



2020 CATALOGUE.

YOUR ESSENTIAL GUIDE TO
FUNCTIONAL TRAINING.

**ESCAPE
YOUR
LIMITS.**

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A woman with long brown hair, wearing a black sports bra and leggings, is in a squatting position on a sandy beach. She is holding a large black medicine ball with both hands. The ball has a white logo that says 'DB' and '15 lbs'. The background shows a clear blue sky and the ocean. The text 'THERE IS NOTHING WE CAN'T DO WHEN WE SET OUR MINDS TO IT.' is overlaid in large white capital letters.

THERE IS
NOTHING
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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.

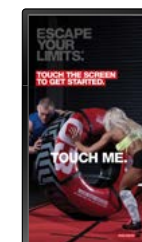
A responsive touchscreen and simple navigation means users can easily find the workouts they're looking for at any time.

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

INSTALLATION.

The MARS screen comes in 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 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.



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



HOW TO DELIVER AN OUTSTANDING TRAINING EXPERIENCE.

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

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

WHY ARE GROUP TRAINING EXPERIENCES SO POPULAR TODAY?

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

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

A CONCEPT TO COMPLETION PLAN THAT WILL HELP YOU COMPETE.

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

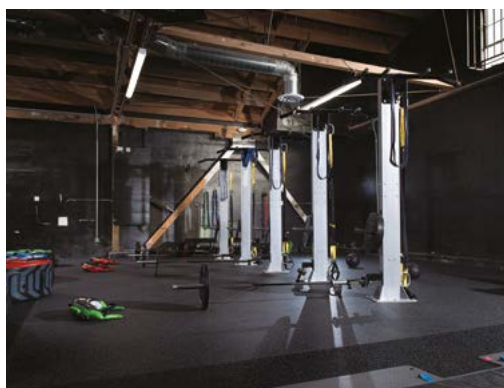
Our seven-stage process has proven itself in projects we've completed with clubs around the world – from new boutiques to established brands seeking new and better fitness experiences. Take a look at our summary of the process on the opposite page, and explore it in more detail by contacting sales@escapefitness.com.

PLANNING YOUR NEW FUNCTIONAL TRAINING SPACE?

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



Email us at:
sales@escapefitness.com



SEVEN STEPS TO SUCCESS IN YOUR SPACE.

STEP 1.

A VISION FOR THE CLUB.

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

STEP 2.

EQUIPMENT THAT MEETS YOUR MEMBERS' NEEDS.

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

STEP 3.

A BRILLIANT TRAINING ENVIRONMENT.

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

STEP 4.

KNOWLEDGEABLE, SKILLED AND CONFIDENT TRAINERS.

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

STEP 5.

PROGRAMMING THAT EXCITES MEMBERS.

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

STEP 6.

A BUZZ ABOUT WHAT YOU DO.

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

STEP 7.

CONSTANT EVOLUTION TO REMAIN ATTRACTIVE AND COMPETITIVE.

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



WALL GRAPHICS.

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

A SIMPLE PROCESS FOR ACHIEVING GRAPHICS UNIQUE TO YOUR CLUB.

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

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



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

STRENGTH.

Whether members are only just plateauing 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 and resistance training tool built by my father when I was teenager 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.

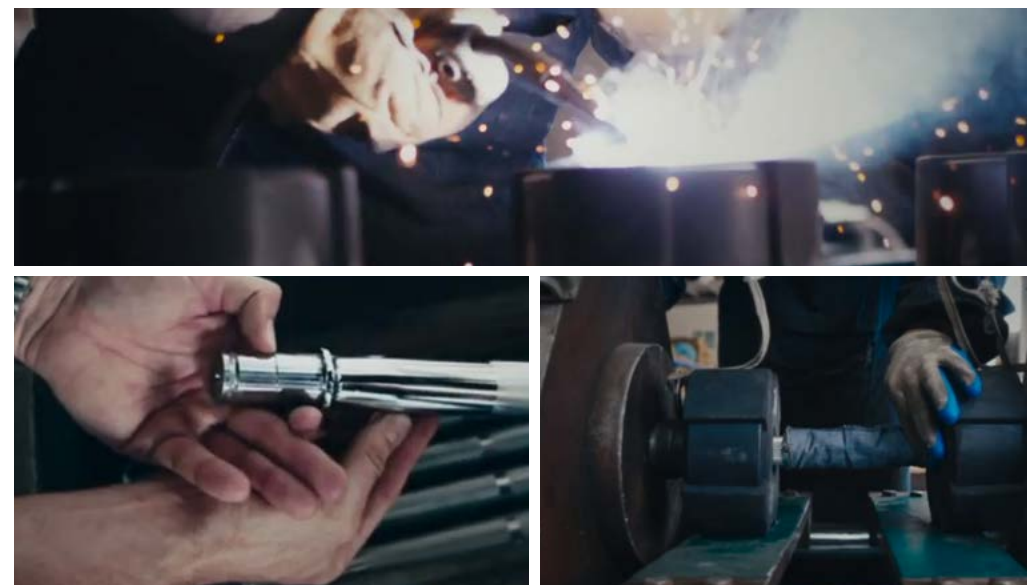
A lucky break, or moment of opportunity, I jumped at the chance to deliver a set of our new dumbbells that evening. That small operator went on to become one of the biggest fitness chains in Europe and helped Escape to go on and become one of the largest suppliers of commercial free weights in world. 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.

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

COMPARISON CHART.

FEATURES.	URETHANE DUMBBELLS.	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	1kg – 10kg (1kg increments) 12kg – 50kg (2kg increments)	2.5kg-50kg (2.5kg 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 customise 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.

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.

URETHANE DUMBBELLS.

With a permanently-bonded, steel head and dual lock construction, this innovative dumbbell range even features weight indications with the opportunity to customise 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.

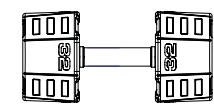


HANDLES.
Salt spray tested chrome handles.

WORKOUTS.
Premium textures for squat and swing grip variation.

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

BADGE.
3D embossed micro-injection badge.



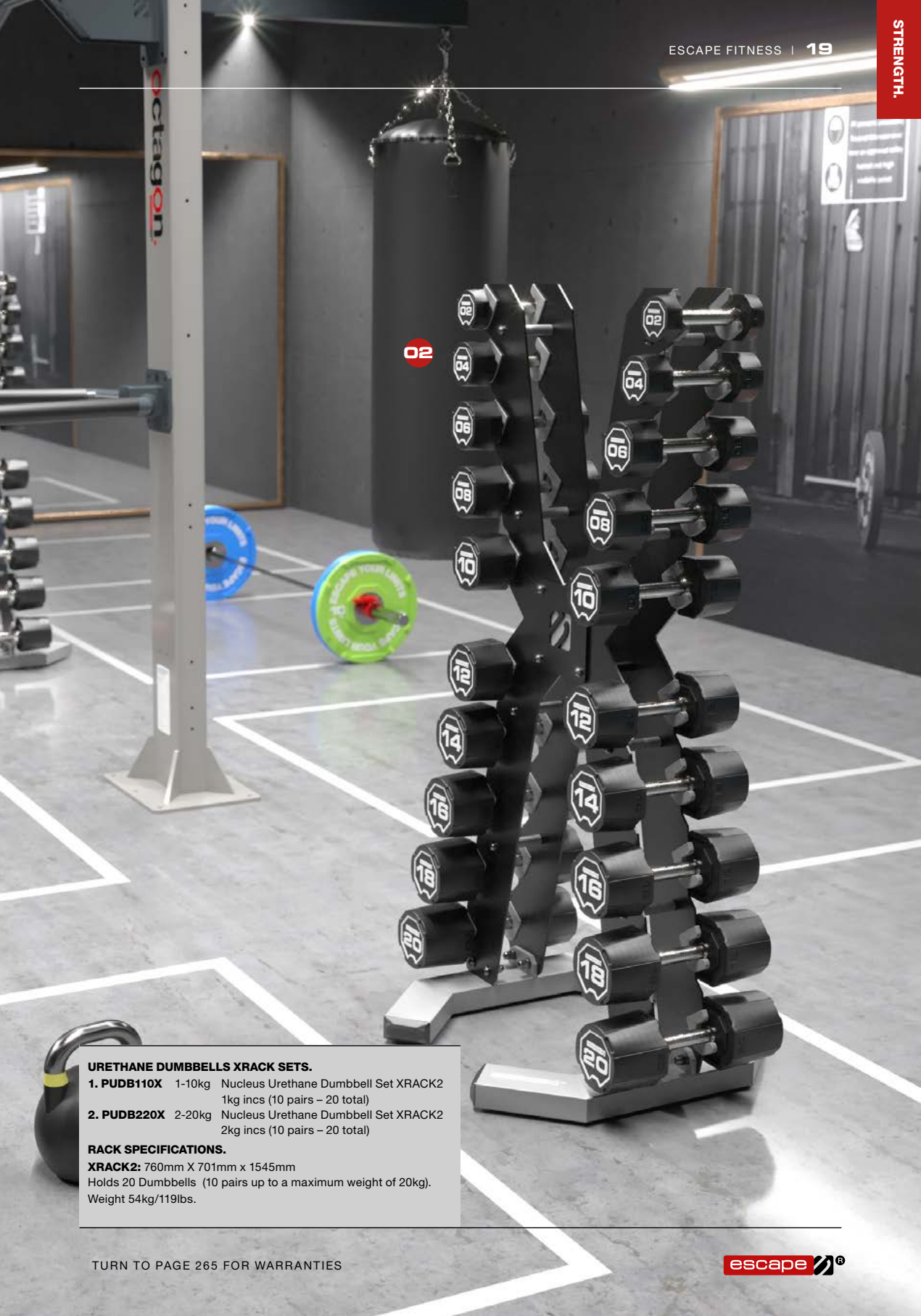
TOP-DOWN NUMBERING*.
Weight indicators visible from your take off and grip positions.
*Registered design.

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.

PADB110	1-10kg	Nucleus Urethane Dumbbell Set
PADB220	2-20kg	Nucleus Urethane Dumbbell Set
PADB2230	22-30kg	Nucleus Urethane Dumbbell Set
PADB3240	32-40kg	Nucleus Urethane Dumbbell Set
PADB4250	42-50kg	Nucleus Urethane Dumbbell Set



URETHANE DUMBBELLS XRACK SETS.
1. PADB110X 1-10kg Nucleus Urethane Dumbbell Set XRACK2
1kg incs (10 pairs – 20 total)
2. PADB220X 2-20kg Nucleus Urethane Dumbbell Set XRACK2
2kg incs (10 pairs – 20 total)
RACK SPECIFICATIONS.
XRACK2: 760mm X 701mm x 1545mm
Holds 20 Dumbbells (10 pairs up to a maximum weight of 20kg).
Weight 54kg/119lbs.

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.



- PUDB220L** 2-20kg Nucleus Urethane Dumbbell Set ULLDB10
2kg incs, (10 pairs, 20 total)
- PUDB230L** 2-30kg Nucleus Urethane Dumbbell Set ULLDB15
2kg incs, (15 pairs, 30 total) (as shown)
- PUDB240L** 2-40kg Nucleus Urethane Dumbbell Set ULLDB20
2kg incs, (20pairs, 40 total)

RACK SPECIFICATIONS.

- ULLDB10:** 1972mm x 364mm x 760mm. Weight 59kg
- ULLDB15:** 3152mm x 364mm x 760mm. Weight 108kg
- ULLDB20:** 3784mm x 364mm x 760mm. Weight 118kg

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.

