 1 Bay Freestanding
Hit Hub Single Sided, 1 Bay FreeStanding attachments include:

- x1 Battle Rope Eye.
- x2 Claws for storage.
- x1 Hit Wing.
- x3 Flat Shelves with rubber mats.

Other color options available, please call for details.

DIMENSIONS.



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 centrepoint for circuits and has double the storage capabilities of the single sided frame, along with added accessories for a challenging multifunctional workout.

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

420ft² Minimum working area for up to 6 users.

947ft² Optimum space working area.



OFPHH02 Hit Hub Single Sided, 2 Bay Freestanding
Hit Hub Single Sided, 2 Bay FreeStanding attachments include:

- x1 Battle Rope Eye.
- x2 Claws for storage.
- x2 Internal Hit Wings.
- x6 Flat Shelves with rubber mats.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



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.

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



HTS 8.2.2.

The HTS 8.2.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.



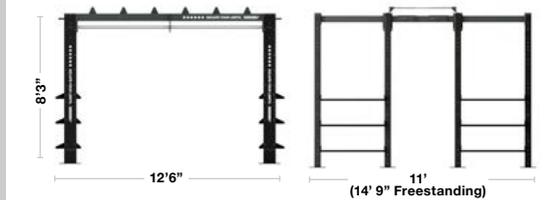
14 USERS. Can accommodate up to 6 users working on the frame and up to 8 users around the frame.

193ft² Frame-based working area for up to 6 users.

565ft² Floor-based working area for up to 14 users.

- OPPHT02** Octagon HTS822
OPPHT03 Octagon Freestanding HTS822
- Octagon HTS 8 Leg 2x2 Beam attachments include:
- x4 Suspension Docks.
 - x2 Sets of Pull-Up Handles.
 - x6 Monkey Bars.
 - x12 Flat Shelves with rubber mats.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING.

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.



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.

- OPPHT01** Freestanding HTS90
- Freestanding HTS90 attachments include:
- x1 Boxing Arm and Swivel.
 - x1 Torso Trainer.
 - x1 Set of Pull-Up Handles.
 - x1 Fixed Dip Station.
 - x1 Battle Rope Eye.
 - x1 Bar Holder.
 - x3 Flat Shelves with rubber mats.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

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 programs. 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.



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.

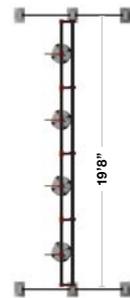
Depending on the size of frame chosen, the BOA Rail provides capacity for two, three or four punchbags to be used at the same time.



2 USERS.



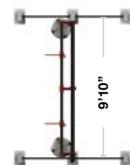
3 USERS.



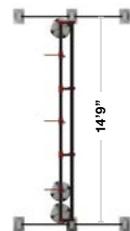
4 USERS.

DOCKED POSITION.

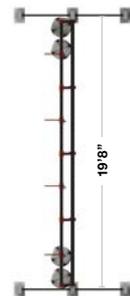
When the boxing session is over, simply release the locking mechanism and slide each bag over for neat storage.



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 windcreens 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

BOXING FRAME.

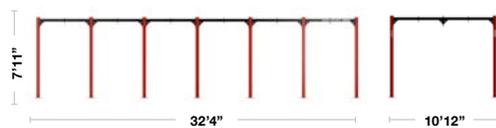
Whether for intense combat classes or introducing new groups to striking, this frame allows members to easily access as many or as few bags as they like, depending on space needs and distancing guidelines in fitness facilities.

With a custom number of boxing bags that can be fitted to this frame, you're able to have as few or as many members working out together as social distancing guidelines allow. With so many programming options for any ability in a single space, class applications or solo workouts are sorted both now and in the future.

Speak to your sales representative for more information.

BOXING FRAME - 14 BAG.

DIMENSIONS.



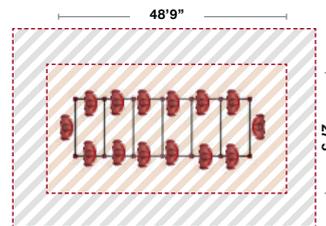
USERS AND WORKING AREA.

14 USERS.

Can accommodate up to 14 users working on the frame.

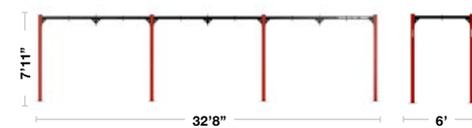
1335ft²

Frame-based working area for up to 14 users.



BOXING FRAME - 16 BAG.

DIMENSIONS.



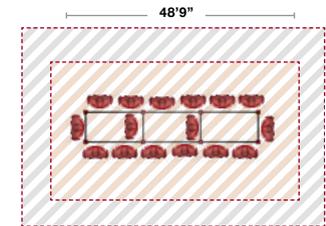
USERS AND WORKING AREA.

16 USERS.

Can accommodate up to 16 users working on the frame.

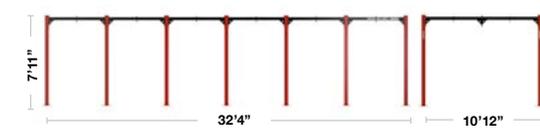
1098ft²

Frame-based working area for up to 16 users.



BOXING FRAME - 26 BAG.

DIMENSIONS.



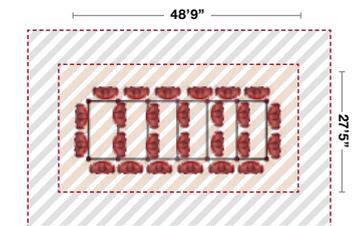
USERS AND WORKING AREA.

26 USERS.

Can accommodate up to 26 users working on the frame.

1335ft²

Frame-based working area for up to 26 users.





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.

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.



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

36ft² Frame-based working area for up to **6 users**.

62ft² Floor-based working area for up to **10 users**.

DIMENSIONS.



OFFPOT02 T1 Type 1

T1 Type 1 attachments include:

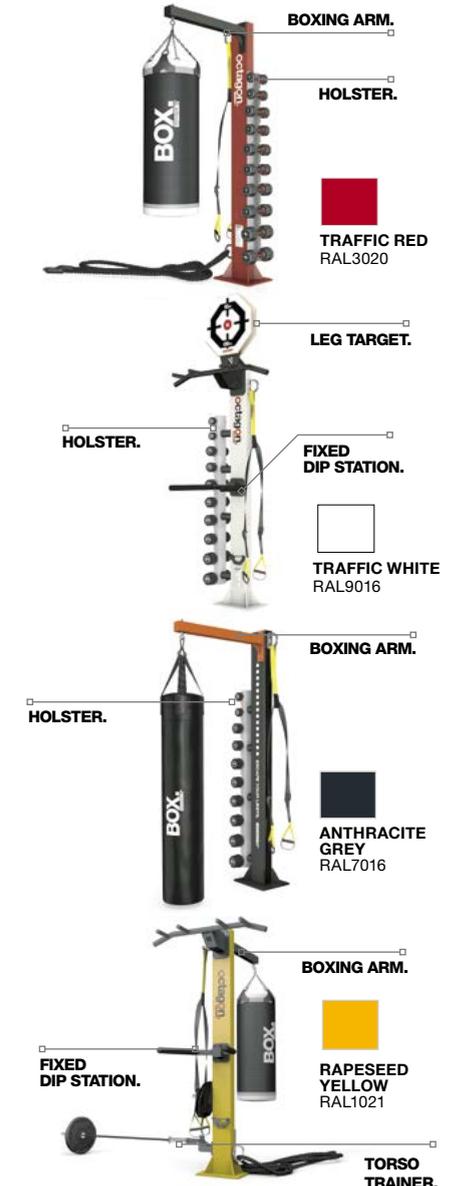
- x1 Boxing Arm and Swivel.
- x1 T1 Pull-Up Station.
- x1 Fixed Dip Station.
- x1 Claw Step.
- x2 Battle Rope Eyes.
- x1 Torso Trainer.
- x1 Bar Holder.
- x1 Weight Horn.

Other color options available, please call for details.



DESIGN YOUR OWN T1.

Create unforgettable experiences for members and set yourself apart in today's ever-changing landscape. Take a look at some of the many ways you can customise the full-functioning T1 to make your facility inclusive, welcoming and offer something specific for any user – regardless of fitness level.



See pages 116-119 for attachment and color options.

MULTI-USE TRAINING POTENTIAL. NO BOLTING REQUIRED.



OCTAGON™

OCTAGON™

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.



FRAME AVAILABLE AS FREESTANDING.

-  **18 USERS.** Can accommodate up to **10 users** working on the frame and up to **8 users** around the frame.
-  **387ft²** Frame-based working area for up to **10 users**.
-  **871ft²** Floor-based working area for up to **18 users**.

REGISTERED DESIGN.

- OFPOC01** Octagon Freestanding Frame and Attachment
- OFPOC02** Octagon Frame and Attachments

Octagon attachments include:

- x1 Boxing Arm and Swivel.
- x1 CRUX Rope Pulley.
- x2 Battle Rope Eyes.
- x1 Set of Pull-Up Handles.
- x2 Torso Trainers.
- x2 Fixed Dip Stations.
- x1 WOD Box Wing.
- x6 Monkey Bars.
- x4 Weight Horns.
- x2 Weight Stations with Catch Racks.

Other color 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.



-  **12 USERS.** Can accommodate up to **6 users** working on the frame and up to **6 users** around the frame.
-  **193ft²** Frame-based working area for up to **6 users**.
-  **430ft²** Floor-based working area for up to **12 users**.

OFPOT01 QUAD 2.0 Frame and Attachments

QUAD 2.0 attachments include:

- x1 Boxing Arm and Swivel.
- x1 Battle Rope Eyes.
- x1 Fixed Dip Station.
- x1 Set of Pull-Up Handles.
- x6 Monkey Bars.
- x2 Weight Horns.
- x1 Weight Station with Catch Racks.

Other color 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.



FREESTANDING SQUAT HUB.

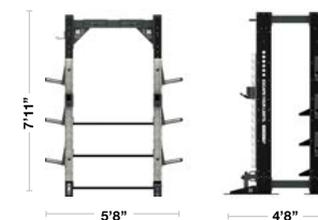
A compact, solidly dependable, and sturdy piece of kit, this Freestanding Squat Hub is commanding. It features an array of attachments and storage to increase the versatility and effectiveness of the unit for serious strength training and results. Packing many exercises into a single power hub, it promises to remain stable as users get progressively stronger tackling dips, squats, pull-ups, and more.



-  **1 USER.** Can accommodate 1 user working on the frame.
-  **26ft²** Minimum working area for 1 user.
-  **39ft²** Optimum space working area.

- OFPSQ01** Freestanding Squat Hub
Freestanding Squat Hub attachments include:
- x1 Set of Pull-Up Handles.
 - x1 Battle Rope Eye.
 - x1 Torso Trainer.
 - x1 Bar Holder.
 - x6 Weight Horns.
 - x1 Weight Station with Catch Racks.
 - x1 Claw for storage.
 - x3 Flat Shelves with rubber mats.
- Other color options available, please call for details.

DIMENSIONS.



WOD BOX.

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.



-  **1 USER.** Can accommodate 1 user working on the frame.
-  **26ft²** Minimum working area for 1 user.
-  **39ft²** Optimum space working area.

- OFPSQ06** WOD Box
WOD Box attachments include:
- x1 Set of Pull-Up Handles.
 - x1 Weight Station with Catch Racks and Extended Catch Racks.
 - x1 Internal Weight Station with Catch Racks and Safety Straps.
- Other color options available, please call for details.

DIMENSIONS.



FREESTANDING MONO.

The FREESTANDING 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.

-  **1 USER.** Can accommodate 1 user working on the frame.
-  **16ft²** Minimum working area for 1 user.
-  **26ft²** Optimum space working area.

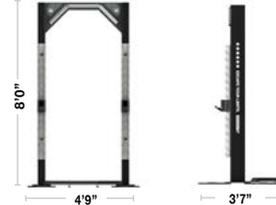


OFPSQ05 Freestanding Mono
Freestanding Mono attachments include:

- x1 Weight Station with Catch Racks.
- x1 Pull-Up Bar.

Other color options available, please call for details.

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.

-  **1 USER.** Can accommodate 1 user working on the frame.
-  **16ft²** Minimum working area for 1 user.
-  **29ft²** Optimum space working area.



OFPSQ03 Half Box
Half Box attachments include:

- x1 Set of Pull-Up Handles.
- x6 Weight Horns.
- x1 Weight Station with Catch Racks and Extended Catch Racks.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

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.



OCTAGON.



-  **3 USERS.** Can accommodate up to 3 users working on the frame.
-  **30ft²** Minimum working area for up to 3 users.
-  **15m²** Optimum working area

REGISTERED DESIGN.

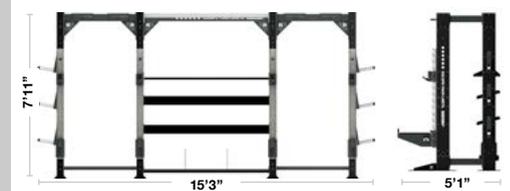
- OFPSQ02** Freestanding Half Squad
- OFPSQ04** Half Squad

Half Squad attachments include:

- 2 x Suspension Beams.
- 2 x Toast Racks.
- 2 x Catch Rack Pairs.
- 2 x Weight Stations with Catch Racks and Extended Catch Racks.
- 6 x Weight Horns.
- 4 x Pull-Up Handles.

Other color options available, please call for details.

DIMENSIONS.



OPTIONAL FRAME ATTACHMENTS, MAXIMUM FUNCTIONALITY.

Innovative use of frame accessories makes the difference between a missed opportunity and an iconic fitness space. Whether it's for storage or additional places to work out, transform your equipment and your member experience with attachments tailored to what your gym does best.

CRUX ROPE.

The CRUX is versatile, durable, and—let's be real—challenging.

Constructed from a heavy-duty steel case and polypropylene rope, the CRUX was made to withstand the most challenging training sessions. This optional piece of kit is intuitive, beautifully designed, requires zero setup, and the adjustable resistance makes it suitable for all users.

Get to grips with the CRUX to elevate heart rate, build functional strength, and improve cardiovascular endurance.

LASER CUT, STEEL CASING.

Modern design perfectly complements the Octagon range of frames and accessories.

INTUITIVE.