- PUDB220R** 2-20kg Nucleus Urethane Dumbbell Set RACKDB10
2kg incs (10 pairs – 20 total) (as shown)
- PUDB230R** 2-30kg Nucleus Urethane Dumbbell Set RACKDB15
2kg incs (15 pairs – 30 total)
- PUDB240R** 2-40kg Nucleus Urethane Dumbbell Set RACKDB10
2kg incs (20 pairs – 40 total)

RACK SPECIFICATIONS.

- RACKDB10:** 1964mm* x 700mm x 755mm.
*1709mm (L) if feet are turned inward. Weight 60kg
- RACKDB15:** 1964mm* x 700mm x 1147mm.
*1709mm if feet are turned inward. Weight 80kg



PUT YOUR WALL SPACE TO WORK.

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 **page 54**.

RBDB2525	2.5kg-25kg	Nucleus SBX Dumbbell Set
RBDB1235	12.5kg-35kg	Nucleus SBX Dumbbell Set
RBDB2750	27.5kg-50kg	Nucleus SBX Dumbbell Set

SBX RUBBER DUMBBELL WITH RACK SETS.

RBDB2525R	2.5kg-25kg	Nucleus SBX Dumbbell Set RACKDB10 2.5kg incs (10 pairs – 20 total)
RBDB2750R	27.5kg-50kg	Nucleus SBX Dumbbell Set RACKDB15 2.5kg incs (10 pairs – 20 total) (as shown)

RACK SPECIFICATIONS.

RACKDB10:	1964mm* x 700mm x 755mm. *1709mm (L) if feet are turned inward. Weight 60kg
RACKDB15:	1964mm* x 700mm x 1147mm. *1709mm if feet are turned inward. Weight 80kg



SWEAT. STRENGTH. STORAGE. SORTED.

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.



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.

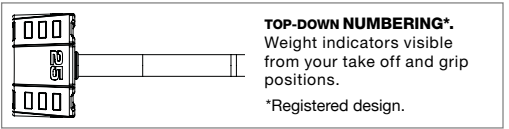
TECH SPEC. The unique head shape is a mathematical transition from round at the front face to an Octagon at the rear, giving parallel faces for anti-roll confidence.

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

PUBB1020	10-20kg	Nucleus Urethane Barbell Set
PUBB2545	25-45kg	Nucleus Urethane Barbell Set
PUBB1045	10-45kg	Nucleus Urethane Barbell Set

URETHANE BARBELLS WITH RACK SETS.		
PUBB1020R	10-20kg	Nucleus Urethane Barbell Set RACKBB5
PUBB2545R	25-45kg	Nucleus Urethane Barbell Set RACKBB5
PUBB1045R	10-45kg	Nucleus Urethane Barbell Set RACKBB10 (as shown)

RACK SPECIFICATIONS.		
RACKBB5:	1168mm (L) x 700mm (W) x 1147mm (H)	*913mm (L) if feet are turned inward. Weight 31kg.
RACKBB10:	1168mm (L) x 700mm (W) x 1147mm (H)	*913mm (L) if feet are turned inward. Weight 36kg.



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.



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.

PUCBB1020	10-20kg	Nucleus Urethane Curl Barbell Set
PUCBB2545	25-45kg	Nucleus Urethane Curl Barbell Set
PUCBB1045	10-45kg	Nucleus Urethane Curl Barbell Set

URETHANE BARBELLS WITH RACK SETS.		
PUCBB1020R	10-20kg	Nucleus Urethane Curl Barbell Set RACKBB5
PUCBB2545R	25-45kg	Nucleus Urethane Curl Barbell Set RACKBB5
PUCBB1045R	10-45kg	Nucleus Urethane Curl Barbell Set RACKBB10 (as shown)

RACK SPECIFICATIONS.		
RACKBB5:	1168mm (L) x 700mm (W) x 1147mm (H)	*913mm (L) if feet are turned inward. Weight 31kg.
RACKBB10:	1168mm (L) x 700mm (W) x 1147mm (H)	*913mm (L) if feet are turned inward. Weight 36kg.



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 colours
TOLERANCE	+/- 2%	+/- 2%	+/- 3%
WEIGHTS	8kg-32kg in 4kg increments	8kg-32kg in 4kg increments	4kg-20kg in 4kg increments
WARRANTY	2 years	3 years	1 year

HOW TO CHOOSE.

01 COMPETITIONS KETTLEBELLS 2.0.

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



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



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 detailed below 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 253** for details.

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

COMPETITION KETTLEBELL RACK SETS.

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** 8-32kg Competition Kettlebell Set *2 ULLSS11 4kg incs, (14 Kettlebells total)
- TMAT11** Top Rubber Mat 1.1m
- RACK SPECIFICATIONS.**
ULLSS11: 1340mm x 414mm x 760mm. Weight 50kg.



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** 8-32kg Competition Kettlebell Set *2 RACKKB2 4kg incs, (14 Kettlebells total)
- TMAT11** Top Rubber Mat 1.1m
- RACK SPECIFICATIONS.**
RACKKB2: 1577mm* x 700mm x 755mm *1321mm (L) if feet are turned inward. Weight 53kg.



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.



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

RBKB04	4kg	Nucleus SBX Kettlebell – Each
RBKB08	8kg	Nucleus SBX Kettlebell – Each
RBKB12	12kg	Nucleus SBX Kettlebell – Each
RBKB16	16kg	Nucleus SBX Kettlebell – Each
RBKB20	20kg	Nucleus SBX Kettlebell – Each
RBKB24	24kg	Nucleus SBX Kettlebell – Each
RBKB28	28kg	Nucleus SBX Kettlebell – Each
RBKB32	32kg	Nucleus SBX Kettlebell – Each
RBKB424	4-24kg	Nucleus SBX Kettlebell Set



GRIP.
360-degree grip and dynamic feedback.

SBX KETTLEBELL RACK SETS.

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 colour scheme.



RBKB4322L 4-32kg Nucleus SBX Kettlebell Set *2 ULLSS11
4kg incs, (16 Kettlebells total)

RACK SPECIFICATIONS.
ULLSS11: 1340mm x 414mm x 760mm. Weight 50kg.

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 4kg up to 32kg.



RBKB4322R 4-32kg Nucleus SBX Kettlebell Set *2 RACKKB2
4kg incs, (16 Kettlebells total)

RACK SPECIFICATIONS.
RACKKB2: 1577mm* x 700mm x 755mm
*1321mm (L) if feet are turned inward. Weight 53kg.



STUDIO KETTLEBELLS.

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



TECH SPEC.

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

STORAGE.

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

TRAINING.

Get the very best from your kettlebells with the 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 250** to find out more.

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

RACKKB2	2 Shelf Kettlebell Rack
ULLSS11	Octagon Storage Solution - holds up to 4 sets of 4 - 20kg (20 Studio kettlebells)

RACK SPECIFICATIONS.

RACKKB2:	1577mm* x 700mm x 755mm *1321mm (L) if feet are turned inward. Weight 53kg.
ULLSS11:	Size 414mm x 1340mm x 760mm. Weight 58kg.

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 colours have been cleverly combined with high-quality materials to create a range that will inject energy and give your freeweight area the ultimate USP.



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



COMPARISON CHART.

FEATURES.	URETHANE GRIP PLATES.	SBX GRIP PLATES.	ELITE URETHANE BUMPER PLATES.	RUBBER BUMPER PLATES.
USE	Heavy use, strength training spaces	Light to moderate use strength areas	Heavy use facilities, Olympic lifting, cross training	Olympic lifting, cross training
MATERIAL	Urethane, Cast iron, stainless core	SBX Rubber, Cast iron, stainless	Urethane, machined steel core	Solid rubber
WEIGHTS/ THICKNESS	1.25kg – 23mm 2.5kg – 24mm 5kg – 30 mm 10kg – 38mm 15kg – 42mm 20kg – 44mm 25kg – 44mm	1.25 – 23mm 2.5 – 24mm 5 – 30mm 10 – 38mm 15 – 42mm 20 – 44mm 25 – 44mm	5kg - 25mm 10kg - 30mm 15kg - 38mm 20kg - 48mm 25kg - 60mm	5kg 10kg 15kg 20kg
DUROMETER RATING (HARDNESS*)	80°	80°	89°	-
INTERNAL DIAMETER	51mm	51mm	50.5mm	50.8mm
WEIGHT TOLERANCE	+/- 10%	+/- 10%	+/- 2%	+/- 2%
WARRANTY	7 years	3 years	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 SBX GRIP PLATES.

A cost-effective alternative, the SBX Grip range offers much of the same functionality as its Urethane counterpart, giving members another level of performance from every plate.



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.

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.

PUGD012	1.25kg	Nucleus Urethane Grip Plate
PUGD025	2.5kg	Nucleus Urethane Grip Plate
PUGD050	5kg	Nucleus Urethane Grip Plate
PUGD100	10kg	Nucleus Urethane Grip Plate
PUGD150	15kg	Nucleus Urethane Grip Plate
PUGD200	20kg	Nucleus Urethane Grip Plate
PUGD250	25kg	Nucleus Urethane Grip Plate

PLATE SETS.		
PUGD1252	1.25-25kg	Nucleus Urethane Grip Plate Set (2 of each)
PUGD1254	1.25-25kg	Nucleus Urethane Grip Plate Set (4 of each)

URETHANE GRIP PLATES RACK SET.
PUGD1254R 1.25-25kg *4 Nucleus Urethane Grip Disc WTREE2

RACK SPECIFICATIONS.
WTREE2: Size 700mm x 700mm x 1333mm. Weight 21.5kg.



SBX GRIP PLATES.

A cost-effective alternative, the SBX Grip range offers much of the same functionality as its Urethane counterpart, giving members another level of performance from every plate.



DESIGN.
The black styling on these plates will fit in with any colour scheme while the embossed details ensure weights are easily identifiable.

TECH SPEC.
In addition to the handles for easy carrying and workout application, the contoured edges add a further challenge for fingertip and grip training.

STORAGE.
Keep these plates on the weight tree to ensure longevity of equipment and improved safety for members.

RBGD01	1.25kg	Nucleus Urethane Grip Plate
RBGD02	2.5kg	Nucleus Urethane Grip Plate
RBGD05	5kg	Nucleus Urethane Grip Plate
RBGD10	10kg	Nucleus Urethane Grip Plate
RBGD15	15kg	Nucleus Urethane Grip Plate
RBGD20	20kg	Nucleus Urethane Grip Plate
RBGD25	25kg	Nucleus Urethane Grip Plate

PLATE SETS.		
RBGD1252	1.25-25kg	Nucleus Urethane Grip Plate Set (2 of each)
RBGD1254	1.25-25kg	Nucleus Urethane Grip Plate Set (4 of each)

SBX GRIP PLATES RACK SET.
RBGD1254R 1.25-25kg *4 Nucleus SBX Grip Disc WTREE2

RACK SPECIFICATIONS.
WTREE2: Size 700mm x 700mm x 1333mm. Weight 21.5kg.





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 colours and contrasting weight indicators add to the usability.

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

PUBP05	5kg	Elite Urethane Bumper Plate – Black <i>(Technique Only)</i>
PUBP10	10kg	Elite Urethane Bumper Plate – Green
PUBP15	15kg	Elite Urethane Bumper Plate – Yellow
PUBP20	20kg	Elite Urethane Bumper Plate – Blue
PUBP25	25kg	Elite Urethane Bumper Plate – Red
Plates sold individually.		



RUBBER BUMPER PLATES.

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

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

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

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



BARS.

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

COMPARISON CHART.