No setup required. Simply select resistance level to

POLYPROPYLENE SYNTHETIC ROPE.

Durable enough to withstand heavy commercial use without breaking down.

OCA093 CRUX Rope

SPECIFICATIONS.
23.8" x 6.9" x 37.5". Weight 95.7lb.

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 a sales representative for pricing and details of the full range.

MARS LEG BRACKET.

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.

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.

MARS BEAM.

Aesthetically-pleasing and practical, a MARS screen beam creates a focus point of any Octagon frame.

For more information on how the MARS screen can benefit your fitness space, turn to page 4.



OCF147 MARS Screen Beam 1.7m /5'7"

OCF148 MARS Screen Beam 1.1m /5'7"

Please speak to a sales representative for pricing

HOLSTER.

Sensible storage for weights is vital for safety on the gym floor, easy accessibility for members, and convenience for any programming needs. The HOLSTER attaches to any HIT HUB leg and allows you to keep a variety of dumbbells in one place for whatever workout your members need, all without taking up any additional flooring space.



OCA083 HOLSTER

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.



OCS028 Storage Cage 3'7"

OCS027 Storage Cage 1.7m

SPECIFICATIONS:

OCS028: Size: 1'3" x 3'7" x 17". Weight 57.7lb

OCS027: Size: 1'3" x 5'8" x 17". Weight 81.5lb

Equipment sold separately.

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: 23.5" x 33.5". Weight 25.4lb

Leg Target: Size: 23.5" x 37.5". Weight 29.3lb

Wall Target: Size: 23.5" x 23.5". Weight 9.5lb

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: 28" x 32" x 37".



DOCK BOXING BRACKET.

OCA061 Dock Boxing Bracket



WING.

OCA006 Wing Attachment Short



EXTENDED CATCH RACK ARMS.

OCA053 Extended Catch Rack Arms (pair)



TORSO TRAINER.

OCA056 Torso Trainer



CLAW.

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

OCA014 Claw



BOXING ARM.

OCA007 Boxing Arm with Swivel



WEIGHT HORN.

OCA069 Weight Horn



FIXED DIP STATION.

OCA016 Fixed Dip Station



BAR HOLDER.

OCA011 Single Bar Holder



HIT WING.

- OCA054 HIT Wing
- OCA055 HIT Wing Extender
- OCA084 HIT Wing 1m
- OCA085 HIT Wing 1.1m
- OCA086 HIT Wing Extender 1m
- OCA087 HIT Wing Extender 1.1m



HIT WINGV2.

- OCA090 Hit Wing Internal 1.7m
- OCA091 Hit Wing Internal 1m
- OCA092 Hit Wing Internal 1.1m



OCTAGON STORAGE RAIL.

- OCS029 Parallel storage shelf 1.7m
- OCS030 Parallel storage shelf 1.1m

MAKE A FRAME YOUR OWN.

After you've invested hours designing the perfect gym space, why settle for training frames in a single color? Escape now offers an expanded range of color 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 colors to really bring your fitness space vision to life.

TRAFFIC WHITE
RAL9016



ANTHRACITE GREY
RAL7016



TRAFFIC RED
RAL3020



YELLOW GREEN
RAL6018



TRAFFIC ORANGE
RAL2009



JET BLACK
RAL9005



METALLIC SILVER
RAL9007



TRAFFIC BLUE
RAL5017



RAPESEED YELLOW
RAL1021



CHOOSE YOUR COLORS.

Pictured here are 12 examples of Octagon frame and attachment color combinations to illustrate what is possible. But remember, you can specify any combination of the standard colors.

In addition, Octagon frames can also be supplied in individualized colors, for example to match your club's branding – please contact us for details.

MATERIALS.

Carbon Steel S275
Frame Legs are 200 x 100 x 4mm (8" x 4" x 8 Gauge)
Beams 100 x 50 x 3mm (4" x 2" x 11 Gauge)



O1

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



O2

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
TRAFFIC BLUE ■
RAL5017

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



O3

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



O4

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
ANTHRACITE GREY ■
RAL7016

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016

OCTAGON.

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.



VECTOR	122
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FUNCTIONAL.



FUNCTIONAL.

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 11-110lb.



STORAGE.

The tiny footprint means that storage is easy when keeping the gym tidy. The VECTOR can be 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.

Turn cap to increase or decrease resistance.

Instantly swap out accessories.



- VECT60LH2** VECTOR 60 Light with two handles
- VECT60MH2** VECTOR 60 Medium with two handles
- VECT60HH2** VECTOR 60 Heavy with two handles
- VF606P** VECTOR 60 frame pack – 6 users
- VECTMOBILE** VECTOR Mobile Pack
- VHAND** VECTOR Long Handle Loop Strap
- VTHIGH** VECTOR Thigh Cinch Strap
- VTORSO** VECTOR Long Torso Strap
- VANCHOR** VECTOR Anchor (Door)
- VWALL** VECTOR Wall/Rack Anchor
- VCARAB** VECTOR Carabiner
- VEBOLT** VECTOR Octagon Eyelet

- VST60L** Light Replacement Tubes (x10)
- VST60H** Heavy Replacement Tubes (x10)

VECTOR 60 SPECIFICATIONS.
Size: 3.2" (D) x 30" (L). Weight 2.6lb

VECTOR MOBILE PACK.

- 2x Long Handle Loop Strap
- 2x Carabiners
- Long Torso Strap
- Anchor (Door)
- Thigh Cinch Strap



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.

Re-engage members with exciting workout and program 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 22lb TIYR Sport

SPECIFICATIONS.

Size: OD: 26.3" ID: 16.7" H: 6.9".



FUNCTIONAL.



PRODUCT TRAINING AVAILABLE.

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

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 216](#) to find out more.

TIYR01	90lb	TIYR – Green with Handles
TIYR02	130lb	TIYR – Blue with Handles
TIYR03	175lb	TIYR – Red with Handles
TIYR04	220lb	TIYR – Black with Handles



90 lb
OUTSIDE DIAMETER: 34"
INSIDE DIAMETER: 16"
HEIGHT: 10"



130lb
OUTSIDE DIAMETER: 41"
INSIDE DIAMETER: 20"
HEIGHT: 12"



175lb
OUTSIDE DIAMETER: 47"
INSIDE DIAMETER: 24"
HEIGHT: 15"



220lb
OUTSIDE DIAMETER: 47"
INSIDE DIAMETER: 24"
HEIGHT: 15"

FUNCTIONAL.

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 70 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 216 to find out more.

GRIPR202	4.4lb	GRIPR – Green
GRIPR204	8.8lb	GRIPR – Blue
GRIPR206	13.2lb	GRIPR – Red
GRIPR208	17.6lb	GRIPR – Gray
GRIPR210	22lb	GRIPR – White
GRIPR212	26.5lb	GRIPR – Green
AMB001	Ammo Box Storage Holds 4 of each GRIPR Size 23.5" x 33" x 24"	



FUNCTIONAL.



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



HERE IS AN
ATHLETE IN
EVERYONE
AND WE ARE

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 molded 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: 87.9" x 9.25" Ring: 9.25" (OD), 1.1" (DIA)
Strap: 78.7" (L) x 1.5" (W) x 0.05" (D)

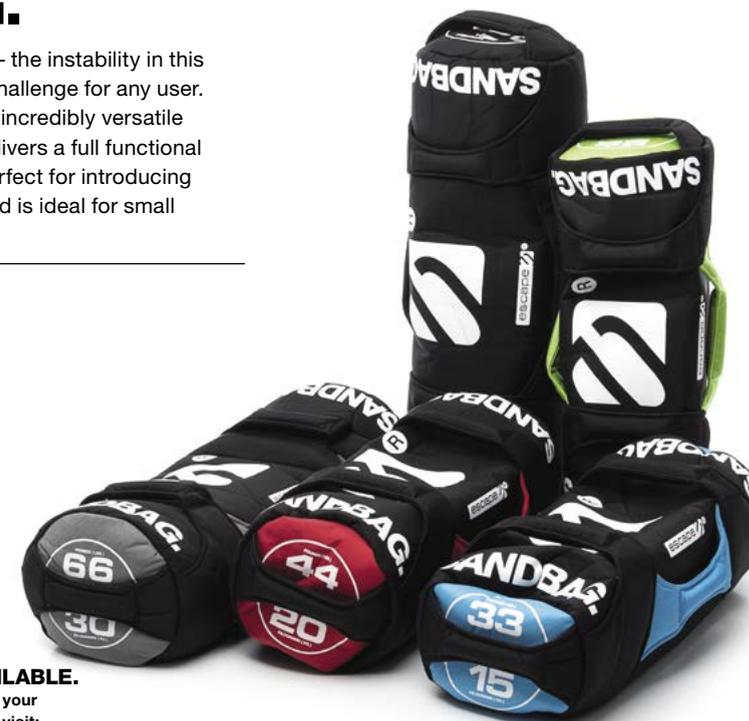
SANDBAG.

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



FUNCTIONAL.



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 Racks will hold 5 or 10 bags.



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 216](#) to find out more.



SBAG10V2	22lb	Sandbag – Green
SBAG15V2	33lb	Sandbag – Blue
SBAG20V2	44lb	Sandbag – Red
SBAG30V2	66lb	Sandbag – Gray
SBAG40V2	88lb	Sandbag – Black

RACKM5	5 Shelf Multi Rack – Holds 5 bags
RACKM10	10 Shelf Multi Rack – Holds 10 bags
RACK5	RACK5 – Holds 10 bags (as shown)

RACK SPECIFICATIONS.

RACKM5:	Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
RACKM10:	Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5:	Size: 23.5" x 27.5" x 73". Weight 165lb.

Bags sold separately.

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 Rack (pictured) holds 10 Corebags.



TRAINING.
The Corebag product training workshop will provide your personal trainers and instructors with the knowledge the 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 216** to find out more.

- ECB050V3** 5kg/11lb Corebag – Green
- ECB100V3** 10kg/22lb Corebag – Blue
- ECB150V3** 15kg/33lb Corebag – Red
- ECB200V3** 20kg/44lb Corebag – Gray
- ECB250V3** 25kg/55lb Corebag – Black

- RACKM5** 5 Shelf Multi Rack – Holds 5 bags
- RACKM10** 10 Shelf Multi Rack – Holds 10 bags (as shown)
- RACK5** RACK5 – Holds 10 bags

RACK SPECIFICATIONS.

- RACKM5:** Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
- RACKM10:** Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
- RACK5:** Size: 23.5" x 27.5" x 73". Weight 165lb.

Corebags sold separately.



FUNCTIONAL.

FITNESS BULGARIAN BAG.®

Bright colors, 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. Efficient storage 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 216** to find out more.

FVBBAG5V3	11lb	Fitness Bulgarian Bag – Green
FVBBAG8V3	17lb	Fitness Bulgarian Bag – Blue
FVBBAG12V3	26lb	Fitness Bulgarian Bag – Red
FVBBAG17V3	37lb	Fitness Bulgarian Bag – Gray
FVBBAG22V3	50lb	Fitness Bulgarian Bag – Black

RACKM5	5 Shelf Multi Rack – Holds 5 bags (as shown)
RACKM10	10 Shelf Multi Rack – Holds 10 bags
RACK5	RACK5 – Holds 10 bags

RACK SPECIFICATIONS.

RACKM5:	Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
RACKM10:	Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5:	Size: 23.5" x 27.5" x 73". Weight 165lb.

Bulgarian Bags sold separately.



PRODUCT TRAINING AVAILABLE.

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

FUNCTIONAL.

MEDICINE BALLS.

Anyone who has fully embraced functional fitness knows that the medicine ball is a fantastic component of functional training programs. Escape has developed a range of Six 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 Multi 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.	ENDURA BALL.	TOTAL GRIP.	MULTI 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	Vigorous workouts, building core strength, rotational power	Functional zones, cross training, sports performance
WEIGHTS	6.6lb - Green 8.8lb - Blue 11lb - Red 13.2lb - Gray 15.4lb - Black 17.6lb - Green 19.8lb - Blue 22lb - Red	2.2lb - Green 4.4lb - Blue 6.6lb - Red 8.8lb - Gray 11lb - Black	4-20lb in 2lb increments 20-30lb in 5lb increments	2lb 4lb 6lb 8lb 10lb	12lb 14lb 16lb 18lb 20lb	11lb - Green 22lb - Blue 33lb - Red 44lb - Gray
DIAMETER	14"	8"	14"	9.5"	9"	10"
FEATURE	Oversized design to correct postural alignment	Sure-grip, soft surface ideal for throwing and rolling	Abrasion resistant extra grip textured surface	Extra grip textured surface	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 colorful, 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 colors 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 colors determine the VERTMINI weights.



03 ENDURA BALL.

A training tool to offer full-body fitness for members, the hard-wearing ENDURA range is Escape's toughest medball. The abrasion resistant, hand-stitched coating can withstand any workout. Weights ranging from 4lb to 30lb means these medicine balls are perfect for speed, strength and circuits.



04 TOTAL GRIP 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.



05 MULTI 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 colored numbers determine the weight of each ball.

FUNCTIONAL.



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.



FUNCTIONAL.



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 Multi Rack (pictured) holds 5-10 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 216** to find out more.

VERT03	6.6lb	VERTBALL – Green
VERT04	8.8lb	VERTBALL – Blue
VERT05	11lb	VERTBALL – Red
VERT06	13.2lb	VERTBALL – Gray
VERT07	15.4lb	VERTBALL – Black
VERT08	17.6lb	VERTBALL – Green
VERT09	19.8lb	VERTBALL – Blue
VERT10	22lb	VERTBALL – Red

RACKM5	5 Shelf Multi Rack – Holds 5 balls (as shown)
RACKM10	10 Shelf Multi Rack – Holds 10 balls
RACK5	RACK5 – Holds 10 balls

RACK SPECIFICATIONS.

RACKM5:	Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
RACKM10:	Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5:	Size: 23.5" x 27.5" x 73". Weight 165lb.

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 Muti 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 216](#) to find out more.

EVM01	2.2lb	VERTMINI – Green
EVM02	4.4lb	VERTMINI – Blue
EVM03	6.6lb	VERTMINI – Red
EVM04	8.8lb	VERTMINI – Gray
EVM05	11lb	VERTMINI – Black

RACKM5 5 Shelf Multi Rack – Holds 5 balls

RACKM10 10 Shelf Multi Rack – Holds 10 balls

RACK5 RACK5 – Holds 10 balls (as shown)

RACK SPECIFICATIONS.