FEATURES.	TECHNIQUE BAR.	WOMEN'S WOD BAR.	WOD BAR.	POWER BAR.
USE	Technique	Cross Training	Cross Training	General Strength Training
WEIGHT	5kg	15kg	20kg	20kg
LENGTH	1580mm	2010mm	2200mm	2200mm
SHAFT DIAMETER	25mm	25mm	28mm	28mm
SLEEVE LENGTH	110mm	325mm	410mm	410mm
KNURL	Single mark no centre knurl	Single mark no centre knurl	Single mark no centre knurl	Centre knurl
SHAFT FINISH	Aluminium	High Alloy Steel	High Alloy Steel	High Alloy Steel
TENSILE STRENGTH	N/A	162k PSI	162k PSI	128k PSI
BUSHING/BEARING	Fixed	8 needle bearing (4 per sleeve)	8 needle bearing (4 per sleeve)	4 needle bearing (2 per sleeve)
WARRANTY	1 year	1 year	1 year	1 year
HEAT TREATMENT	N/A	Twice	Twice	Twice
PERFORMANCE				
WHIP	N/A	★★★★★	★★★★★	★★★★★
KNURL COURSENESS	★★★★★	★★★★★	★★★★★	★★★★★
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 20kg 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 20kg WOD Bar

WOMEN'S WOD BAR.

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

WWOD01 15kg Women's WOD Bar

JUNIOR BAR.

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

JUNR01 12kg Junior Bar

TECHNIQUE BAR.

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

TECHB1 5kg Technique Bar

CURL BAR.

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

CURL01 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 SBX 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.

LIFTPLAT3 Lift Zone Small
LIFTPLAT4 Lift Zone Large

SPECIFICATIONS.

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

LIFT ZONE.

Comes without the Lift Zone logo.





COLLARS.

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

WOD COLLAR.

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

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



OLYMPIC CLAMP COLLAR.

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

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



ADJUSTABLE BENCH.

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

TECH SPEC.

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

ALL ABOUT ANGLES.

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

ADJBEN1 Adjustable Bench

SPECIFICATION.

Size: 1325mm x 415mm x 585mm. Weight: 37kg.



FLAT.



50° INCLINE.



80° INCLINE.

STORAGE.

Great storage maximises floorspace, opening the door to the best possible member experience. Faced with a fixed overhead of running a facility in terms of cost per square foot or square metre, freeing up as much space as possible for training is vital. This range of Escape storage is more than just a place for equipment – it's unique to the needs of your fitness space and an integral part of its design.

STORAGE.

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XRACK 2.0.

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

STORAGE.

DUMBBELLS.
Nucleus Urethane
1-10kg (1kg inc)
2-20kg (2kg 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.

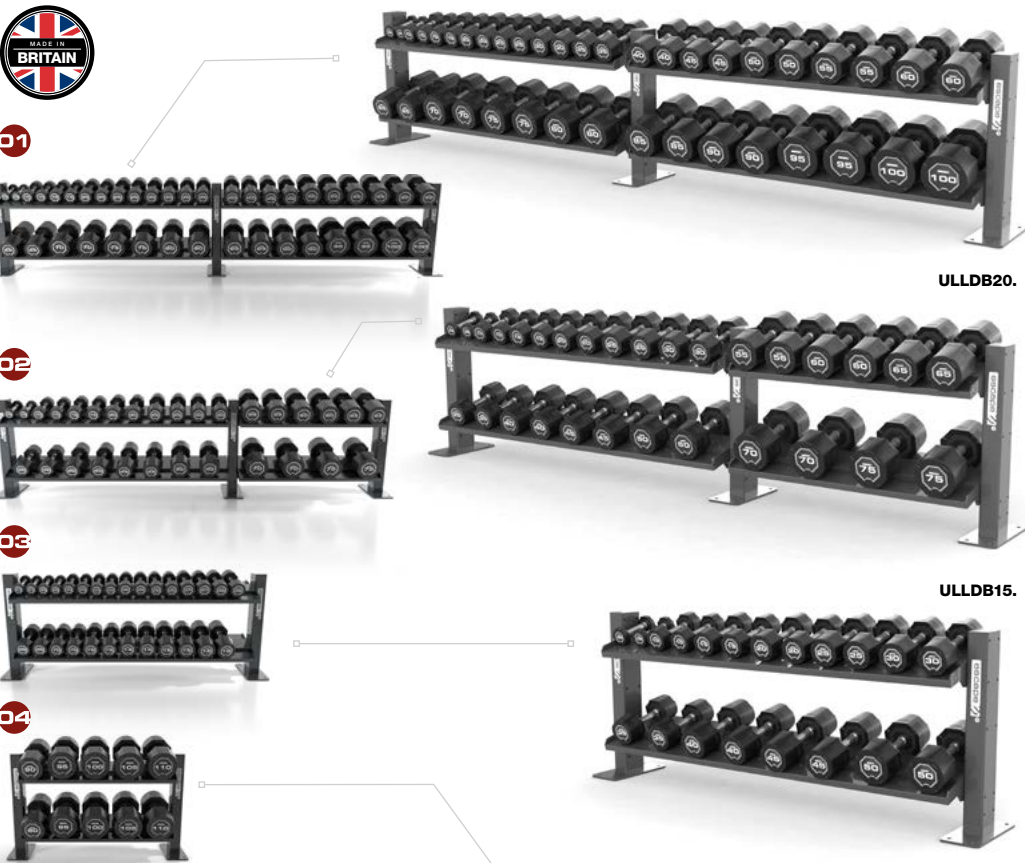
Size: 760mm x 701mm x 1545mm.

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

Weight 54kg/119lbs.

OCTAGON 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.



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 364mm x 3784mm x 760mm. Weight 118kg.
- 02. ULLDB15** 15 Pair Dumbbell Rack
Size 364mm x 3152mm x 760mm. Weight 108kg.
- 03. ULLDB10** 10 Pair Dumbbell Rack
Size 364mm x 1972mm x 760mm. Weight 59kg.
- 04. ULLDB05** 5 Pair Dumbbell Rack
Size 364mm x 1340mm x 760mm. Weight 49kg.
- OCL004** Rectangular Rubber Pad for Racks

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



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 inwards 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 1964mm* x 700mm x 755mm
*1709mm if feet are turned inward.
Weight 60kg/132lbs.
- RACKDB15:** Holds 30 Dumbbells (15 pairs)
1964mm* x 700mm x 1147mm
*1709mm (L) if feet are turned inward.
Weight 80kg/176lbs.

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 centrepiece 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 1168mm x 700mm x 1147mm
 *913mm if feet are turned inward.
 Weight 31kg/68lbs.

RACKBB10: Size 1168mm x 700mm x 1147mm
 *913mm if feet are turned inward.
 Weight 36kg/79lbs.

Barbells sold separately.



RACKBB10.

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



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 sanitised station.

RACKU2 2 Shelf Universal Rack
RACKU3 3 Shelf Universal Rack

SPECIFICATION:

RACKU2: Size: 1964mm* (L) x 700mm (W) x 755mm (H)
 *1710mm (L) if feet are turned inward.
 Max load: 300kg/661lbs. Weight 53kg/117lbs.

RACKU3: Size: 1964mm* (L) x 700mm (W) x 1146mm (H)
 *1710mm (L) if feet are turned inward.
 Max load: 300kg/661lbs. Weight 75.5kg/166.5lbs.



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.

Available with one shelf or two, 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.

RACKKB2 2 Shelf Kettlebell Rack

SPECIFICATION:

RACKKB2: Max capacity of 9 Competition Pro Kettlebells or 8 Nucleus Kettlebells per shelf.
Size: 1577mm* (L) x 700mm (W) x 755mm (H)
*1321mm (L) if feet are turned inward.
Weight 53kg/117lbs.



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

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.

RACKKD Kettlebell and Dumbbell Rack

SPECIFICATION:

RACKKD Holds up to 10 Dumbbell pairs and 12 Kettlebells.
Size: 1964mm* (L) x 700mm (W) x 1146mm (H)
*1710mm (L) if feet are turned inward.
Weight 83kg/183lbs.



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

MULTI-USE RACKS.

5 SHELF.

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

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: 700mm(L) x 700mm (W) x 2089mm (H)
Max load 75kg/65lbs. Weight 31kg/68lbs.

PLEASE NOTE: Max weight on a shelf is 25kg/55lbs, always load the heaviest weights at the bottom of the rack.

MULTI-USE RACKS.

10 SHELF.

This shelving offers versatility in storage for a range of fitness essentials, such as sandbags, medicine balls or larger training tools.

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: 700mm (L) x 700mm (W) x 2089mm (H)
Max load 75kg/65lbs. Weight 31kg/68lbs.

PLEASE NOTE: Max weight on a shelf is 25kg/55lbs, 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.

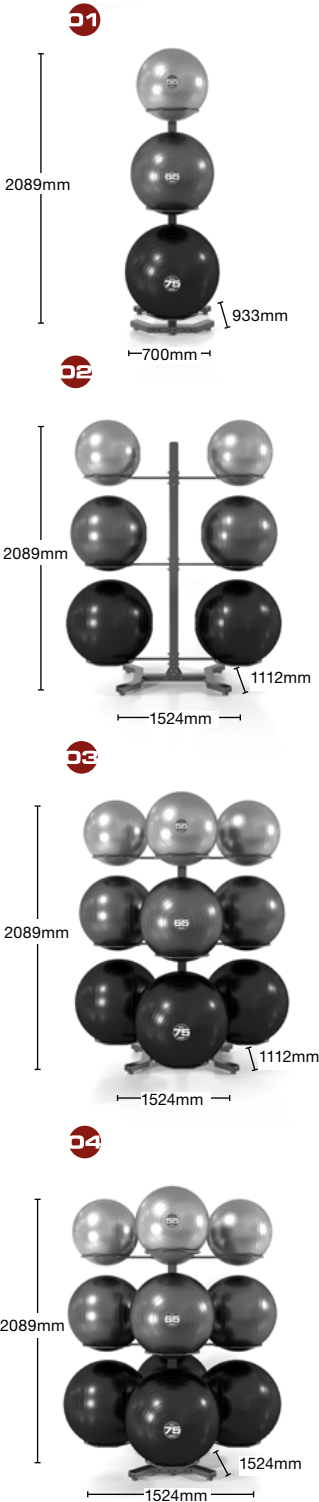


Combined with the colour-coded balls, a height for each gym ball size makes for easy identification and reduced confusion when removing or returning the equipment.

- 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: 700mm (L) x 933mm (W) x 2089mm (H) Weight 25kg/55lbs.
RACKGB6:	Size 1524mm (L) x 1112mm (W) x 2089mm (H) Weight 29kg/64lbs.
RACKGB9:	1524mm (L) x 1112mm (W) x 2089mm (H) Weight 34kg/75lbs.
RACKGB12:	1524mm (L) x 1524mm (W) x 2089mm (H) Weight 37kg/81.5lbs.



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 weight 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 315kg.

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 700mm by 700mm, 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 700mm x 700mm x 1333mm.
Max load 315kg/490lbs. Weight 21.5kg/47lbs.

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 colour and style into plate storage solutions, and gives club owners the chance to create the most suitable storage system for their needs.

STORAGE.
The Toast Rack is fully adjustable and will accommodate bumper plates in the combination of your choice.



OTR001 Toast Rack

SPECIFICATIONS.
Size 300mm x 300mm x 1092mm. Weight 27kg.

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 500mm x 500mm x 254mm.
Weight 18kg/39.6lbs.

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, 45 x Eco Yoga Mats,
30 x Core Mats or 15 x Flex Mats.

SPECIFICATIONS.
LF2RACK: Size 1940mm x 783mm x 812mm. Weight 19kg.