RACKM5: Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.

RACKM10: Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.

RACK5: Size: 23.5" x 27.5" x 73". Weight 165lb.

VERTMINIs sold separately.





ENDURA BALL.

These are the toughest medicine balls in the Escape range, designed for a variety of workouts that will push anyone to reach a new level of fitness.



FUNCTIONAL.



TEXTURE.

The ENDURA Ball is the ideal training tool for hard use, covered in a combination of synthetic polyester wool and rubber crush and cork for endless durability.



TRAINING.

With a weight range from 4lb to 30lb, the ENDURA Ball range allows members to master movement and flexibility or challenge full body strength and conditioning.



TECH SPEC.

Hand-stitched and abrasion resistant, the ENDURA Ball range comes in: 14" - 4, 6, 8, 10, 12, 14, 16, 18, 20, 25, 30lb.

AENDUR204	4lb	ENDURA Ball
AENDUR206	6lb	ENDURA Ball
AENDUR208	8lb	ENDURA Ball
AENDUR210	10lb	ENDURA Ball
AENDUR212	12lb	ENDURA Ball
AENDUR214	14lb	ENDURA Ball
AENDUR216	16lb	ENDURA Ball
AENDUR218	18lb	ENDURA Ball
AENDUR220	20lb	ENDURA Ball
AENDUR225	25lb	ENDURA Ball
AENDUR230	30lb	ENDURA Ball

LLAS4 Low Level Angled Storage

RACK SPECIFICATIONS.

LLAS4: Size: 70" x 22" x 58". Weight 209lb.

ENDURA Balls sold separately.

TOTAL GRIP 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.



DESIGN.

These back to basics, monochrome medicine balls offer classic style, with easily identifiable weight indicators.



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 2lb to 10lb, in increments of 2lbs. Also available: racks for storing five or 10 balls.

ATGMED02	2lb	Total Grip Medball
ATGMED04	4lb	Total Grip Medball
ATGMED06	6lb	Total Grip Medball
ATGMED08	8lb	Total Grip Medball
ATGMED10	10lb	Total Grip Medball

RACKM5	5 Shelf Multi Rack – Holds 5 balls
RACKM10	10 Shelf Multi Rack – Holds 10 balls (as shown)
RACK5	RACK5 – Holds 10 balls

RACK SPECIFICATIONS.

RACKM5:	Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
RACKM10:	Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lbs.
RACK5:	Size: 23.5" x 27.5" x 73". Weight 165lb.

Medicine Balls sold separately.



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.



FUNCTIONAL.



DESIGN.

The combination of a 10" 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 Muti Rack holds five to 10 Slamballs (see page 62).

SBSBX05	11lb	Slamball SBX – Green number
SBSBX10	22lb	Slamball SBX – Blue number
SBSBX15	33lb	Slamball SBX – Red number
SBSBX20	44lb	Slamball SBX – Gray number

RACKM5	5 Shelf Multi Rack – Holds 5 balls
RACKM10	10 Shelf Multi Rack – Holds 10 balls
RACK5	RACK5 – Holds 10 balls (as shown)
RACK SPECIFICATIONS.	
RACKM5:	Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
RACKM10:	Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lbs.
RACK5:	Size: 23.5" x 27.5" x 73". Weight 165lb.

Slamball SBX sold separately.



MULTI GRIP MEDICINE BALL.

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



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 12lb to 20lb in 2lb increments.

- AMGMED12** 12lb Multi Grip Medball
- AMGMED14** 14lb Multi Grip Medball
- AMGMED16** 16lb Multi Grip Medball
- AMGMED18** 18lb Multi Grip Medball
- AMGMED20** 20lb Multi Grip Medball

- RACKM5** 5 Shelf Multi Rack – Holds 5 balls
- RACKM10** 10 Shelf Multi Rack – Holds 10 balls (as shown)
- RACK5** RACK5 – Holds 10 balls

RACK SPECIFICATIONS.

- RACKM5:** Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb.
- RACKM10:** Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lbs.
- RACK5:** Size: 23.5" x 27.5" x 73". Weight 165lb.

Medicine Balls sold separately.



FUNCTIONAL.

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.



LOWEST ANGLE: 33°

HIGHEST ANGLE: 60°



RPB001 Reaction Pro Bounder

SPECIFICATION.

Size: 28" x 32" x 37" – frame only.
Size: 37.5" x 35.5" – overall size laid at flattest position.

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.

ARACK5EPFU RACK5 Functional Pack

- Pack includes:
- RACK5
 - 3 x Ridge Rollers
 - 2 x 2lb and 4lb Total Grip Medballs
 - 2lb, 4lb and 8.8lb CMTs
 - 11lb and 22lb Corebags
 - 2 x 16lb, 24lb and 32lb Studio Kettlebells

RACK SPECIFICATIONS.
Size: 23.5" x 27.5" x 73". Weight 165lb.

02 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 GRIPPRs and Slamballs complete a package targeted at increasing speed and power output.

ARACK5PP RACK5 Power Pack

- Pack includes:
- RACK5
 - 3 x Ridge Rollers
 - 2 x 33lb and 44lb Slamball SBX
 - 17.6lb, 26.5lb, 35lb and 44lb GRIPPRs
 - 26lb and 37lb Fitness Bulgarian Bags
 - 26lb, 35lb, 44lb and 53lb Competition Pro Kettlebells

RACK SPECIFICATIONS.
Size: 23.5" x 27.5" x 73". Weight 165lb.

03 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.

ARACK5EPFI RACK5 Fitness Pack

- Pack includes:
- RACK5 and Mat Attachment
 - 3 x Ridge Rollers
 - 6 x Core Mats
 - 2 x 2lb and 4.4lb Total Grip Medballs
 - 2 x 4lb, 8.8lb and 13lb GRIPPRs
 - 11lb and 22lb Corebags
 - 2 x 16lb, 24lb and 32lb Studio Kettlebells

RACK SPECIFICATIONS.
Size: 23.5" x 27.5" x 73". Weight 165lb.

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 – 2.2lb (green), 4.4lb (blue) and 8.8lb (red). The 4.4lb 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 2.2lb CMT to develop speed and fast movements, and up to the 8.8lb 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 68 to find out more.

TRAINING.

To maximize 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 216 to find out more.

- CMT1** 2.2lb Core Momentum Trainer – Green
- CMT2** 4.4lb Core Momentum Trainer – Blue
- CMT4** 8.8lb Core Momentum Trainer – Red

Weight refers to the internal Power Shot.



FUNCTIONAL.

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.

PLYOSOFT BOX BLACK	152
PLYOSOFT BOX	154
MULTIPLYO	155
QUAD SLED	156
SPEED TRAINING	157
BATTLE ROPES	158
POWER BANDS	159

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 600mm/24", 450mm/18" and 300mm/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.



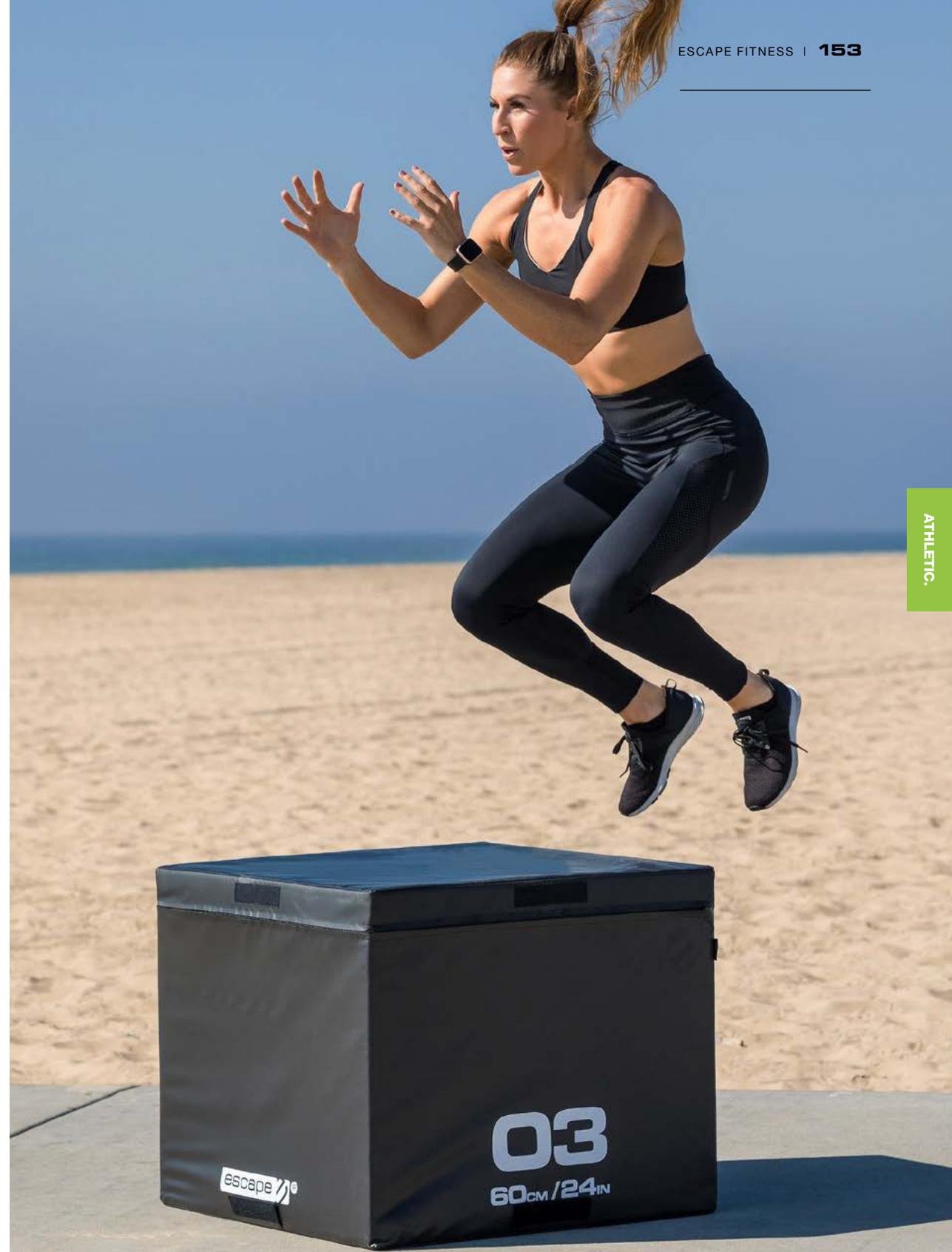
SIMPLE BUT EFFECTIVE.

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.



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

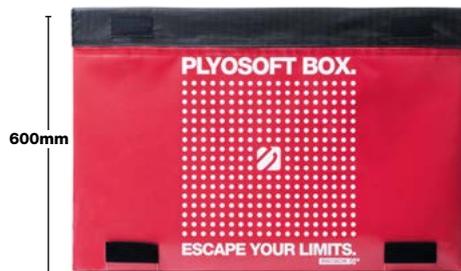
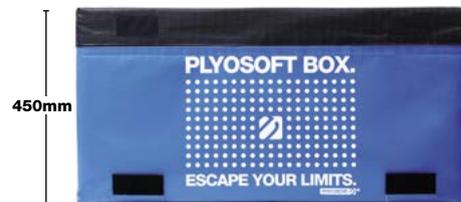
BLPLYS1 Set of 3 Black Plyoboxes



ATHLETIC.

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.

- CPLYOB05** Plyosoft Box 150mm/6" – Gray
- CPLYOB1** Plyosoft Box 300mm/12" – Green
- CPLYOB2** Plyosoft Box 450mm/18" – Blue
- CPLYOB3** Plyosoft Box 600mm/24" – Red

- CPLYS4** Plyosoft Box Set of 4
- CPLYS3** Plyosoft Box Set of 3

SPECIFICATIONS.

- CPLYOB05:** Size: 6" x 29.5" x 35". Weight: 14lbs
- CPLYOB1:** Size: 12" x 29.5" x 35". Weight: 29lbs
- CPLYOB2:** Size: 18" x 29.5" x 35". Weight: 31lbs
- CPLYOB3:** Size: 24" x 29.5" x 35". Weight: 36lbs

TARGET HOT SPOTS.



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.



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 198 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 216 to find out more.

MULTIP2 Multiplyo

SPECIFICATION.

Size: 20" x 30" x 24". Weight approx. 55lbs.



ATHLETIC.



PRODUCT TRAINING AVAILABLE.

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



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.



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



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.

Maximize Quad Sled performance with specialist flooring. Choose the Speed Track or Portable Speed Track (see page 202-203) or Shockturf (see page 200) for details.