ESCPAD Protective rubber feet for racks

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
HOOPB19	Spine Gym Ball Holder
02. RACK5B25	RACK5 Mat Attachment
	Can hold up to either 65 x Yoga mats, 65 Yoga mats, 25 x Core mats or 25 x Flex mats.
RACK5B35	Rack5 Short Pin Mat Rack
	Can hold up to either 5 Core, 5 Flex or 12 Yoga mats.

SPECIFICATIONS.

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

REGISTERED
PATENT.

UNIVERSAL SHELVING.

RACK5 features integrated adjustable storage shelves for a range of functional kit. These pictures illustrate how equipment is stored on the various configurations.

01 BAG AND ROLLER SHELF.



02 KETTLEBELL SHELF.



03 CMT AND BOSU SHELF.



04 GYM BALL SHELF.



05 VERTBALL SHELF.



06 TOTAL GRIP MEDBALL AND VERTMINI SHELF.



07 MULTI GRIP MEDBALL AND SLAMBALL SHELF.

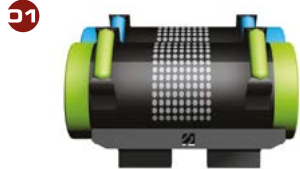


08 BULGARIAN BAG SHELF.



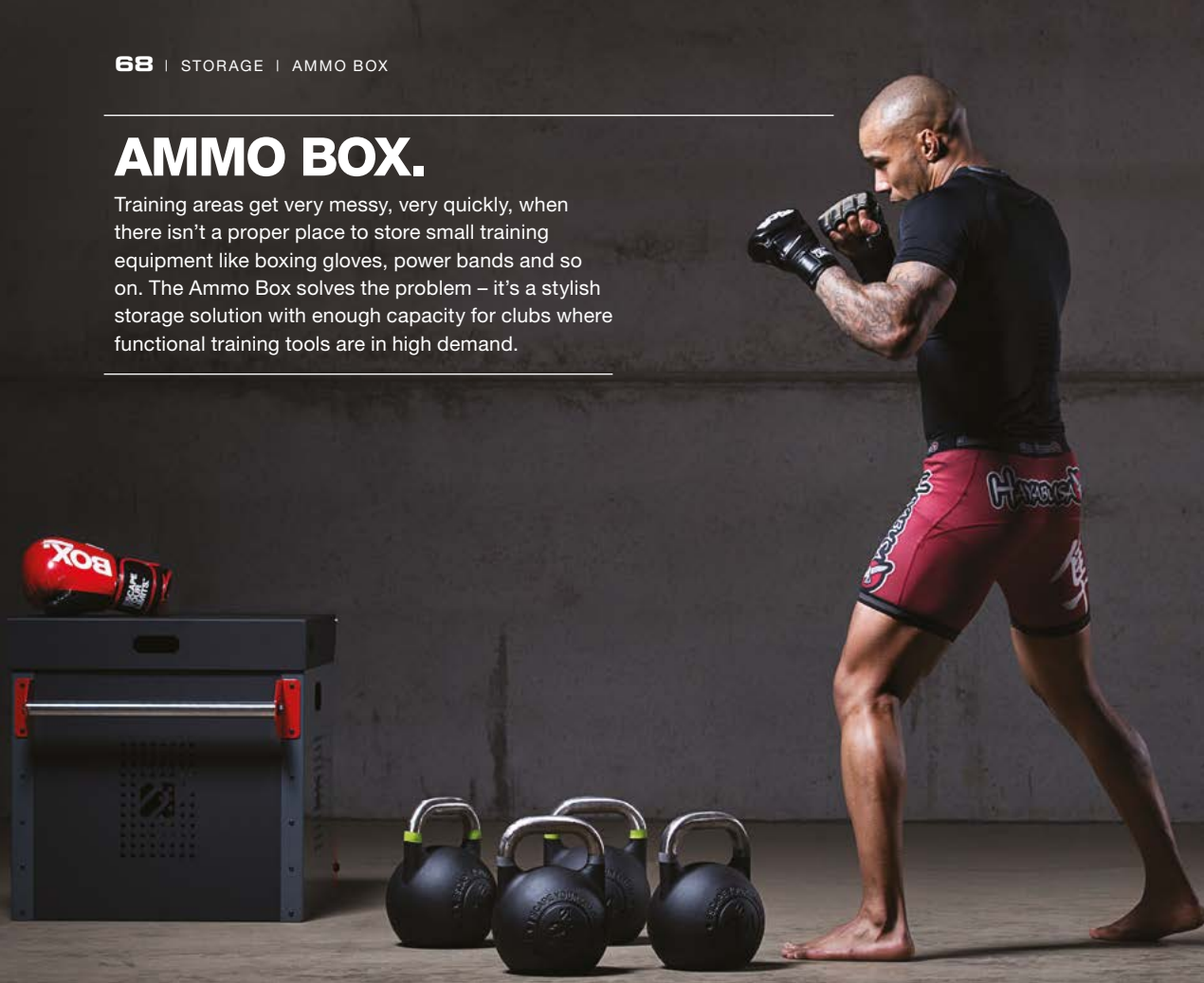
STORAGE EXAMPLES.

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



AMMO BOX.

Training areas get very messy, very quickly, when there isn't a proper place to store small training equipment like boxing gloves, power bands and so on. The Ammo Box solves the problem – it's a stylish storage solution with enough capacity for clubs where functional training tools are in high demand.



TECH SPEC.
Made from 95% carbon steel, the Ammo Box is built to take a lot of abuse in busy gyms. The front handle and wheels make it easy to move to where people are working out – for example in a group session – and then back to its usual location.

DESIGN.
Features include gas struts for a soft-close lid and ventilation to help complete the drying of equipment between workouts. The flat pack format (with toolkit and assembly instructions) reduces shipping costs and we pass this saving on to our customers.

EXPERT TIP.
The optional dividers get the most from the Ammo Box, helping to prevent equipment from piling up on top of each other. You can also use the dividers to create a compartment for each type of equipment involved in a varied training program.

REGISTERED DESIGN.

- AMB001 Ammo Box Storage
- AMB002 Ammo Box with Dividers

SPECIFICATION.
Size 598mm x 606mm x 835mm. Maximum load 150kg.

Equipment sold separately.



OCTAGON CORNER STORAGE.

Get more from your corners! Installing intelligent shelving convenience in the dead space of your facility gives you and your members more from both fitness equipment and footprint.



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
- OCL004 Rectangular Rubber Pad for Racks

SPECIFICATION.
ULLAS2: 556mm x 1778mm x 760mm. Weight 44.2kg.
LLAS4: 556mm x 1778mm x 1477mm. Weight 95kg.

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

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 maximised, with equipment kept safe, tidy and accessible.



HUB STORAGE.

UNIVERSAL SHELVING.

Octagon Hub Storage features integrated storage shelves that can store a range of Escape functional training equipment. From Bulgarian bags to gym balls and kettlebells to medicine balls, this storage solution can be situated flush against a wall to save space, or it can be used to separate designated training areas within the club.

Each single Hub Storage Wall features 10 fully-adjustable shelves that can be configured to best suit a club's requirements. Individualised combinations can be created to increase storage capabilities.

This is the ideal solution for clubs to keep equipment off the floor and within easy reach for fast changes during workouts.



Triple Storage

HUB STORAGE FREESTANDING.

In addition to the benefits of bolted-down Hub Storage, the Freestanding Wall offers further personalisation in positioning and flexibility for any fitness space set up. Not only does it mean that the storage wall can be installed on floors that are unsuitable for fixed frames, but it can also be moved at anytime to meet the needs of an evolving gym layout to meet member needs.

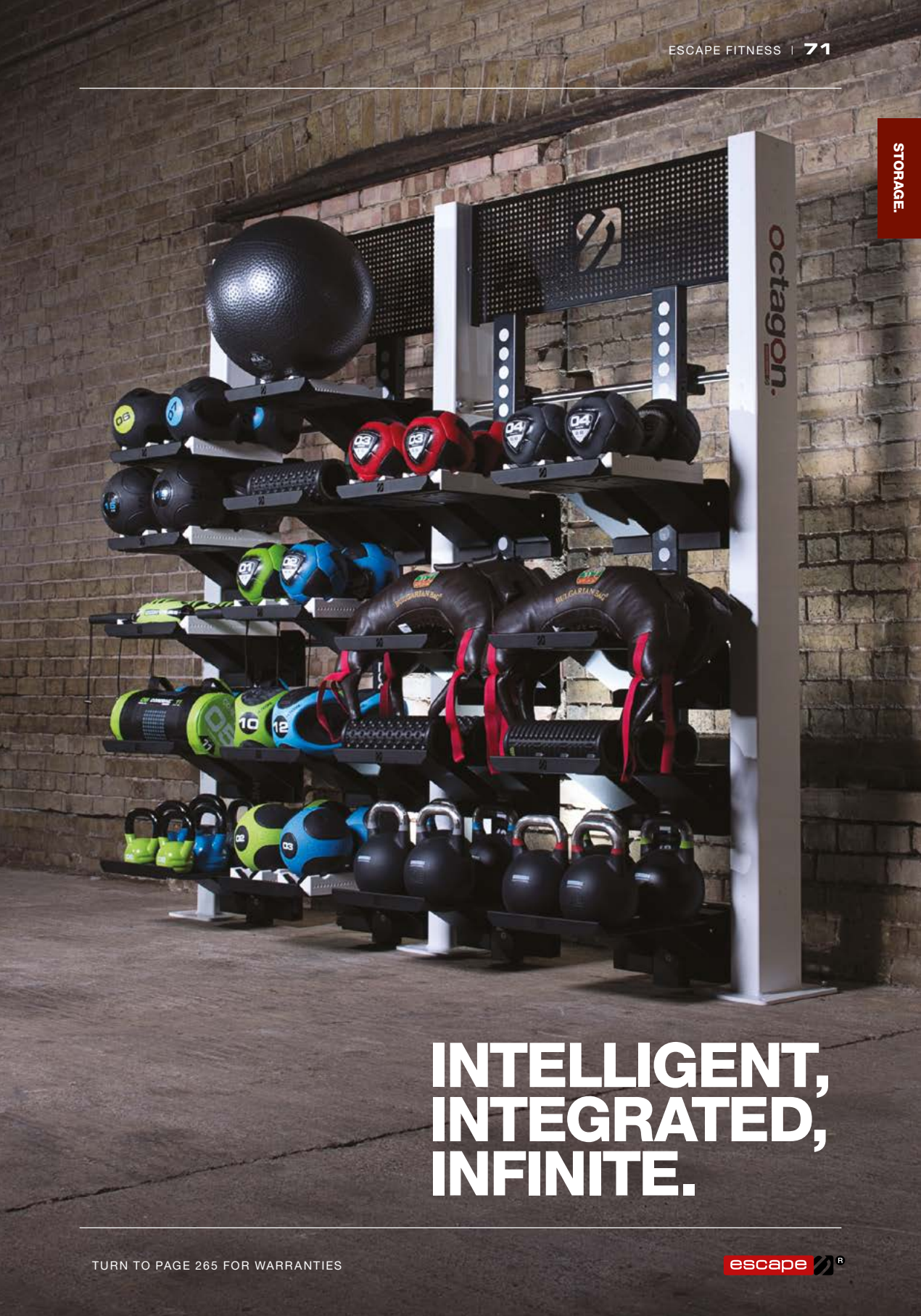
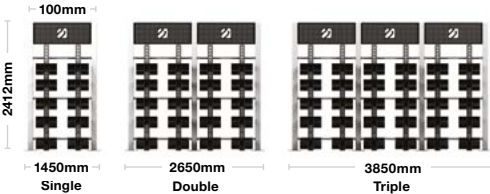


Single Storage

- OHTSW01** Octagon Single Storage Hub - 10 shelves
- OHTSW02** Octagon Double Storage Hub - 20 shelves
- OHTSW03** Octagon Triple Storage Hub - 30 shelves
- OFHSW01** Free Stand Single Storage Hub - 10 shelves
- OFHSW02** Free Stand Single Storage Hub - 20 shelves
- OFHSW03** Free Stand Single Storage Hub - 30 shelves

See **page 66** for more information about RACK5 shelving.
Other colour 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. This Escape equipment really stands out from the rest and provides a full range of functional training experiences to fitness clubs – including body conditioning training, cross training and athletic-based training. Suitable for all members, from the fitness beginner to the advanced athlete, these functional frames and storage-based products offer a comprehensive solution to optimise any space.