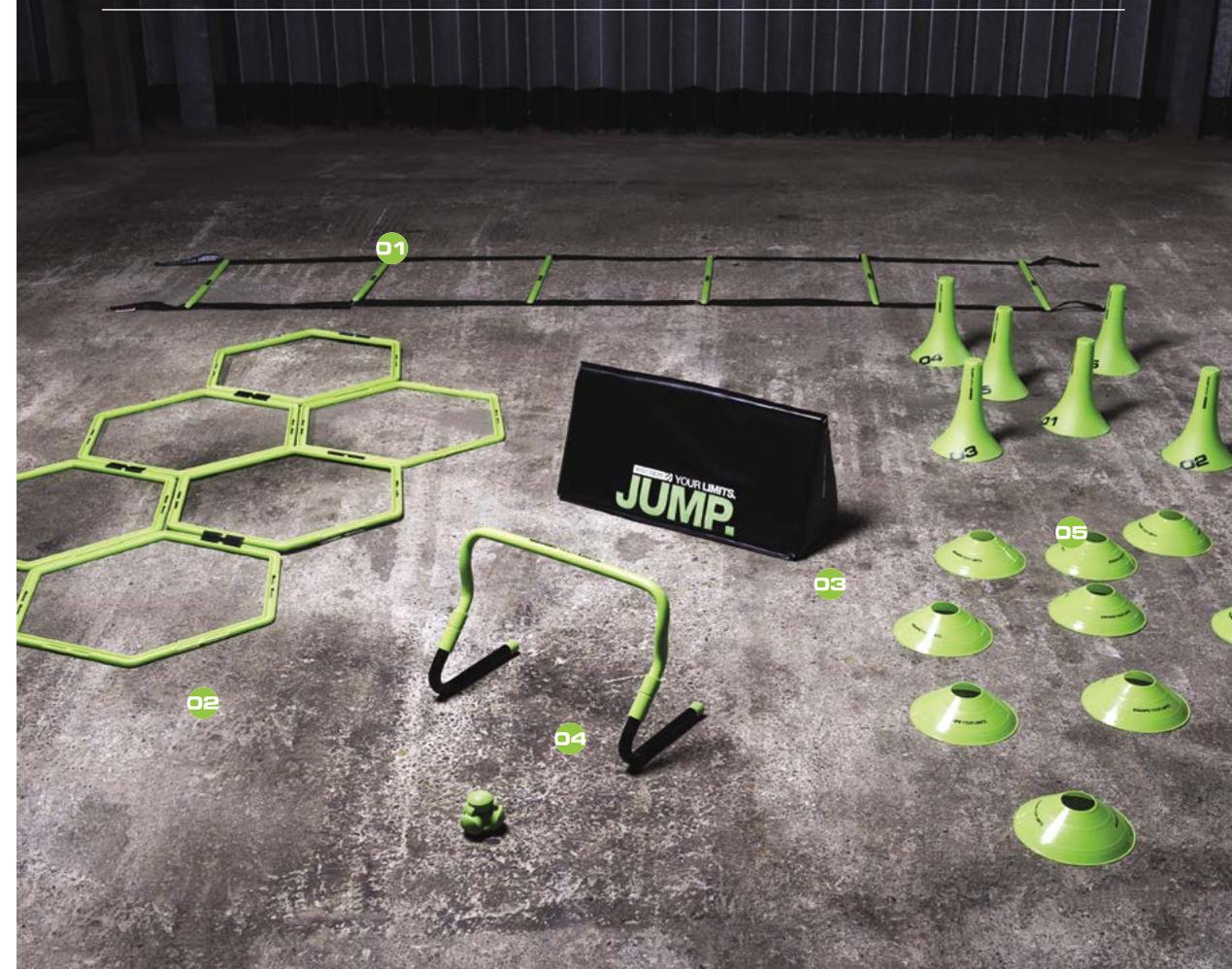
QSLED Quad Sled

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: 38" x 29" x 39". Weight 88lb.

Plates not included.



SPEED TRAINING.

Allow your members to realize 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 fibers, taking their training to the next level.

- EST-SL** Speed Ladder
Size: 124" x 20".
- EST-AGS** Agility Grid System – Set of 6
Size: 20" x 23".
- EST-LEH** Lateral Endurance Hurdle – Each
Size: 12" x 24" x 8".
- EST-AH** Adjustable Hurdle – Each
Size: 6" x 12".
- EST-HC6** Speed Cones – Set of 6

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. 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.



BATTLE ROPES.

Battle Rope training is one of the most underutilized 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 216** to find out more.

BR3210	1 1/4" x 33' Battle Rope
BR3210C	1 1/4" x 33' Covered Battle Rope
BR5010	2" x 33' Battle Rope

SPECIFICATIONS.

Size: approx 33ft length. 1.25": Weight approx 11 lbs. 2": Weight approx 22lbs. 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 1". Length 40". Resistance 24lbs-80lbs.
WBANDM: Width 1.75". Length 40". Resistance 50lbs-120lbs.
WBANDL: Width 2.5". Length 40". Resistance 60lbs-150lbs.

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.



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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 platform and riser 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 colors 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 STEP
- STEP03** 3 x STEPs Pack
- STEP04** Escape STEP (1 x STEP, 2 x RISERS)
- STEP05** Escape STEP (1 x STEP, 4 x RISERS)
- STEP07** STEP Club Pack (3 x STEPs, 6 x RISERS)

Club Pack allows for a configuration of 1 RISER underneath each end of a STEP. RISERS can also be used with the STEP to create inclined platforms.

SPECIFICATIONS. %

STEP01: Size: 42" x 17.5" x 4" Weight 13.7lbs.

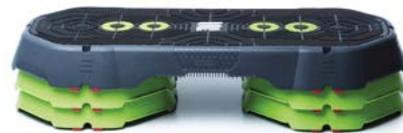
01 STEP.



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: 17" x 17" x 4" Weight 4.1lbs.

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 four 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 214 for details.

01 LOW STEP.



02 RAMP (8" INCLINE/DECLINE).



03 HIGH STEP.



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: 48" x 14" x 8" (flat), 38" (extended). Weight 28.7lbs.

STEP, RAMP OR BENCH? YOU DECIDE.



STUDIO.



PRODUCT TRAINING AVAILABLE.

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

STUDIO KETTLEBELLS.

These durable Studio Kettlebells are gentle on your grip as well as your flooring. Exceptionally well-designed, the cast iron bell is vinyl dipped with bright colors so you can easily organize your collection by weight. Built to last and versatile, these effective weights start at 4lb, which makes them a great tool for even novice fitness members to use. Perfect for adding resistance to a variety of upper and lower body exercises, such as single-leg deadlift, kettlebell swings, Turkish getups, and more.



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 – 4lbs- 40lbs. If you want to mix kettlebells with other equipment, the RACK5 could store combinations of your choice on each 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 216** to find out more.

- AVKB04** 4lbs Studio Vinyl Kettlebell - Green
- AVKB08** 8lbs Studio Vinyl Kettlebell - Blue
- AVKB12** 12lbs Studio Vinyl Kettlebell - Red
- AVKB16** 16lbs Studio Vinyl Kettlebell - Gray
- AVKB20** 20lbs Studio Vinyl Kettlebell - Black
- AVKB24** 24lbs Studio Vinyl Kettlebell - Green
- AVKB28** 28lbs Studio Vinyl Kettlebell - Blue
- AVKB32** 32lbs Studio Vinyl Kettlebell - Red
- AVKB36** 36lbs Studio Vinyl Kettlebell - Gray
- AVKB40** 40lbs Studio Vinyl Kettlebell - Black

- RACKB2** 2 Shelf Kettlebell Rack
- ULLSS11** Octagon Storage Solution - holds up to 4 sets of 8-40lb (20 Studio kettlebells)

RACK SPECIFICATIONS. %

- RACKB2:** Size: 62" x 27.5" x 30". *52" if feet are turned inward. Weight 117lb.%
- ULLSS11:** Size: 53" x 16" x 30". Weight 110lb.

Equipment sold separately.



STUDIO.

POWER TUBES.



DESIGN.

A lightweight, color-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 70).

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 color-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 70).

EST-RTL1	Resistance Tube Level 01 – Pink
EST-RTL2	Resistance Tube Level 02 – Green
EST-RTL3	Resistance Tube Level 03 – Blue

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.



STUDIO.



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: 45.75" x 12.25".



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:
 - Urethane dumbbells (5lbs-30lbs or 10lbs-35lbs in 5lb increments).
 - Rubber dumbbells (5lbs-30lbs or 10-35lbs in 5lb increments).
- Three storage shelves and quick release compartment stores a choice of:
 - Up to 2 GRIPPRs.
 - Up to 2 kettlebells (20lbs and 25lbs).
 - Resistance tubes.
 - VERTMINI.
- 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

ASTRBDB STRONGBOX with Dumbbells

Includes: 6x Rubber Dumbbells 5lb-30lb

ASTRBEP STRONGBOX with Equipment Pack

Includes: 6x Rubber Dumbbells 5lb-30lb,
1 x 20lb and 25lb Rubber Kettlebell,
1 x 11lbs VERTMINI, 1 x 17.6lbs GRIPPR,
1 x Resistance Tube 02 Green

SPECIFICATIONS %

Size: 51" x 20" x 20" . Weight: 198lbs empty.

INJECTION MOLDED PADS.
Injection molded pads are tough and hygienic.

INNOVATE AND EVOLVE. CREATE A STAND-OUT EXPERIENCE.

STUDIO.

PRODUCT STORAGE.

Shelving for products such as GRIPPRs, resistance tubes, medicine balls, or even keys and mobile phones safeguards equipment to free up the gym floor.

PLEASE NOTE:
Accessories sold separately.

TURN TO PAGE 229 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.



BOX!
escape



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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 to speed up fitting and removal - perfect when used in workouts that blend a variety of exercises.



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 molded, one-piece padding helps to absorb impact more effectively than traditional PVC gloves.

DESIGN.

The Training Gloves are available in two different sizes - 8oz, and 10oz. Red and black gloves give a splash of color, 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-TG10R** 10oz Training Gloves - Red
- EBOX-TG12B** 12oz Training Gloves - Black



INJECTION MOLDED, ONE PIECE PADDING.



VELCRO FASTENING FOR SUPPORT AND FAST FITTING.



EASY CLEAN, HYGIENIC TECHNOLOGY.

BOXING.

BOA MITTS.

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



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.



BOXING.

TECH SPEC.

Individual finger placement allows you to spread your hand wide to absorb punches.

DESIGN.

The ergonomic grip in the center 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: 3" x 8".



**PERFORMANCE
EVEN FOR
THE MOST
AGGRESSIVE.**

THAI BAG.

The stronger, more durable material straps on our new Thai Bag make it much quieter than the traditional chain-strapped Thai bags, enabling combat programs to coincide more harmoniously with other gym sessions.

A great fit for any boutique or combat-focused space, this full-length bag is perfect for workouts in Muay Thai and MMA styles incorporating punches, elbows, kicks and knees. It performs brilliantly for developing endurance, rotational power and overall conditioning.

01 DURABLE STRAPS FOR NOISE REDUCTION.

02 ATTRACT NEW MEMBERS WITH AN INTEREST IN COMBAT TRAINING.

03 UNLOCK OPPORTUNITIES FOR EXCITING PROGRAMMING.

TECH SPEC.

The weight and materials of the Thai Bag provides realistic feedback and ensures this premium quality bag not only maintains its shape but protects users during workouts.

DESIGN.

The non-slip material reflects the benefits of making an impactful connection with each hit. The bag can be tied securely in place using the loop attached to the base to prevent it from swinging, allowing for a faster, more powerful and ultimately more intense workout.

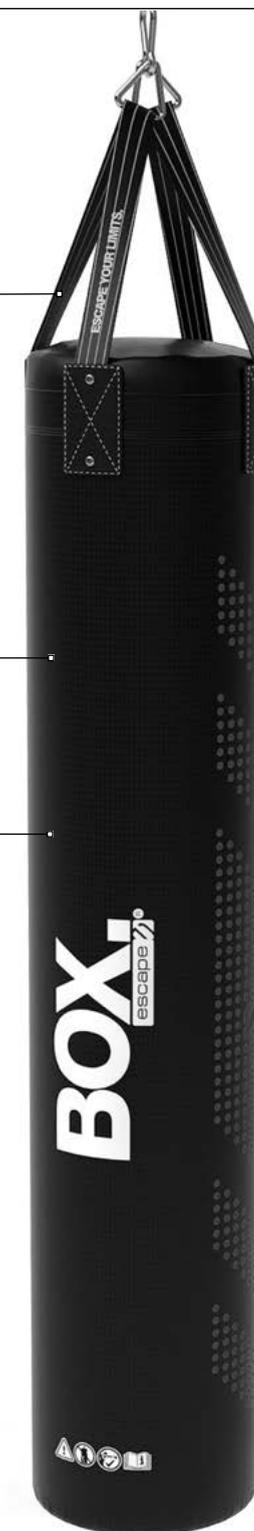
EXPERT TIP.

Master your technique first when using the Thai Bag – you will avoid injury and enhance your results. Then, rev up the power with every jab, kick and hook.

ATHAI01 Thai Bag

SPECIFICATION.

Size: 65" x 14". Weight 99lb.



BOXING.

HEAVY PRO PUNCHBAG.

Let your members put in the work with this premium heavy boxing bag, designed to withstand maximum punishment without the same resulting noise of other bags.

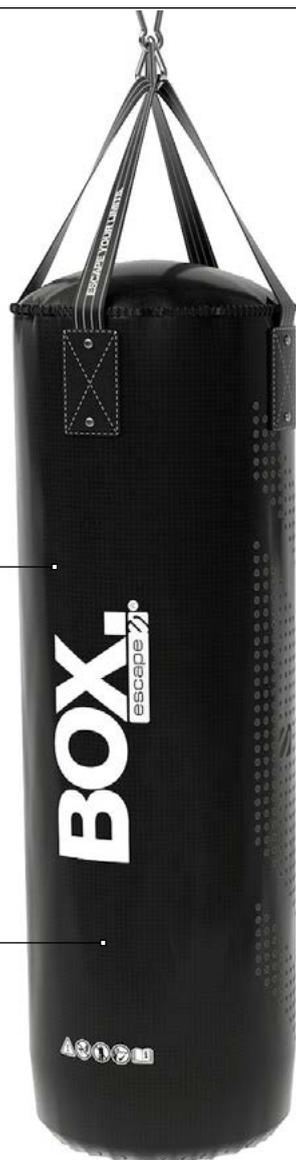


01 NO CHAINS MEANS LESS NOISE FOR OTHER GYM USERS.

02 TRADITIONAL DESIGN SUITS ANY WORKOUT SPACE.

03 FILLED WITH MATERIALS THAT ENSURE REALISTIC STRIKE FEEDBACK.

04 WEIGHT OF 100LB WILL ABSORB PUNCHES OF ANY ABILITY.



TECH SPEC.

Made from PVC-coated polyester with polyester lace stitching, the Pro Punchbag Heavy is part of a new cost-effective combat range that is made for absorbing hard work and demanding more.

DESIGN.

Other members using the space won't be distracted by noisy bag work, thanks to the polypropylene web straps and leather reinforcement holding the bag up.

EXPERT TIP.

Whether used for solo strike work or as part of a PT or group session, the Pro Punchbag Heavy will challenge any ability when it comes to boxing or MMA technique and endurance.

AHVPB01 Heavy Pro Punchbag

SPECIFICATION.

Size: 50" x 16.5". Weight 100lb.

FREESTANDING PUNCHBAG.

Part of the new US combat range, this entry-level freestanding bag will challenge users of every ability without the need for permanent fixtures and fittings.

01 DURABLE PVC COATED POLYESTER WITH TWO-LEVEL TARGET ZONES.

02 MONOCHROME DESIGN TO FIT INTO ANY STYLE OF FITNESS SPACE.

03 MOVEABLE BASE FOR EASY STORAGE WHEN NOT IN USE.



TECH SPEC.

The Freestanding Punchbag is ideal for movement in every sense. On a weighted base, it will take punishment, allowing you to circle and strike, but can easily be stored away when not in use.

DESIGN.

This is the go-to striking partner for any member in need of a challenge that's as hard as they're willing to push themselves – simple, tough and effective.

EXPERT TIP

Gyms, rec centers and any other fitness spaces can now benefit from multiple use of workout areas for boxing classes or PT combat sessions as well as other activities afterwards, adding value and improving the bottom line.

AFSPB01 Freestanding Punchbag

SPECIFICATION.

Size: 46" x 15". Weight 16.5lb empty, 275lb full.

BOXING.

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

SPECIFICATIONS.

Size: 30.5" x 14". Weight 59.5lb

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.



REALISTIC PUNCH FEEDBACK.



EASIER ON USERS' JOINTS.



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.

AQUAB55 Aqua Punchbag

Aqua punchbag includes:

- D-bolt with lag screw
- Nozzle
- Rope

SPECIFICATIONS.

Size: 30" x 13". Weight 187lb

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 114"

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 116"



FLEXIBILITY.

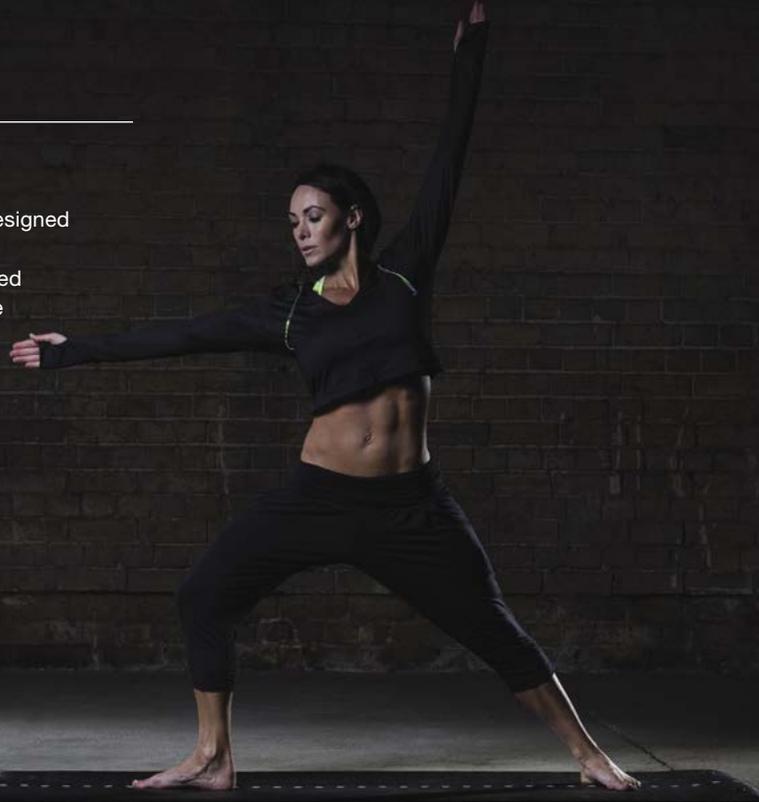
Stretch, bend, flex and spring – it's not all about heavy weights. Get your body moving freely before and after sessions with the right treatment for maximum performance. Take some 'me' time with our yoga equipment or work on bodyweight moves with our range of mats. Relieve tired muscles, revive key joints and condition the core with our bright range of mobility equipment, designed to help everyone get the most from their workouts.



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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.	CORE MAT.	FLEX MAT.	MULTI MAT.
USE	Yoga	General use, crunches, stretches, etc	Stretching, Pilates	Stretching, balance, massage, floor exercises
MATERIAL	PVC	PVC with sealed foam filling	Foam	PVC compound foam
AREA	Yoga studios	PT spaces, stretch areas	Pilates, mind/body studios	PT spaces, stretch areas
SIZE	72" x 24" x 1/4"	40" x 20" x 3/8"	72 1/2" x 24" x 3/8"	79" x 39" x 1"
FEATURE	Central alignment markings, sticky feel	Easy clean and wipe down, cushioning	Non-marking base, high grip	Durable but cushioned, anti-slip surface
EYELETS	Yes	Yes	Yes	No
WARRANTY	1 year	1 year	1 year	2 years

HOW TO CHOOSE.



01 YOGA MAT.

This mat features a centered dotted line for guidance, which makes it the ideal mat for beginners.



02 CORE MAT.

A hard-wearing, easy-to-clean and hygienic mat that is perfect for studio work.



03 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.



04 MULTI MAT.

PVC covering and compound foam create an easy-to-clean, versatile and comfortable mat that is at home in any studio.

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: 68" x 24" x 0.12".



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.

YBLOCK1 Yoga Block – Black
EST-YOGS Yoga Strap

SPECIFICATIONS.
YBLOCK1: Size: 9" x 5.5" x 3".
EST-YOGS: Size: 67.33".



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 color 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 66) to keep your studio mats in top condition.



Eyelets for hanging on Escape's mat storage racks.

EST-CMATA Core Mat – Anthracite

SPECIFICATION.
Size: 40" x 20" x 0.37".

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 66) to keep your studio mats in top condition.



EST-FMGRY Flex Mat – Anthracite

SPECIFICATION.
Size: 72½" x 24" x 0.37".

FLEXIBILITY.

MULTI MAT.

A long-lasting, hard-wearing stretch mat. Available in two colors, 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 – Gray

SPECIFICATIONS.

M0022: Size: 79" x 39" x 1".

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 216](#) to find out more.



EST-RRC Ridge Roller

SPECIFICATION.

Size: 15" x 5.5".

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 216](#) to find out more.



EST-HFR Ultraflex Roller – Green

SPECIFICATION.

Size: 18" x 5.5".

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 205](#)).



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 216](#) to find out more.

USR001 Ubersoft Roller – Gray

SPECIFICATION.

Size: 35.5" x 6".



STEADYBALL PRO.™

A studio essential for balance, flexibility and strength, the Steadyball Pro will improve posture and mobility at any ability.



TECH SPEC.

With a weight limit of 772lb, the Steadyball Pro is made from PVC material and textured to provide grip from any direction.



EXPERT TIP.

It's a great introduction to new movements for anyone, or a way of challenging core strength for improvements in balance and concentration with every movement.



STORAGE.

Arranged by size, keep Steadyballs tidy with a choice of three to 12-ball shelving options (see **page 64**).

SBP55	55cm/21.5"	Steadyball Pro - Light Gray
SBP65	65cm/25"	Steadyball Pro - Dark Gray
SBP75	75cm/28.5"	Steadyball Pro - Black

RACKGB3	3 Gym Ball Rack
RACKGB6	6 Gym Ball Rack
RACKGB9	9 Gym Ball Rack
RACKGB12	12 Gym Ball Rack

SPECIFICATION:

RACKGB3:	Size: 36.5" x 27.5" x 82". Weight 55lb.
RACKGB6:	Size: 27.5" x 60" x 82". Weight 64lb.
RACKGB9:	Size: 44.5" x 60" x 82". Weight 75lb.
RACKGB12:	Size: 60" x 60" x 82". Weight 81.5lb.

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
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SPECIFICATION.

Height 45cm. Weight 1.7lb.



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.

SHOCKTURF	200
SPEED TRACKS	202
FLEXI-TUF	204
FLEXI-SOFT	205
FLEXI-HARD	206

FEATURE FLOORING.

The gym floor is unlike any 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 training tools. Clubs are increasingly looking for flooring that adds some style, color 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.

COMPARISON CHART.

FEATURES.	SHOCKTURF.	SPEED TRACK/ PORTABLE SPEED TRACK.	FLEXI-TUF.	FLEXI-SOFT.	FLEXI-HARD.
USE	Functional areas, SAQ, Group X, performance zones, sleds/TIYRs and indoor/outdoor	SAQ areas, TIYRs, sled work, sprint tracks	Free weight areas, some functional areas	Warm-up and stretch areas, yoga and Pilates	Studio areas, light functional training areas
THICKNESS	1" including shock pad	0.5"	0.5"	0.8"	0.8"
PRODUCT SIZE	Rolls from 40' x 6'	5' x 33', 39', 49', 65.5' or 82' roll	20" x 20" tile	39" x 39" tile	39" x 39" tile
MATERIALS	Polyethylene and nylon	Polypropylene	Recycled rubber and SBR rubber	EVA tiles	EVA base with a rubber top layer
COLORS	6 base colors with white lines	Available in a range of 8 colors	Black	Available in a range of 4 colors	Available in a range of 4 colors
RECOMMENDED INSTALLATION	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install

GIVE MEMBERS 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.

CREATE SUPERB TRAINING ENVIRONMENTS.

We have dedicated, specialist flooring for every facility's needs – from functional training, free weight areas, sprint tracks and stretching spaces. 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 US SUPPORT YOUR PERFECT FLOORING INSTALLATION.

With several flooring options from which to choose, making the right decision isn't always straightforward. That's why our team are here to help you choose products and colors that reflect your unique needs, in terms of performance and aesthetics. The team will work closely with you to assess and choose the flooring that meets your facility's needs, making sure you stand out from the competition.

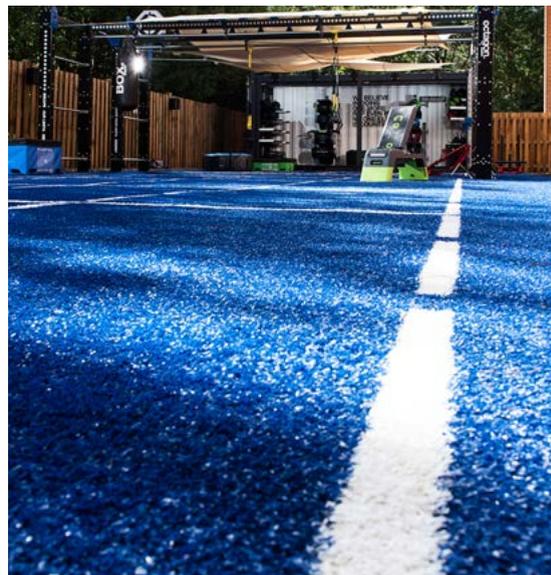


SHOCKTURF.

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 recognized 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 colors: 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 fibers. 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

SPECIFICATION.
Roll Size 40ft x 6ft.

Price shown is per roll and the minimum order quantity is 2 rolls.
Line markings and logos are available – please call for details.



FLOORING.



To watch the Speed Track video, visit:
www.escapefitness.com/us/flooring-range/speed-track



To watch the Portable Speed Track video, visit:
www.escapefitness.com/us/flooring-range/portable-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 center 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.

- AGRASS10** 2x10.0yds Speed Track
- AGRASS12** 2x12.0yds Speed Track
- AGRASS15** 2x15.0yds Speed Track
- AGRASS20** 2x20.0yds Speed Track

Please call for color options and installation details.



www.escapefitness.com/us

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.



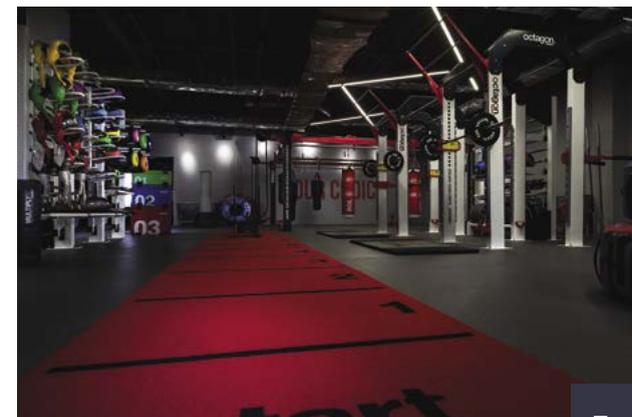
TECH SPEC.
 Facilities do not have to install a permanent track to benefit from speed training. The Portable Speed Track can be easily rolled out, used for training sessions and packed away after use.



DESIGN.
 The Portable Speed Track is available in a variety of lengths and colors to suit the individual needs of any club.

- APORTST10** 2x10.0yds Portable Speed Track
- APORTST12** 2x12.0yds Portable Speed Track
- APORTST15** 2x15.0yds Portable Speed Track
- APORTST20** 2x20.0yds Portable Speed Track

Please call for color options and installation details.



TURN TO PAGE 229 FOR WARRANTIES



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: 20" x 20" x 1/2".
 - MATES12:** Size: 20" x 7 1/2" x 1/2".
 - MATCB12:** Size: 7 1/2" x 7 1/2" x 1/2".

Price is per tile and does not include fitting.



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.**
Color contrasting edges and corners are tapered to prevent tripping and allow safe entry and exit on and off the mat.



AVAILABLE IN FOUR COLORS.