OCTAGON.

THE OCTAGON	
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TRAINING FRAMES	98
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ATHLETIC	
TRAINING FRAMES	126
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MAKE A FRAME YOUR OWN	138

THE OCTAGON FRAME RANGE.

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

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

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

MAKE IT YOURS.

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

01 WALL-BASED FRAMES.

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

These frames are ideal for:

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

See pages 78-97 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 98-115 for our body conditioning training frames.



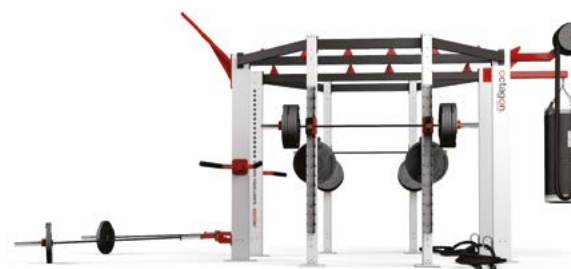
03 CROSS TRAINING FRAMES.

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 116-125 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 126-133 for our athletic training frames.



01 WALL-BASED TRAINING FRAMES.

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

SINGLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

FREESTANDING HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

FREESTANDING DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS
FREESTANDING.

02 BODY CONDITIONING TRAINING FRAMES.

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

HTS 90.



FRAME AVAILABLE AS
FREESTANDING.

4 LEG HTS.



6 LEG HTS.



8 LEG HTS.



03 CROSS TRAINING FRAMES.

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

T1.



QUAD.



OCTAGON.



FRAME AVAILABLE AS
FREESTANDING.

04 ATHLETIC TRAINING FRAMES.

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

MONO.



FRAME AVAILABLE AS
FREESTANDING.

HALF BOX.



WOD BOX.



HALF SQUAD.



SMALL.

MEDIUM.

LARGE.

OCTAGON.

WALL BASED.

BODY CONDITIONING.

CROSS TRAINING.

ATHLETIC.



WALL-BASED FRAMES.

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

HIT HUB - THE MOST VERSATILE FRAME EVER MADE.



OCTAGON.

SINGLE SIDED, ONE BAY, TYPE 1.

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

Connect to a MONO for maximum functionality with minimum footprint. See page 88 for details.



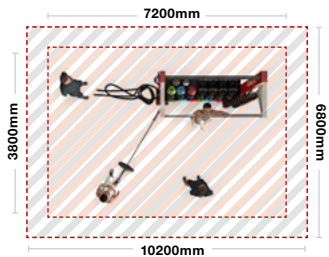
PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells, plates or dumbbells.

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

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

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

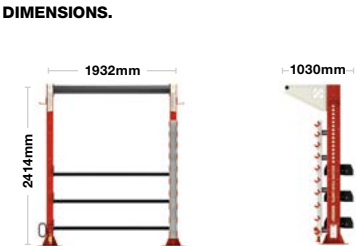
69m² Optimum space working area.



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

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

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



SINGLE SIDED, ONE BAY, TYPE 2.

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



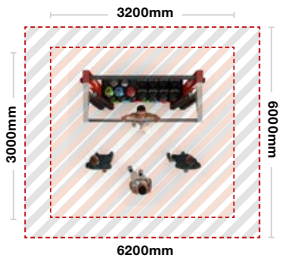
PLEASE NOTE.
Frames do not include balls, bags, kettlebells, resistance bands or dumbbells.

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

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

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

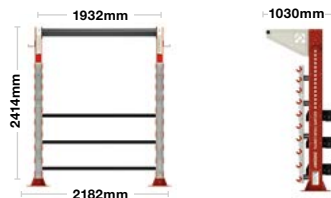
37m² Optimum space working area.



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

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

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



DOUBLE SIDED, ONE BAY.

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



PLEASE NOTE.

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



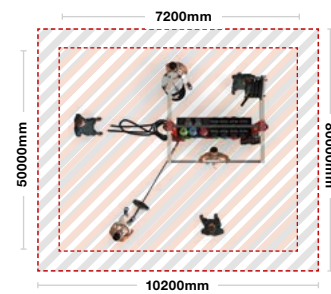
USERS AND WORKING AREA.

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

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

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

82m² Optimum space working area.



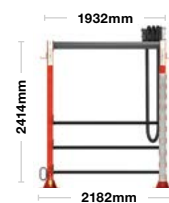
OHHW021 HIT HUB - Double Sided, One Bay
HIT HUB - Double Sided, 1 Bay attachments include:

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

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON.

SINGLE SIDED, TWO BAY.

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



PLEASE NOTE.

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



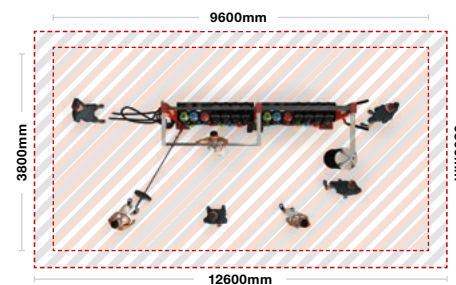
USERS AND WORKING AREA.

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

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

37m² Minimum working area for up to 7 users.

65m² Optimum space working area.



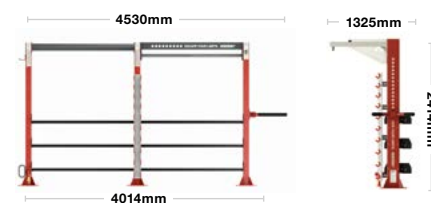
OHHW012 HIT HUB - Single Sided, Two Bay
HIT HUB - Single Sided, Two Bay attachments include:

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

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

Other colour options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, TWO BAY.

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



PLEASE NOTE.

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



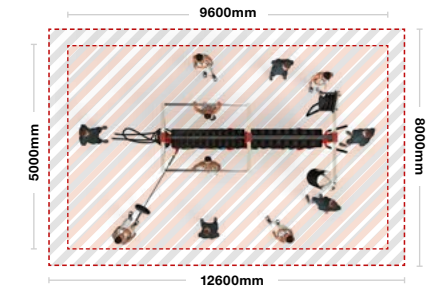
USERS AND WORKING AREA.

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

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

48m² Minimum working area for up to 11 users.

100m² Optimum space working area.

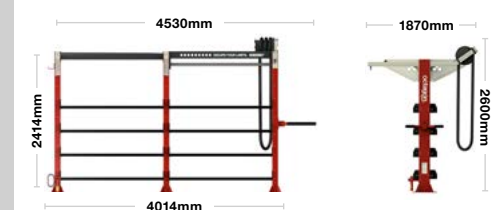


OHHW022 HIT HUB - Double Sided, Two Bay
HIT HUB - Double Sided, Two Bay attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.



SINGLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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



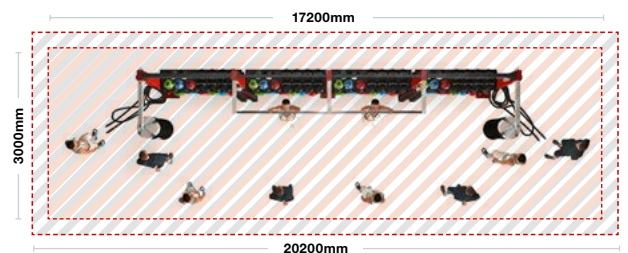
USERS AND WORKING AREA.

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

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

52m² Minimum working area for up to **10 users**.

121m² Optimum space working area.



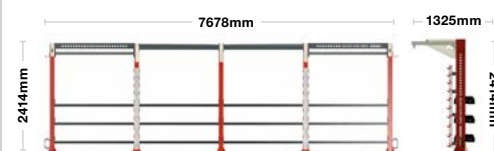
OHHW014 HIT HUB - Single Sided, Four Bay
HIT HUB - Single Sided, Four Bay attachments include:

- 1 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 2 x Boxing Arm and Swivel
- 2 x Claw (holds ropes and tubes)
- 2 x HOLSTER (holds dumbbells)

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

Other colour options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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



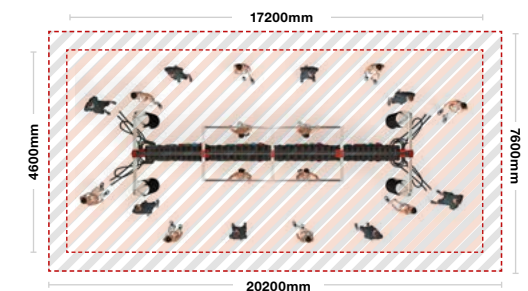
USERS AND WORKING AREA.

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

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

79m² Minimum working area for up to **20 users**.

153m² Optimum space working area.



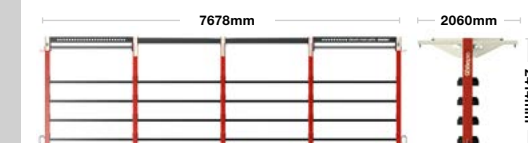
OHHW024 HIT HUB - Double Sided, Four Bay
HIT HUB - Double Sided, Four Bay attachments include:

- 2 x HIT Wing and Extender
- 2 x Battle Rope Eye
- 4 x Boxing Arm and Swivel
- 2 x Claw (holds ropes and tubes)
- 4 x HOLSTER (holds dumbbells)

HOLSTER x 4 - Store two sets of 2-20kg dumbbells on all HOLSTERS or for heavy weights, the HOLSTERS can handle a range of up to 30kg.

Other colour options available, please call for details.

DIMENSIONS.



HIT HUB ATHLETIC.

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



PLEASE NOTE.

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

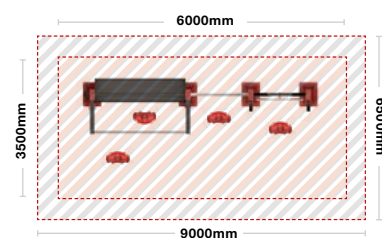
USERS AND WORKING AREA.

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

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

22m² Minimum working area for up to **4 users**.

59m² Optimum space working area.



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

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

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

Other colour options available, please call for details.

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.

FREESTANDING SINGLE SIDED, ONE BAY.

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

PLEASE NOTE.

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

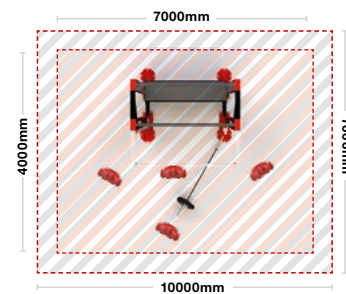


USERS AND WORKING AREA.

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

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

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



OFHHW011 HIT HUB - Single Sided, One Bay, Freestanding

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

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

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

Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, ONE BAY.

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

PLEASE NOTE.