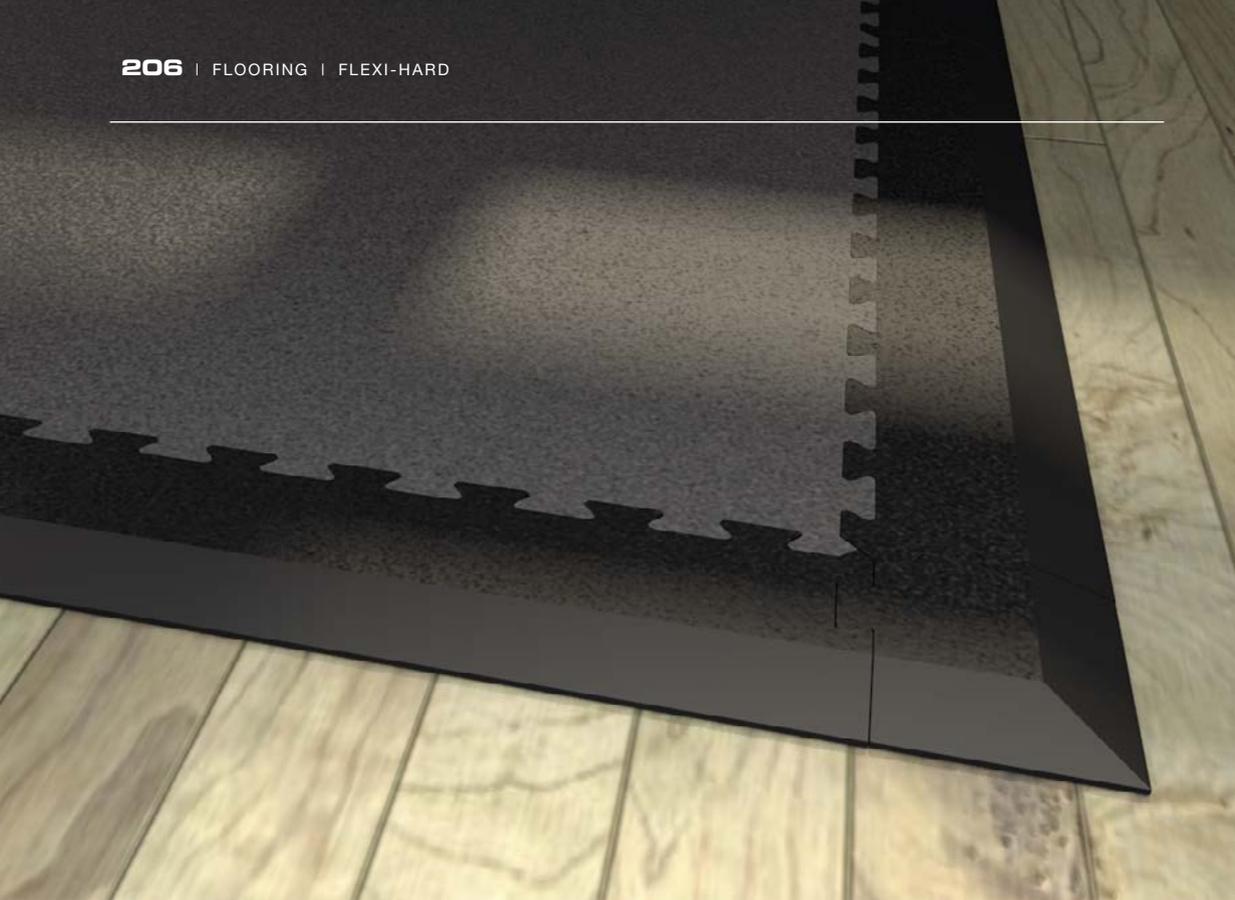


- MAT510S** Flexi-Soft Foam Colored Tile
- MAT511S** Flexi-Soft Foam Colored Edge Strip
- MAT512S** Flexi-Soft Foam Colored Corner

- SPECIFICATION.**
- MAT510S:** Size: 39" x 39" x 3/4".
 - MAT511S:** Size: 39" x 7 1/4" x 3/4".
 - MAT512S:** Size: 7 1/4" x 7 1/4" x 3/4".

Price is per tile and does not include fitting.





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.



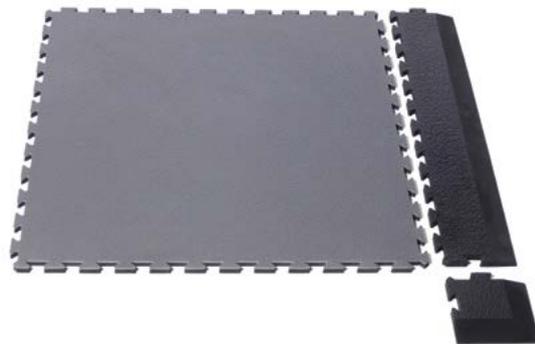
USAGE.

Ideal for balance and lightweight exercises with free weights up to a maximum of 44lbs. For heavier weights we would recommend Flexi-Tuf – see page 204.



PROTECTIVE.

A good base support with an element of cushioning.



AVAILABLE IN FOUR COLORS.



- MAT510** Flexi-Hard Foam Colored Tile
- MAT511** Flexi-Hard Foam Colored Edge Strip
- MAT512** Flexi-Hard Foam Colored Corner

SPECIFICATION.

- MAT510:** Size: 39" x 39" x ¾"
- MAT511:** Size: 39" x 7¼" x ¾"
- MAT512:** Size: 7¼" x 7¼" x ¾"

Price is per tile and does not include fitting.



FLOORING.

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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TRAINING.

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.

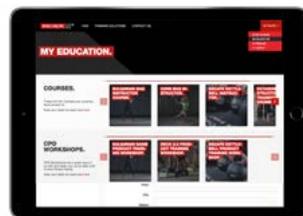


BUSINESS IN A BOX.

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 programs 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 212-215 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 216-217 for more details.

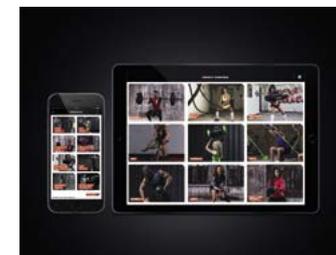


INSTRUCTOR TRAINING.

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 218-219 for more details.

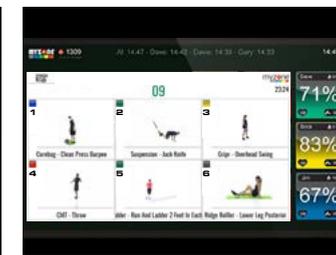


THE ESCAPE FITNESS APPS.

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 220-221 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 programs means members get instant, color-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 222-223 for more details.



MOVE IT

MOVE IT.[®] GROUP TRAINING PROGRAM.

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

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 program 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:

- Program 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).

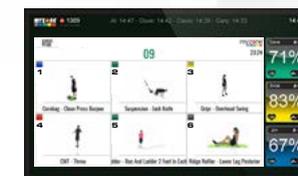
MIB001 MOVE IT Training Program

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 program seamlessly integrates with Myzone, offering further instruction, fitness tracking and gamification to any workout. See **page 223** for more details.

MOVE IT EQUIPMENT PACKS.

- AMIBEP12** Up to 12 users – **MOVE IT** Equipment Pack
- 10 x Adjustable 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 Multi-Grip Medballs
 - 10 x SBX Kettlebells
 - 6 x Slamball SBX
 - 1 x Ammo Box with Dividers

- AMIBEP18** 13-18 users – **MOVE IT** Equipment Pack
- 10 x Adjustable 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 Multi-Grip Medballs
 - 15 x SBX Kettlebells
 - 8 x Slamball SBX
 - 1 x Ammo Box with Dividers

- AMIBEP30** 19-30 users – **MOVE IT** Equipment Pack
- 10 x Adjustable 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 Multi-Grip Medballs
 - 20 x SBX 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.

READY TO HIIT YOUR WHOLE BODY?



HIIT THE DECK. GROUP TRAINING PROGRAM.

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 program 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 programs 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 Program

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

AHTDBE1 Beginner Pack

- 1 x DECK
- 1 x Resistance Tube Level 2
- 2 x 5lbs Urethane Dumbbells
- 2 x 15lbs Urethane Dumbbells
- 2 x 8.8lbs GRIPR
- 1 x 12lbs Bulgarian Bag

AHTDBEA1 Advanced Pack

- 1 x DECK
- 1 x Resistance Tube Level 3
- 2 x 13.2lbs GRIPR
- 2 x 25lbs Urethane Dumbbells
- 2 x 35lbs Urethane Dumbbells
- 1 x 17lbs Bulgarian Bag

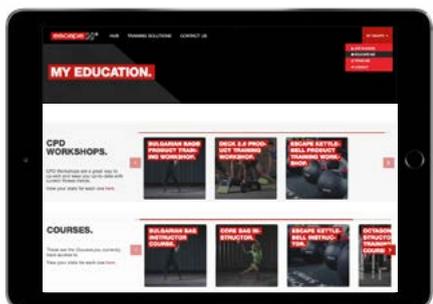
PLEASE NOTE: One pack is required per participant in a class.

TRAINING.

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.



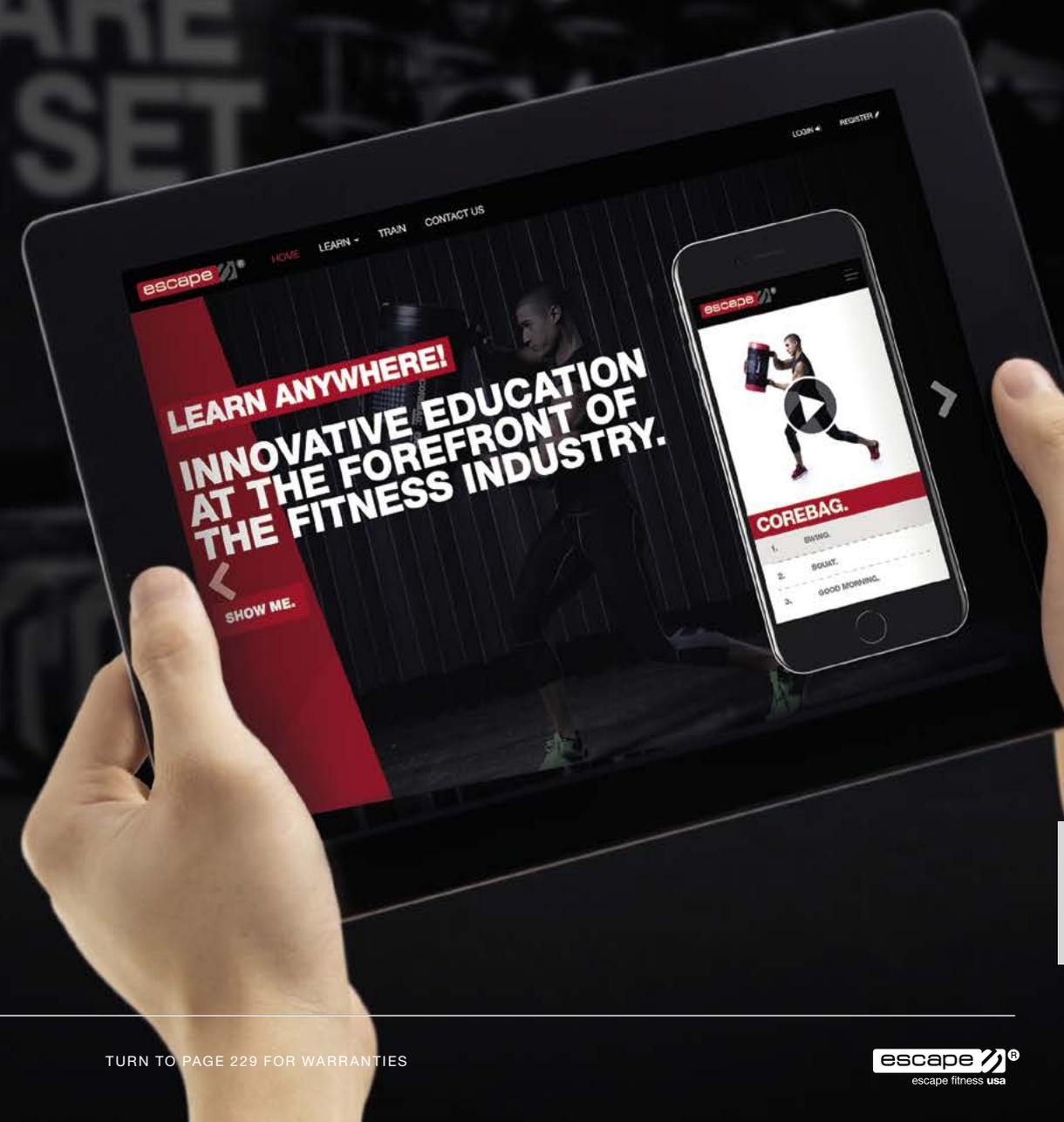
- TRAIN01** Battle Rope - product training workshop
- TRAIN02** Bulgarian Bag - product training workshop
- TRAIN03** Kettlebell - product training workshop
- TRAIN04** Medicine Balls - product training workshop
- TRAIN05** TIYR - product training workshop
- TRAIN06** GRIPR - product training workshop
- 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 - product training workshop
- TRAIN13** TIYR Sport - product training workshop

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

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

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

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 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.



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.



INSTRBULG Bulgarian Bag - Instructor Course

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.

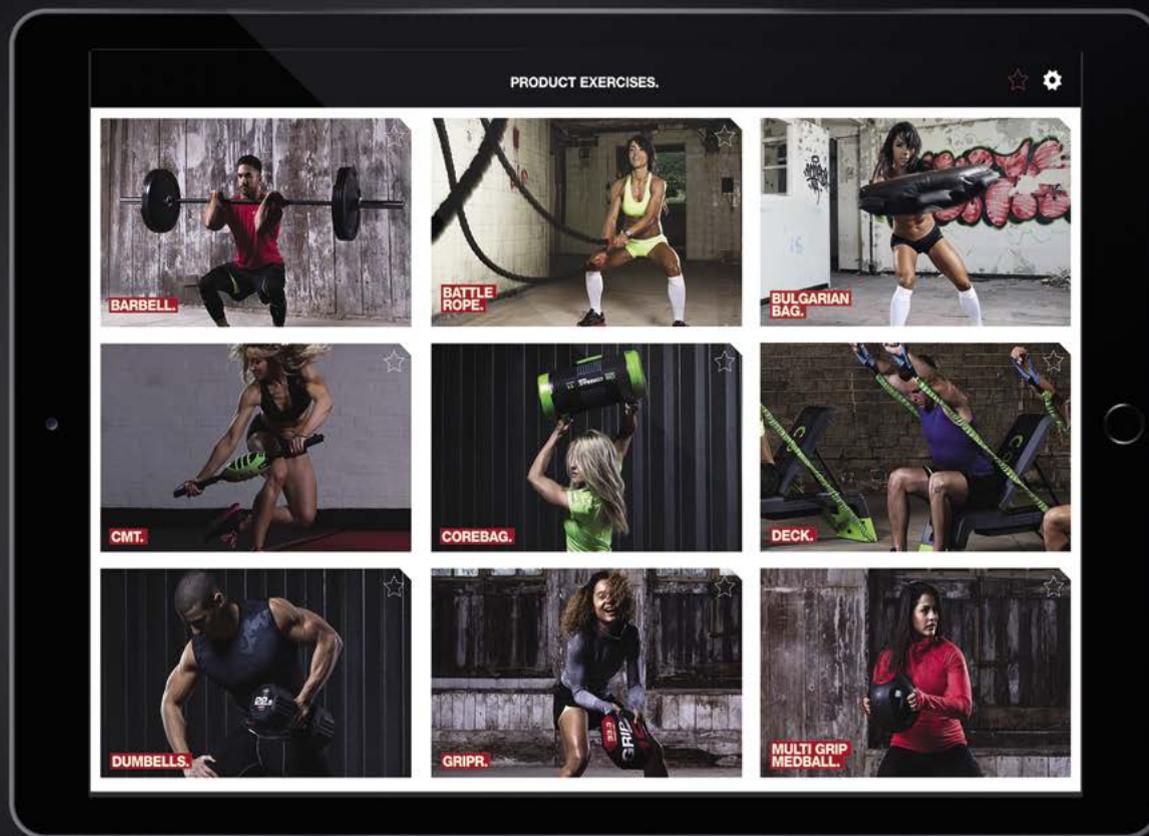
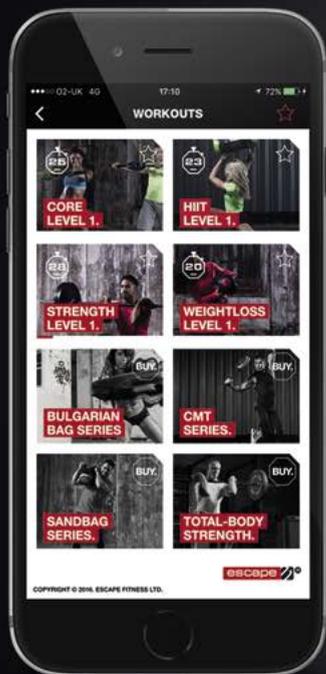
- Application and purpose of the Octagon.
- The Octagon attachments.
- The seven principles of successful programming.
- How to program your Octagon training week.
- Octagon group training.
- How to be a good trainer.
- Octagon exercise library.
- Time: 8 hours, 1 day.
- REPs CPD Points: 8



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.



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. 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
Exercise Library	Yes	Yes
Workouts	Yes	No
WOWs	Yes	No
Monthly updates	Yes	Yes
Filters by product	Yes	Yes
Delivery mechanism	App Store	App Store
Sign up mechanism	User	Escape sales team
Cost	Free	Annual subscription

DOWNLOAD FREE ON THE APP STORE AND GOOGLE PLAY:





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 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 color-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 recite 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

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.

TURN TO PAGE 229 FOR WARRANTIES

BEFORE YOU ORDER.

As exclusive Business to Business suppliers of Fitness Equipment to the Industry, Escape aims to make the Customer buying experience efficient and informative. Orders placed with Escape 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 authorized signatory.

US 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 (Freight prices available on application.) The Customer must provide adequate manpower to unload the Goods and dispose of all packaging supplied for transit.

Product assembly and installation

Please note that functional frames and equipment storage racks will require assembly after delivery.

Customized, bespoke and special order products

Once an Order has been placed and an Order Confirmation issued in respect of Goods that are customized, bespoke or special order, it cannot be amended or cancelled. Goods are customized when an element of the product is changed e.g. the Customer's brand color 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 or storage racks. Escape 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.

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, elevators, stairs, and their height is equally important to ensure smooth delivery and installation. Escape recommends that all Customers arrange a survey which takes account of all these factors as well as the suitability of the product for a particular location.

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 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's Customer Services Department with full details of the Goods ordered and the damage or discrepancy identified. At its sole discretion, Escape 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 CUSTOMIZED, BESPOKE AND SPECIAL ORDER GOODS).

Once a quotation is accepted by the Customer placing an Order, Escape 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 will be charged to cover administration costs. Escape reserve 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 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's Customer Service Department.

NON-RETURNABLE ITEMS.

Unless Goods are damaged or faulty, any customized, bespoke, or specially ordered equipment or flooring cannot be returned once an Order 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.

ORDERING MADE EASY.

Four ways to order:

1. **Phone:** 614-706-4462
2. **Website:** www.escapefitness.com/us
3. **Email:** salesusa@escapefitness.com
4. **Post:** Escape Fitness USA LLC
4434 Muhlhauser Road, Suite 300,
Cincinnati OH 45011.

When placing an Order by post, the Customer should:

1. Quote the product code, product description, quantity required, price and freight costs.
2. Include their unique purchase Order number (for account Customers this must have been authorized 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 full postal delivery address.
NB Customers purchase Orders are only accepted from pre-approved Customers or account holders.

PRICES

All prices are in USD and exclude freight and tax. Trade accounts and bulk Orders may attract special pricing.

PAYMENT

Customers may use the credit/debit cards shown.



Card payments are required at the time of Order from non-account Customers. You may also pay by BACS or remit a check to the postal address above.

FEEDBACK

Escape believes in continuously improving its Goods and services. It can only do this by listening to its Customers. If you have a comment to make please Contact us at the address above or by email at usaftersales@escapefitness.com You may also call the Customer Service Team on 614-706-4462.

TERMS AND CONDITIONS.

In these Terms and Conditions, Escape Fitness USA LLC is the Supplier and you are the Customer.

1. ORDERS.

- 1.1 All orders are subject to these Terms and Conditions ("Conditions") which supersede any terms and conditions you may include with any purchase order regardless of whether Escape sign these or not. We reserve the right to change these Conditions at any time, and you are deemed to accept any changes on the 7th day after the date of any amendment, or the date an order is placed, whichever is the sooner. In the event that products are re-sold, it is your responsibility to ensure that the ultimate purchaser is made aware of and accepts the products on that basis.
- 1.2 Samples, drawings or descriptive or illustrative advertising or other materials contained in brochures or catalogs do not form part of the contract.
- 1.3 Receipt of an electronic, telephonic or other form of purchase order does not signify our acceptance of your order, nor does it constitute confirmation of our offer to sell. We reserve the right, at any time after receipt of your order, to accept or decline your order for any reason, or to supply less than the quantity ordered of any item. Orders are accepted by the issue of an Order Confirmation, normally sent within 48 hours of receipt of your Order, at which time a binding contract will exist between us and the Customer may not amend or cancel the order without our written consent.

2. PRICE AND PAYMENT.

- 2.1 The price of the products shall be the price set out in the Order Confirmation. Prices are subject to change on not less than 30 days notice.
- 2.2 Payment for the products shall be made in full at the time the order is placed. Sales Tax will automatically be added to orders where liability arises unless Sales Tax Exemption and Re-sale Certificates have been filed. Please note: Sales Tax Exemption and Re-sale Certificates must be filed BEFORE orders are placed to ensure zero rating. We accept payment by company check (allow 10 days for clearance) or wire transfer in U.S. Dollars only. A penalty of \$25 will be charged for any returned payment whatever the reason.
- 2.3 Invoices are issued when the products are shipped.
- 2.4 Credit Account Customers shall pay for products in accordance with their credit account terms and time for payment shall be of the essence of the Contract. Interest is payable on overdue accounts at the rate of 1.5% per month (or such lower rate as may be the maximum permitted by law), accruing on a daily basis from the due date until the date of actual payment of the overdue amount.
- 2.5 Credit Account Customers shall pay all amounts due in full, without any deduction or withholding except as required by law and they shall not be entitled to assert any credit, set-off or counter-claim to justify withholding payment of any such amount in whole or in part. We reserve the right to revoke any credit extended in the event that you fail to pay in accordance with your credit account terms save where a good faith dispute (as determined by us) concerning sums due exists. When credit is revoked, products shall be paid for in advance of shipment.

3. PRODUCTS AND SERVICES.

- 3.1 Most products are available to ship immediately, however, some products may have lead times. Orders are accepted for products strictly subject to availability and to these Conditions.
- 3.2 Where orders contain multiple products, we will make every effort to ship all products contained in the order

at the same time. Products that are unavailable at the time of shipping shall be shipped as they become available unless you advise us to the contrary in writing. You will be charged only for products actually contained in the shipment. You will pay only a single shipping charge as advised in your Order Confirmation which shall be applied to the first invoice issued.

- 3.3 In the interests of better quality and value, we are constantly improving and updating our products. We therefore reserve the right to change the color, design, specification or packaging in respect of any or all of our product range.
4. **CUSTOMIZED, BESPOKE AND ASSEMBLED PRODUCTS.**
 - 4.1 In respect of any Order for customized, bespoke or special-order Goods (including but not limited to flooring, frames, MARS screen, 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.
 - 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 Suppliers Intellectual Property Rights unless a separate contract for the purchase of a license 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 color 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 Customers installation area does not comply strictly with the Working Conditions Specification ("Specification") detailed in the Program 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. If the Customer delays an installation date on less than 14 days notice; the Customer shall similarly 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 hourly rate 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. DELIVERY.

- 5.1 Delivery lead times vary according to the products ordered. Products ordered from stock will be shipped within 48 hours of the date of the Order Confirmation. Any date quoted for delivery is approximate only, and time of delivery is not of the essence. We shall not be liable for any delay in delivery of the products that is caused by a Force Majeure Event (as defined in clause 5.5 below), or other event beyond our control, nor any failure by you to provide us with adequate delivery instructions, or any other instructions that are relevant to the supply of the products.
- 5.2 Customized, bespoke, special order and assembled products have varying manufacturing lead times which will be notified to you as the estimated delivery date. A firm delivery date will be notified to you once the finished products are physically ready for dispatch.
- 5.3 Delivery is complete once the products arrive at the exterior access point of the delivery address. Your (or your agents) signature recorded on the Delivery Note (or similar device operated by the carrier) shall be conclusive evidence of the quantities shipped and delivered.
- 5.4 It is your responsibility to ensure that appropriate arrangements are in place to:
 - 5.4.1 accept delivery of the products; and
 - 5.4.2 where there are large/heavy products delivered; provide adequate manpower to unload the products and dispose of any transit packaging supplied.
- 5.5 If you (or your agent) fail to accept or take delivery of the products in accordance with clause 5.4 above, then, save where such failure or delay is caused by a Force Majeure Event or by our failure to comply with our obligations under this Contract, then delivery of the products shall be deemed to have been completed at 9.00am on the day after the delivery date notified by us. We shall store such products until actual delivery takes place, and charge you 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.
6. **TITLE AND RISK.**
 - 6.1 The risk in the products shall pass to you when delivery is complete.
 - 6.2 Title to the products shall not pass to you until we have received payment in full (in cleared funds). Until title passes, you shall hold the products on a fiduciary basis as our bailee, store the products separately from all other products held, and maintain the products in new condition and keep them insured against all risks for their full retail price on our behalf.
 - 6.3 In the event that you are unable, for whatever reason, to pay in full for the products, you hereby irrevocably authorize us, or our agents to enter your premises or the premises where the products are stored and take possession of the products supplied. If any products which become subject to this clause 6.3 are sold or hired out by you to any third party before payment is made to us, then all monies received from such third party transactions are the property of, and will be claimed by us in satisfaction of, and to the extent only of any unpaid invoices.

7. CANCELLATIONS, AMENDMENTS AND RETURNS.

- 7.1 Once an Order Confirmation is issued, orders may only be amended or cancelled if:-
 - 7.1.1 the Customer formally notifies the Supplier in writing by email to usaftersales@escapefitness.com or Customer Services Department, Escape Fitness LLC., 4434 West Muhlhauser Road, Suite 300, West Chester, OH; and
 - 7.1.2 the notification is received within 14 days of the date of the Order Confirmation; and
 - 7.1.3 no products 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.
- 7.2 Where products have already been shipped, and you wish to return some or all of the products; then in respect of products which require no assembly, they may be returned within 14 days after delivery (as recorded by the Carrier) provided you follow the procedure notified by the Customer Service Department who may be contacted on 614 706 4462 or in writing at usaftersales@escapefitness.com or Customer Services Department, Escape Fitness LLC., 4434 West Muhlhauser Road, Suite 300, West Chester, OH. The products must be returned to us and you must pay the cost of shipping. Returned products must reach us in a new and unused condition with all original labels and packaging intact. A re-stocking fee of 20% of the returned products value (net of tax) will be deducted from the sum to be refunded.
- 7.3 Be-spoke or customized products may not be returned.
- 7.4 Products may only be returned with a "returns reference number" which you can get from our Customer Service Team. No exceptions! Please call 614 706 4462.

8. DAMAGES AND DELIVERY DISCREPANCIES.

- 8.1 All deliveries must be checked as soon as received and BEFORE the Delivery Note is signed. When signing for a delivery, you are accepting that the correct number of parcels have been delivered and the products have not been damaged in transit. If there is damage or a discrepancy, you should either refuse the delivery or record the damage or discrepancy on the Delivery Note (or similar device operated by the carrier) and report the claim by telephoning our Customer Services Team within 24 hours of the delivery time. NOTE: the time of delivery is the time recorded on the Delivery Note (or similar device operated by the carrier). It is your responsibility to ensure that the actions above are followed BEFORE SIGNING as mistakes cannot be rectified once the products have been signed for. Reports of damage or discrepancy will not be entertained after the expiration of 24 hours from the time of delivery as recorded on the Delivery Note or similar device operated by the carrier.
- 8.2 Any latent damage to the products MUST be notified to us by telephoning our Customer Services Team immediately upon discovery when you will need to supply us with full details of the products ordered and the damage identified. In our sole discretion, we will either replace or repair the products.

9. INTELLECTUAL PROPERTY RIGHTS.

You acknowledge that all intellectual property rights in the products (including actual products as well as product, flooring and 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 Escape under License or one of its associated companies. You agree not to use the same unless a license has been granted within a contract for the provision of products by us or one of our associated companies.

10. PRODUCT COMPLIANCE.

10.1 All products supplied by us comply with all applicable laws (including patent laws) statutes, rules and regulations of the United States government and any related law, rule or regulation. Whilst we endeavor to ensure that the product images, descriptions, weights and measurements which appear in any of our literature are fair and accurate; the color, packaging and product specification may vary according to manufacturing changes, tolerances and availability. We reserve the right to discontinue or change the specification and/or the design of a product without prior notice N.B. All weight indications are KG dominant and conversions to LB's are therefore approximate. We accept no responsibility for any error or omission to the Customer or at all.

10.1 You agree to use the products delivered herein in accordance with all applicable laws (including without limitation all patent laws), statutes, rules, regulations or orders of the United States government or of any state or political subdivision thereof.