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

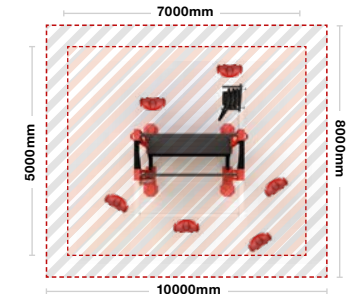


USERS AND WORKING AREA.

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

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

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



OFHHW021 HIT HUB - Double Sided, One Bay, Freestanding

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

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

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

Other colour options available, please call for details.

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 centrepiece for circuits and has double the storage capabilities of the single sided frame, along with added accessories for a challenging multifunctional workout. An ideal PT station that excites individuals and small groups with equipment that is versatile, contained and effective across varying ability levels.



PLEASE NOTE.

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



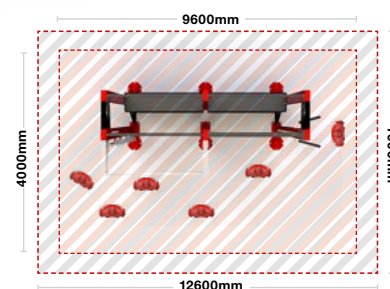
USERS AND WORKING AREA.

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

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

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

88m² Optimum space working area.



OFHHW012 HIT HUB - Single Sided, Two Bay, Freestanding

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

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

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

Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, TWO BAY.

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



PLEASE NOTE.

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



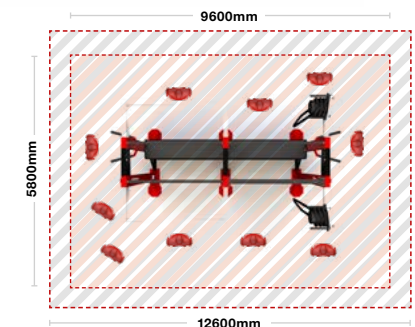
USERS AND WORKING AREA.

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

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

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

108m² Optimum space working area.



OFHHW022 HIT HUB - Double Sided, Two Bay, Freestanding

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

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

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

Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING SINGLE SIDED, FOUR BAY.

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



PLEASE NOTE.

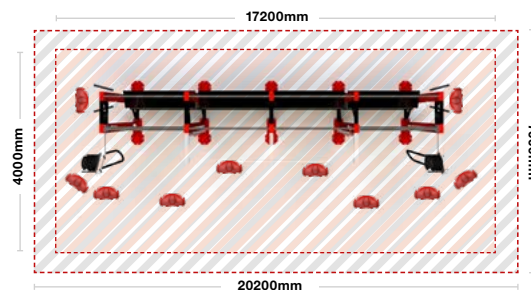
Frames do not include balls, bags, kettlebells, dumbbells or WOD Rings.

USERS AND WORKING AREA.

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

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

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



OFHHW014 HIT HUB - Single Sided, Four Bay, Freestanding

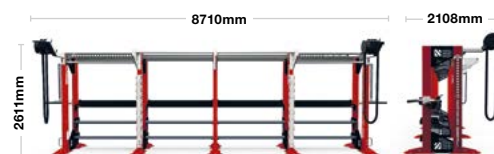
HIT HUB - Single Sided, Four Bay, Freestanding attachments include:

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

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

Other colour options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, FOUR BAY.

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



PLEASE NOTE.

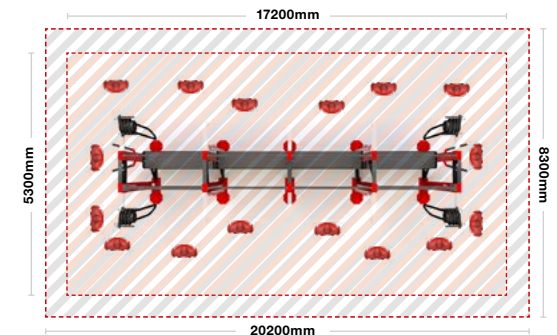
Frames do not include balls, bags, kettlebells, dumbbells or WOD Rings.

USERS AND WORKING AREA.

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

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

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



OFHHW024 HIT HUB - Double Sided Four Bay, Freestanding

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

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

HOLSTER x 4 - Store two sets of 2-20kg dumbbells on all HOLSTERS or for heavy weights, the HOLSTERS can handle a range of up to 30kg.

Other colour options available, please call for details.

DIMENSIONS.





BODY CONDITIONING TRAINING FRAMES.

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

HTS – TAKING FUNCTIONAL WORKOUTS TO THE NEXT LEVEL.

OCTAGON.





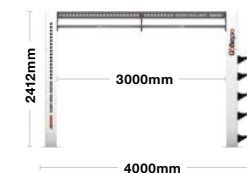
OCTAGON HTS 4.

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

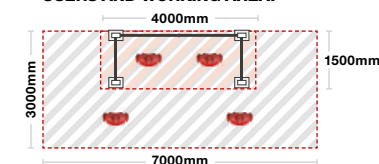
HTS 4.2.

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

DIMENSIONS.



USERS AND WORKING AREA.



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

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

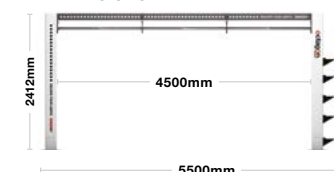
21m² Floor-based working area for up to **4 users**.

OHTS402 Octagon HTS 4 Leg 2 Beam

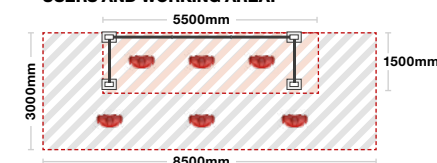
HTS 4.3.

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

DIMENSIONS.



USERS AND WORKING AREA.



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

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

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

OHTS403 Octagon HTS 4 Leg 3 Beam



OCTAGON HTS 6.

The HTS 6 helps fitness facilities maximise group sessions and suspension training. Its six-leg design creates extra space to incorporate strength and mobility exercises into classes to get clients moving freely. Four Hub Storage Walls provide enough storage capacity for national clubs or larger independents looking to inject the 'WOW' factor into their functional training. The BOA Rail also lets you incorporate boxing into sessions (see [page 112](#) for details).

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

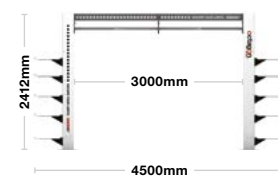
MOVE IT.



HTS 6.2.

The HTS 6.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 244](#).

DIMENSIONS.

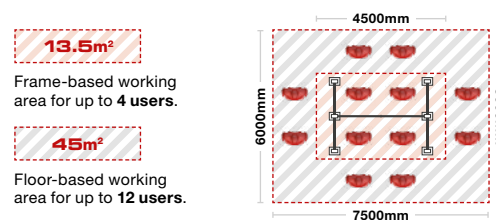


USERS AND WORKING AREA.



12 USERS.

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

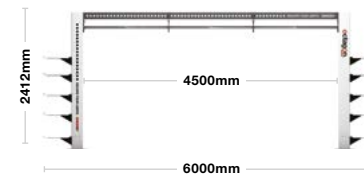


OHTS602 Octagon HTS 6 Leg 2 Beam

HTS 6.3.

The HTS 6.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 244](#).

DIMENSIONS.

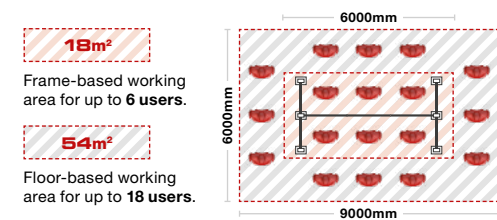


USERS AND WORKING AREA.



18 USERS.

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

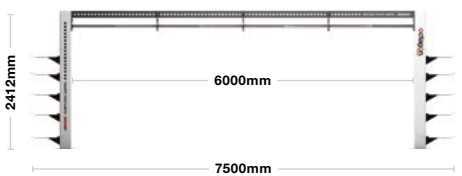


OHTS603 Octagon HTS 6 Leg 3 Beam

HTS 6.4.

The HTS 6.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full programme equipment packs see [page 244](#).

DIMENSIONS.

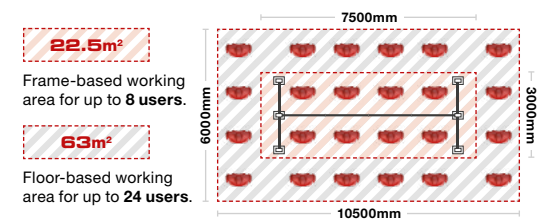


USERS AND WORKING AREA.



24 USERS.

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



OHTS604 Octagon HTS 6 Leg 4 Beam

OCTAGON HTS 8.

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

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



MOVEIT.

octagon.

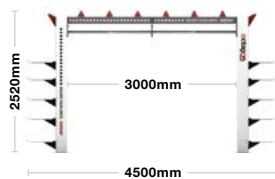


OCTAGON.

HTS 8.2.2.

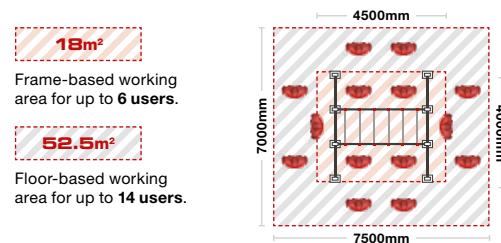
The HTS 8.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 244](#).

DIMENSIONS.



USERS AND WORKING AREA.

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

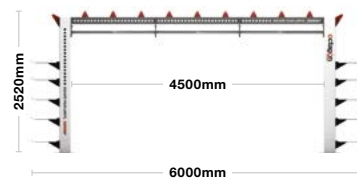


OHTS822 Octagon HTS 8 Leg 2x2 Beam

HTS 8.2.3.

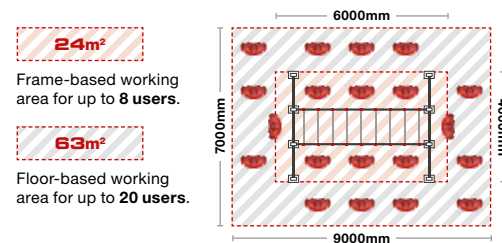
The HTS 8.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 244](#).

DIMENSIONS.



USERS AND WORKING AREA.

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

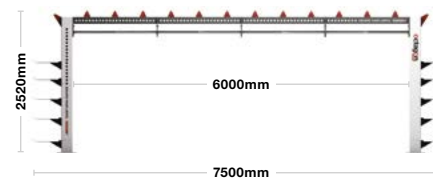


OHTS823 Octagon HTS 8 Leg 2x3 Beam

HTS 8.2.4.

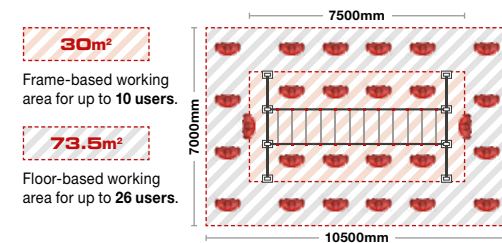
The HTS 8.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 244](#).

DIMENSIONS.



USERS AND WORKING AREA.

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

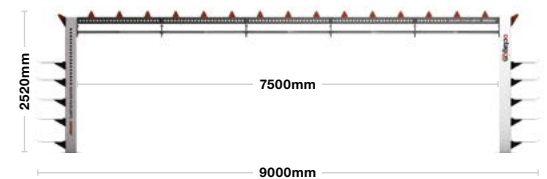


OHTS824 Octagon HTS 8 Leg 2x4 Beam

HTS 8.2.5.

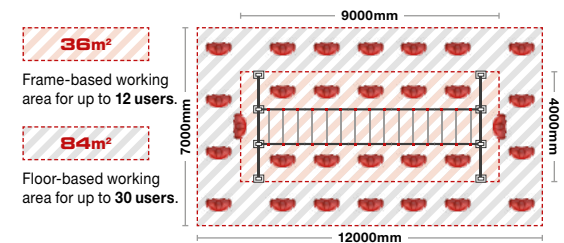
The HTS 8.5 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full equipment packs see [page 244](#).

DIMENSIONS.



USERS AND WORKING AREA.

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



OHTS825 Octagon HTS 8 Leg 2x5 Beam

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



OCTAGON.

OCTAGON HTS 90.

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

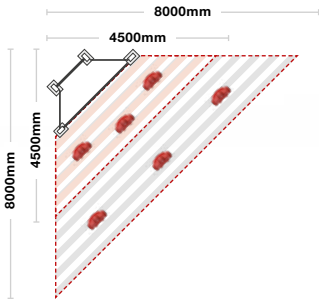


PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells, plates, punchbag, rollers or WOD Rings.

USERS AND WORKING AREA.

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

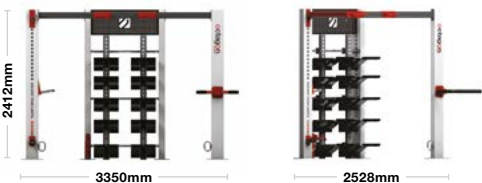
- 6 USERS.** Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.
- 10.1m²** Frame-based working area for up to **3 users**.
- 32m²** Floor-based working area for up to **6 users**.



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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 1.

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

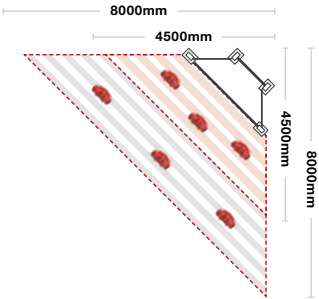


PLEASE NOTE.
Frames do not include balls, bags, bars, battle rope, kettlebells or WOD Rings.

USERS AND WORKING AREA.

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

- 6 USERS.** Can accommodate up to **3 users** working on the frame and up to **3 users** around the frame.
- 10.1m²** Frame-based working area for up to **3 users**.
- 32m²** Floor-based working area for up to **6 users**.



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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 2.

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

PLEASE NOTE.

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



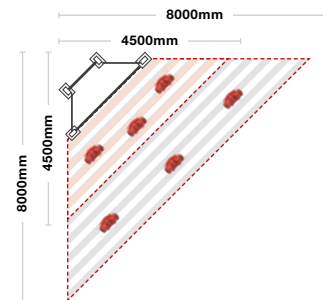
USERS AND WORKING AREA.

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

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

10.1m² Frame-based working area for up to **3 users**.

32m² Floor-based working area for up to **6 users**.



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

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 3.

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

PLEASE NOTE.

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



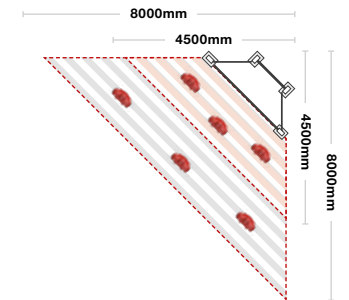
USERS AND WORKING AREA.

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

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

10.1m² Frame-based working area for up to **3 users**.

32m² Floor-based working area for up to **6 users**.



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

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

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON HTS BOA RAIL.

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

PLEASE NOTE.

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

BOA RAIL.

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

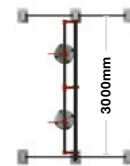
Boxing is of course high intensity in nature, so a few minutes of bag work will typically leave people ready to switch to another training mode. That's the real beauty of the BOA Rail, as it enables trainers and clients to make mid-session transitions between boxing and other training styles.

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



WORKING POSITION.

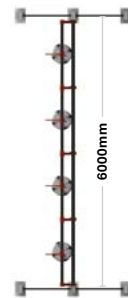
Depending on the size of frame chosen, the BOA Rail provides capacity for two, three or four punchbags to be used at the same time.



2 USERS.



3 USERS.



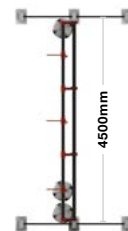
4 USERS.

DOCKED POSITION.

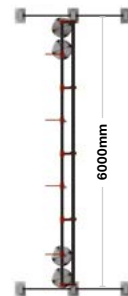
When the boxing session is over, simply release the locking mechanism and slide each bag over for neat storage.



2 BAGS.



3 BAGS.



4 BAGS.



PROVEN DURABILITY.

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



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.



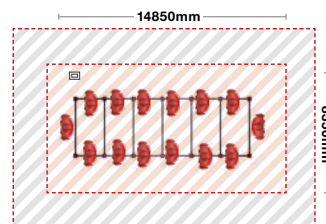
USERS AND WORKING AREA.

14 USERS.

Can accommodate up to **14 users** working on the frame.

124m²

Frame-based working area for up to **14 users**.



BOXING FRAME - 16 BAG.

DIMENSIONS.



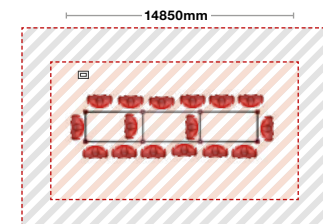
USERS AND WORKING AREA.

16 USERS.

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

102m²

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



BOXING FRAME - 26 BAG.

DIMENSIONS.



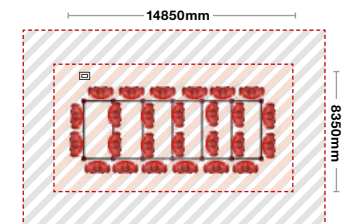
USERS AND WORKING AREA.

26 USERS.

Can accommodate up to **26 users** working on the frame.

124m²

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.

T1 - THE MOST SPACE EFFICIENT FRAME ON THE MARKET.

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

REGISTERED
DESIGN.



OCTAGON T1 TYPE 1

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



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

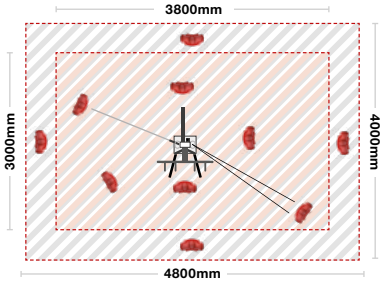
USERS AND WORKING AREA.

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

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

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

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



OCTT201 T1 Type 1
T1 Type 1 attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 2

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



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

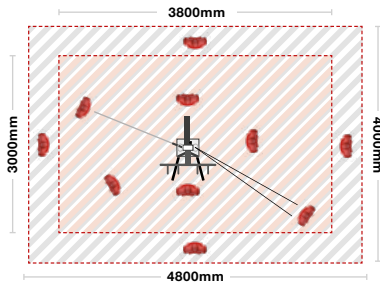
USERS AND WORKING AREA.

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

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

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

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



OCTT202 T1 Type 2
T1 Type 2 attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 3

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

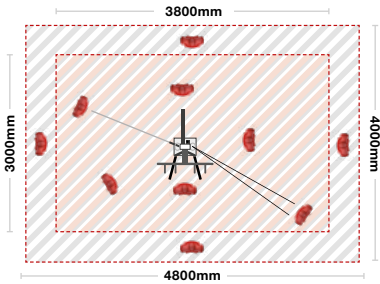


PLEASE NOTE.
OCTT203 does not include bar, battle rope, punchbag, plates or suspension trainer.

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

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

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



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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 4

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

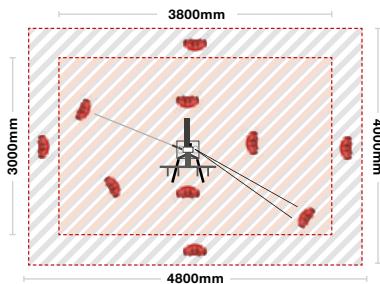


PLEASE NOTE.
OCTT204 does not include bar, battle rope, plates or suspension trainer.

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

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

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



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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON™ 2.0.

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



REGISTERED DESIGN.

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

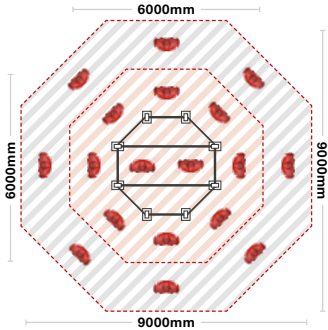
USERS AND WORKING AREA.

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

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

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

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



OCTA201 Octagon 2.0 Frame and Attachments
Octagon attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.



OCTAGON QUAD™ 2.0.

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



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

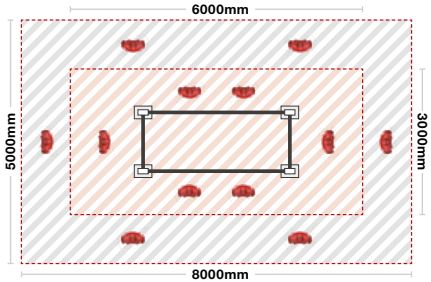
USERS AND WORKING AREA.

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

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

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

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

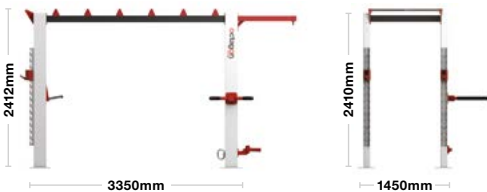


OQUA201 QUAD2 Frame and Attachments
QUAD2 attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.





ATHLETIC TRAINING FRAMES.

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

HEAVY DUTY FRAMES FOR HEAVY DUTY LIFTING.



OCTAGON.

MONO.

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

Connect to a HIT HUB for maximum functionality with minimum footprint. See [page 88](#) for details.

RUBBER OCTAGON FEET.

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

PLEASE NOTE.

All attachments, bars and plates are sold separately.



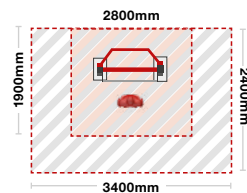
USERS AND WORKING AREA.

The MONO can accommodate one user at a time.

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

5m² Minimum working area for 1 user.

8m² Optimum space working area.



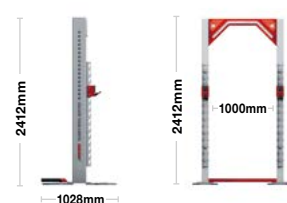
OSQR01 MONO Frame and Attachments
MONO attachments include:

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

Other colour options available, please call for details.

Bolt to floor and freestanding versions available.

DIMENSIONS.



HALF BOX.

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



PLEASE NOTE.

Bars and plates are sold separately.

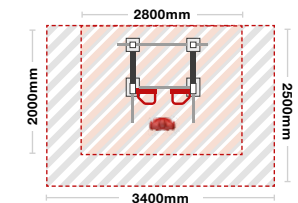
USERS AND WORKING AREA.

The Half BOX can accommodate one user at a time.

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

5m² Minimum working area for 1 user.

9m² Optimum space working area.

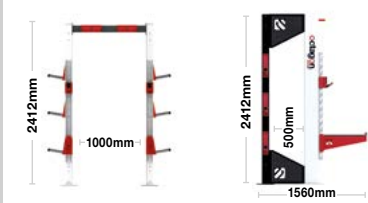


OHB101 Half BOX Frame and Attachments
Half BOX attachments include:

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

Other colour options available, please call for details.

DIMENSIONS.






WOD BOX 248.