10.3 We agree to indemnify you from (i) any and all judgments and decrees that may be entered against you or your affiliates, arising out of the use or supply of the products, whether it be immediate or remote, and (ii) any and all costs and expenses that you may incur by virtue of our violation of any such laws (including any claims for infringement, whether such infringement be direct or indirect). We agree that we will, at your request and our sole cost and expense, defend or assist in the defense of any suit or action that may be brought against you, your affiliates, immediate or remote, with respect to any violation or infringement.

11. WARRANTIES AND LIMITATION OF LIABILITY.

11.1 We warrant to the original purchaser that the products supplied (deletion) 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 warranty period stated on the website in respect of each product and subject to specific product exclusions listed therein.

11.2 We shall not be liable for the products' failure to comply with the warranty in clause 11.1 if:

- 11.2.1 you make any further use of such products after notifying us of a defect; or
- 11.2.2 the defect has arisen as a result of your failure to properly store, care for or maintain the products; or
- 11.2.3 the defect has arisen as a result of us following any drawing, design or specification supplied or specifically requested by you; or
- 11.2.4 you alter or repair the products without our prior written consent; or
- 11.2.5 the defect arises as a result of fair wear and tear, corrosion due to perspiration, wilful or negligent damage or the use of the products for a purpose other than the purpose intended or in abnormal use conditions; or
- 11.2.6 the products differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.

11.3 Where a warranty claim is made, you are responsible for returning the product to us for inspection (including shipping) following the returns policy outlined in clause 7.4 Once inspected, we will, at our sole discretion, repair or replace the product, issue a credit note or where we find the claim unsubstantiated reject and return the product to you.

11.4 Except as provided in this clause 11, we shall have no liability to you in respect of the products' failure to comply with the warranty set out in clause 11.1 or otherwise. We assume no responsibility for personal injury or property damage by or through the use of products supplied by us.

11.5 THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY, MERCHANTABILITY OR FITNESS FOR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF ESCAPE FITNESS USA LLC INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACTING, NEGLIGENCE OR TORT.

11. GENERAL.

12.1 These Conditions, including the documents referred to herein, supersede all prior representations, understandings, agreements and contracts between us relating to the supply of products and sets forth the entire agreement and understanding between us.

12.2 Nothing in this Contract is intended to, nor shall be deemed to, constitute a partnership or joint venture of any kind, 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.

12.3 A person who is not a party to the Contract shall not have any rights under or in connection with it.

12.4 You may not assign or sub-contract any of the rights or obligations imposed by this Contract unless agreed to in writing by us.

12.5 We reserve 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.

12.6 No delay or failure by us 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 one of our authorized signatories.

12.7 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 the laws of the State of Ohio, and the parties irrevocably submit to the exclusive jurisdiction of the Ohio District Courts.

GENERAL WARRANTY INFORMATION.

All Escape products are warranted to be free from defects in materials and workmanship. This warranty extends to the original end-user and additionally warrants that the products comply with all applicable statutory and regulatory requirements. The warranty period commences on the date of delivery to the end-user (as recorded by the carrier) provided always that this date is not more than 3 calendar months from the date of dispatch from Escape. Subject to the Exclusions section herein, the warranty is valid for not less than the period stated in the schedule below.

EXCLUSIONS.

Escape shall have no liability under the warranty if:

- (a) any further use of the product(s) is made after a defect has been notified; or
- (b) the defect has arisen as a result of a failure to properly store, care for or maintain the products; or
- (c) the defect has arisen as a result of Escape following any drawing, design or specification supplied or specifically requested by you; or
- (d) the product(s) is altered or repaired without our prior written consent; or
- (e) the defect arises as a result of fair wear and tear, corrosion due to perspiration, 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.

MAKING A CLAIM.

To make a warranty claim, you should follow the claims procedure below. Once determined, Escape will, at its sole discretion, repair or replace the product, issue a credit note or refund, or, where the claim is found to be unsubstantiated, reject (and where appropriate) return the product to you.

CLAIMS PROCEDURE.

1. If you purchased your product through an Escape approved Distributor, contact your Distributor who will deal with your inquiry directly on your behalf.
2. If you purchased your product directly from Escape, you will need to either telephone Escape's Customer Services Department on +1 614 706 4462 or email usafattersales@escapefitness.com quoting the Order Number of the product which is subject to the claim and provide full details of how and when the product(s) has been used, the fault or damage identified and contact details of the person dealing with the claim. The claim will be logged and given a unique "X" reference which needs to be quoted in all future dealings with the claim.

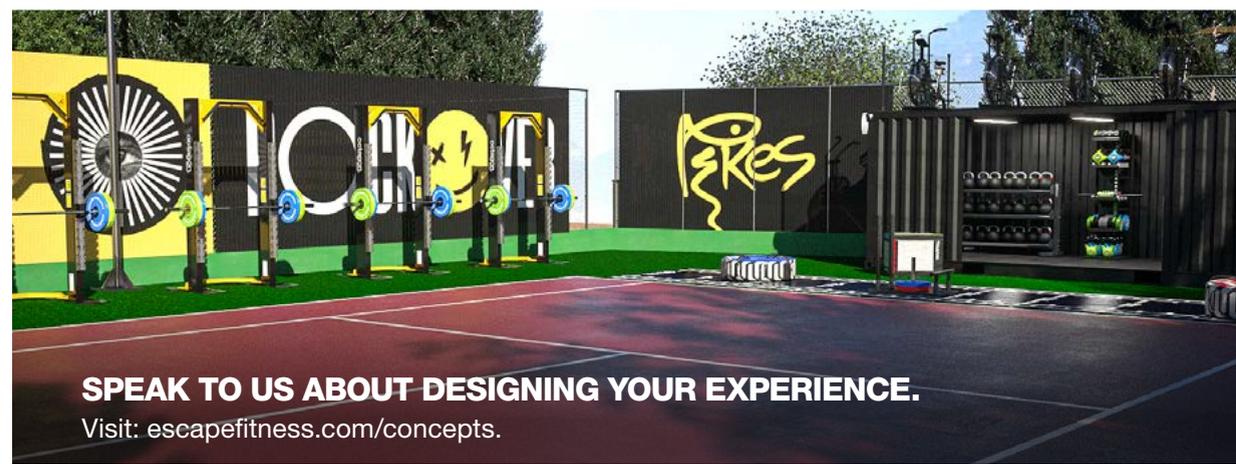
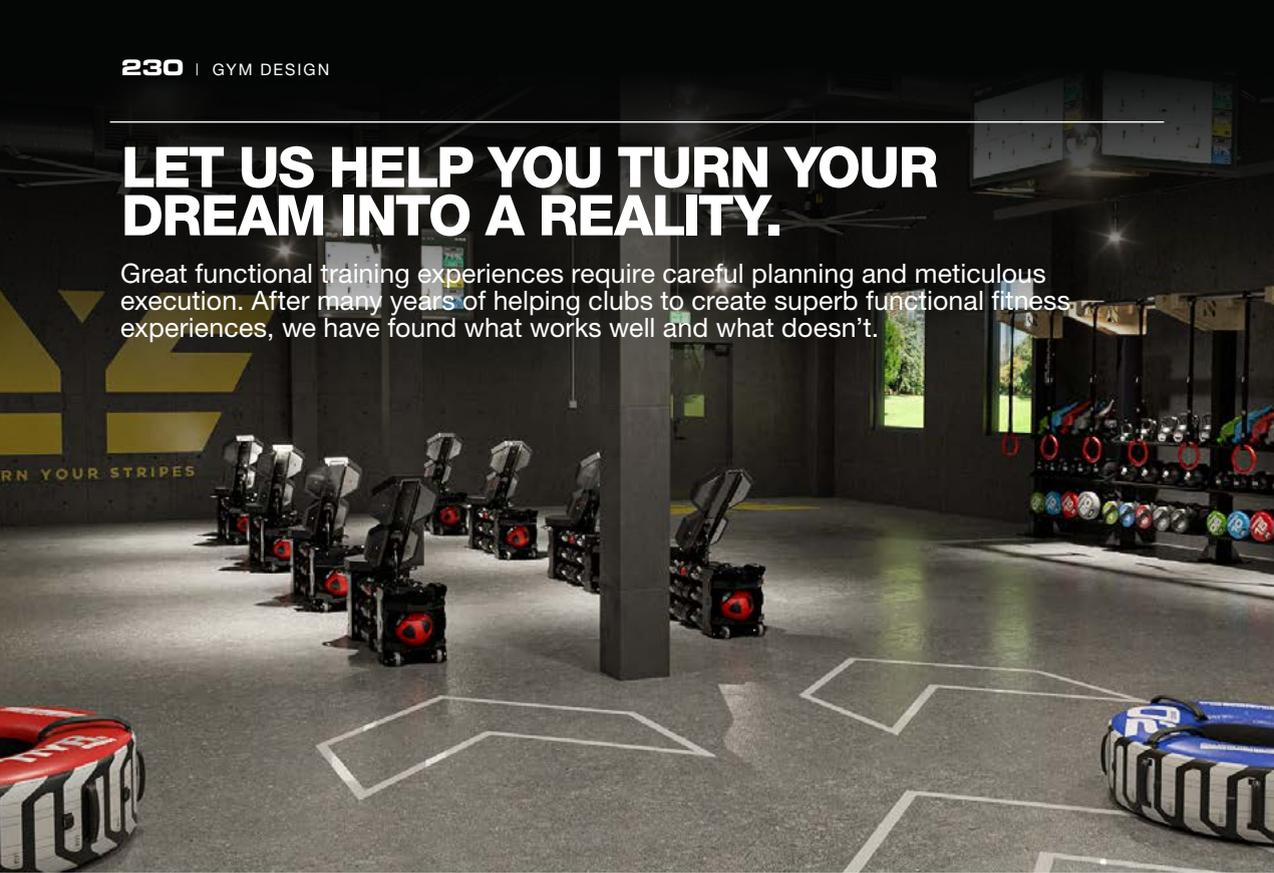
3. You must then send photographic evidence by email or post of the product and the damage/defect after which our quality control department will report their findings and advise whether the claim is accepted or rejected. If accepted, we will advise whether the product will be repaired or replaced, or if a credit or refund will be made and whether or not the product(s) needs to be returned to Escape for quality control investigation.
4. If a product(s) needs to be returned to Escape, we will contact you to arrange a mutually convenient time.
5. After your claim has been processed we will contact you again to ensure that your claim was satisfactorily solved.

Escape 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'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.

Please refer to www.escapefitness.com/us/warranties for full product warranty schedule.

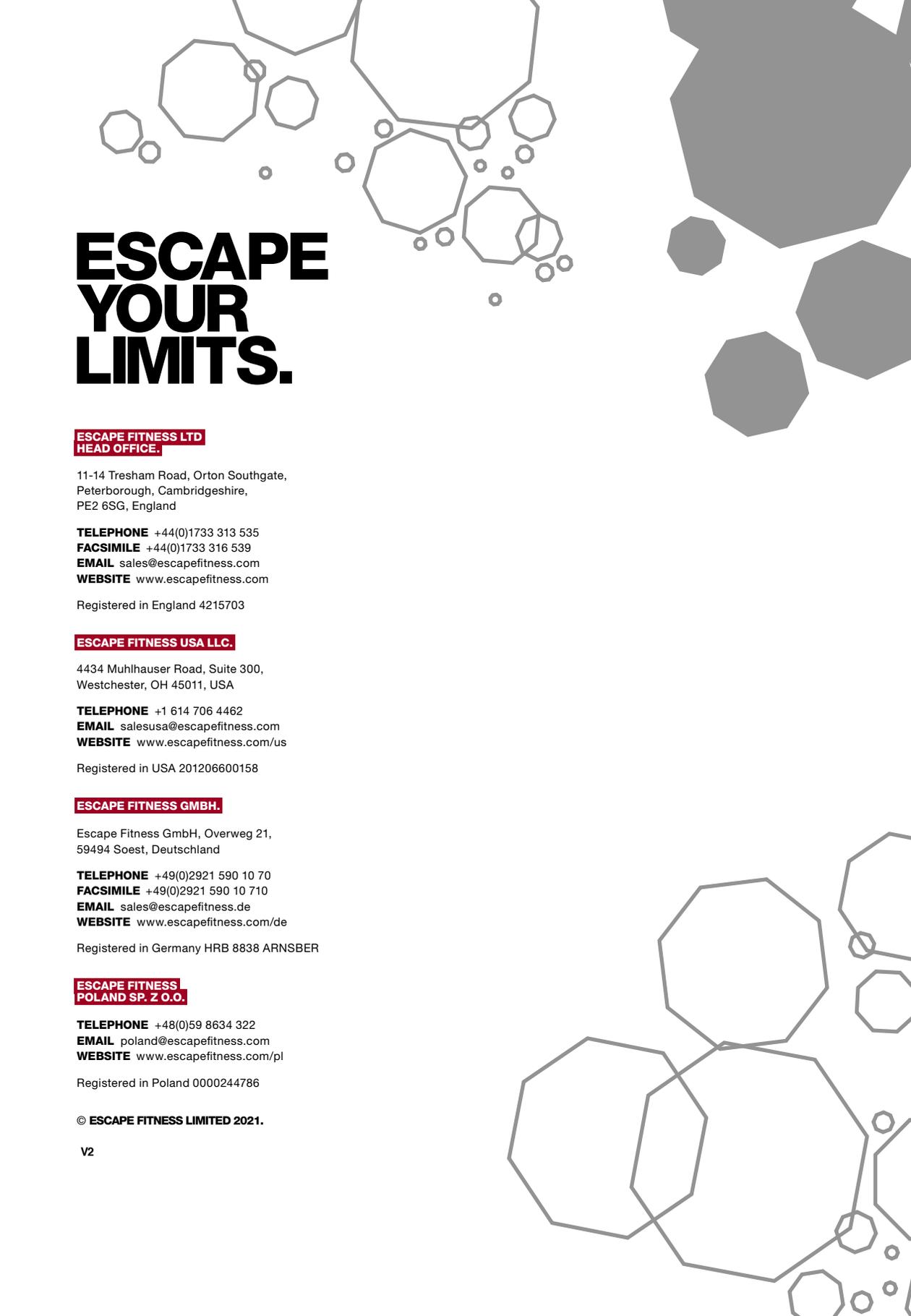
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