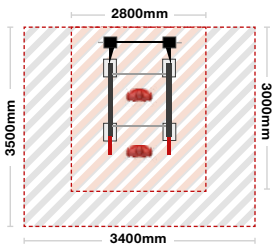
The all-in-one location for strength workouts, with enough facilities for two people to train simultaneously. Catch racks, extended catch rack arms and catch straps are included, along with locators for adjustable pins for use with resistance bands. Pull-up bars are also there for bodyweight exercises.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



USERS AND WORKING AREA.

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

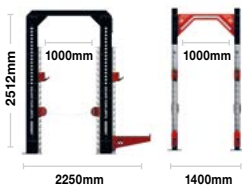
- **2 USERS.** Can accommodate up to **2 users** working on the frame
- **8m²** Minimum working area for **2 users**.
- **12m²** Optimum space working area.



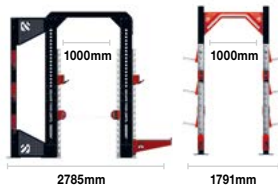
- OWOD248** WOD BOX 248
- OWODS248** WOD BOX 248 with Storage
- Octagon attachments include:
- 2 x Catch Rack Pairs
 - 1 x Extended Catch Rack Pair
 - 1 x Cross Beam
 - 6 x Weight Horns (with storage only)
 - 1 x Bull Horn Pull Up Bar
 - 1 x Safety Strap Pair
- Other colour options available, please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

DIMENSIONS.

Without storage



With storage






WOD BOX 279.

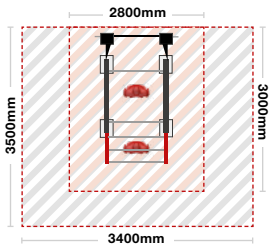
Adding an extra 12” in height to the WOD BOX 248 makes the WOD BOX 279 our ultimate high performance strength station. That extra overhead clearance will be welcomed by the biggest lifters who want to power through to the top of their jerks and presses with supreme confidence. It includes all the features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



USERS AND WORKING AREA.

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

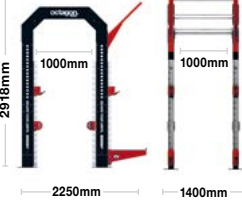
- **2 USERS.** Can accommodate up to **2 users** working on the frame
- **8m²** Minimum working area for **2 users**.
- **12m²** Optimum space working area.



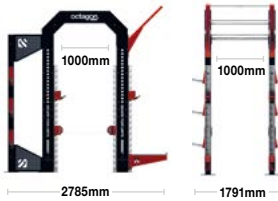
- OWOD279** WOD BOX 279
- OWODS279** WOD BOX 279 with Storage
- Octagon attachments include:
- 2 x Catch Rack Pairs
 - 1 x Extended Catch Rack Pair
 - 1 x Cross Beam
 - 6 x Weight Horns (with storage only)
 - 1 x Safety Strap Pair
 - 1 x Wing
- Other colour options available, please call for details.

DIMENSIONS.

Without storage



With storage



OCTAGON HALF SQUAD 2.0.

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



PLEASE NOTE.

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

REGISTERED
DESIGN.

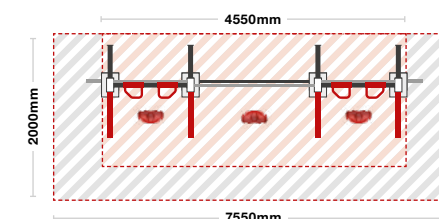
USERS AND WORKING AREA.

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

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

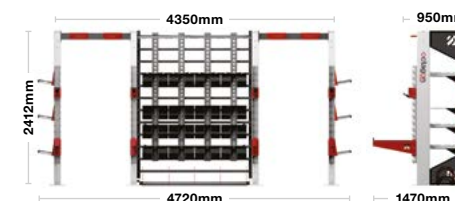
9m² Minimum working area for up to 3 users.

15m² Optimum working area



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

Other colour options available, please call for details.





MARS BEAM.

HOLSTER.

STORAGE RAIL.

TRANSFORM YOUR SPACE.

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.

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
OCF148 MARS Screen Beam 1.1m



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 1.1m
OCS027 Storage Cage 1.7m

SPECIFICATIONS:
OCS027: Size 393mm x 1732mm x 494mm. Weight 37kg.
OCS028: Size 393mm x 1100mm x 494mm. Weight 26.2kg.
Equipment sold separately.



OCTAGON FRAME ATTACHMENTS.

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

LEG, DOCK AND WALL TARGETS.

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



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

REACTION PRO BOUNDER.

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



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



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



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



INCLINE ATTACHMENT BEAM.

- OCA089 Incline Dock Beam



OCTAGON STORAGE RAIL.

- OCS029 Parallel storage shelf 1.7m
- OCS030 Parallel storage shelf 1.1m
- OCS029E External Parallel storage shelf 1.7m
- OCS030E External Parallel storage shelf 1.1m



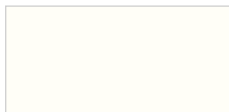
ROPE PULLEY UNIT.

- OCA015 Rope pulley (without mount arm)
- OCA012 Rope pulley mount arm - order with Rope pulley

MAKE A FRAME YOUR OWN.

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

TRAFFIC WHITE
RAL9016



ANTHRACITE GREY
RAL7016



TRAFFIC RED
RAL3020



YELLOW GREEN
RAL6018



TRAFFIC ORANGE
RAL2009



JET BLACK
RAL9005



METALLIC SILVER
RAL9007



TRAFFIC BLUE
RAL5017



RAPESEED YELLOW
RAL1021



CHOOSE YOUR COLOURS.

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

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)

01

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



02

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
TRAFFIC BLUE ■
RAL5017

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



03

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



04

LEGS:
METALLIC SILVER ■
RAL9007

ATTACHMENTS:
ANTHRACITE GREY ■
RAL7016

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



05

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



09

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



06

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
TRAFFIC BLUE ■
RAL5017

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



10

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
TRAFFIC BLUE ■
RAL5017

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



07

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



11

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



08

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
METALLIC SILVER ■
RAL9007

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



12

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
METALLIC SILVER ■
RAL9007

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



FUNCTIONAL.

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

FUNCTIONAL.



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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 5-50kg.

STORAGE.

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

TRAINING.

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



Attach to any indoor or outdoor anchor.

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) |
| VCARAB | VECTOR Carabiner |
| VEBOLT | VECTOR Octagon Eyelet |
| VST60L | Light Replacement Tubes (x10) |
| VST60H | Heavy Replacement Tubes (x10) |

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

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

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

TIYRSP10 10kg TIYR Sport
SPECIFICATIONS.
Size: OD: 670mm ID: 425mm H: 245mm.



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 250](#) to find out more.

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



40kg
OUTSIDE DIAMETER: 870mm
INSIDE DIAMETER: 400mm
HEIGHT: 265mm



60kg
OUTSIDE DIAMETER: 1030mm
INSIDE DIAMETER: 500mm
HEIGHT: 314mm



80kg
OUTSIDE DIAMETER: 1200mm
INSIDE DIAMETER: 600mm
HEIGHT: 370mm



100kg
OUTSIDE DIAMETER: 1200mm
INSIDE DIAMETER: 600mm
HEIGHT: 370mm

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 68** 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 250** to find out more.

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



FUNCTIONAL.



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



WOD RINGS.

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

TECH SPEC.

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

STORAGE.

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

TRAINING.

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



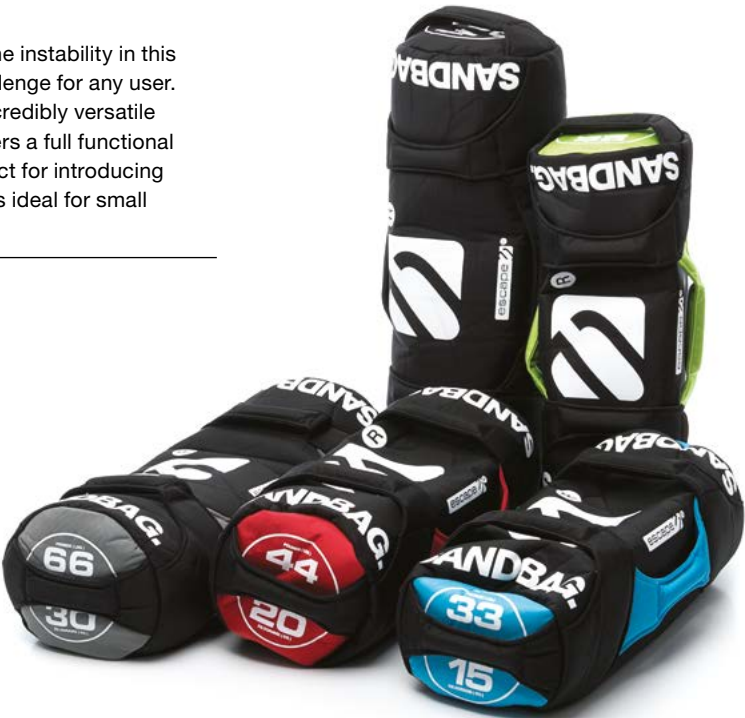
WODRING1 WOD Ring pair

SPECIFICATION.

Size: Overall: 2000mm x 235mm Ring: 235mm (OD), 28mm (DIA) 2000mm (L) x 40mm (W) x 1.25mm (D)

SANDBAG.

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



PRODUCT TRAINING AVAILABLE.

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

TECH SPEC.

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

STORAGE.

The RACK5 (pictured) can store up to 10 Sandbags, and keeps them safe and tidy. Alternatively, the Multi 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 250** to find out more.

SBAG10V2	10kg	Sandbag – Green
SBAG15V2	15kg	Sandbag – Blue
SBAG20V2	20kg	Sandbag – Red
SBAG30V2	30kg	Sandbag – Grey
SBAG40V2	40kg	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 700mm x 700mm x 2089mm. Weight 31kg	
RACKM10:	Size 700mm x 700mm x 2089mm. Weight 40.5kg	
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.	

Bags sold separately.



FUNCTIONAL.

COREBAG®

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



PRODUCT TRAINING AVAILABLE.

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

REGISTERED
DESIGN.

EXPERT TIP.

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

STORAGE.

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

TRAINING.

The Corebag product training workshop will provide your personal trainers and instructors with the knowledge they need to use the bag with members and clients. It will give them the opportunity to learn more about the exercises possible with the Corebag, and how to introduce them to members.

Online training available: see **page 250** to find out more.

ECB050V3	5kg	Corebag – Green
ECB100V3	10kg	Corebag – Blue
ECB150V3	15kg	Corebag – Red
ECB200V3	20kg	Corebag – Grey
ECB250V3	25kg	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 (see page 66)	
RACK SPECIFICATIONS.		
RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg	
RACKM10:	Size 700mmx 700mm x 2089mm. Weight 40.5kg	
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.	
Corebags sold separately.		



FUNCTIONAL.

FITNESS BULGARIAN BAG.®

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



TECH SPEC.

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

STORAGE.

The ultimate solution for the Bulgarian Bag is the RACK5, which can hold 10 Fitness Bulgarian bags. 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 250** to find out more.

FVBBAG5V3	5kg	Fitness Bulgarian Bag – Green
FVBBAG8V3	8kg	Fitness Bulgarian Bag – Blue
FVBBAG12V3	12kg	Fitness Bulgarian Bag – Red
FVBBAG17V3	17kg	Fitness Bulgarian Bag – Grey
FVBBAG22V3	22kg	Fitness Bulgarian Bag – Black
RACKM5	5 Shelf Multi Rack – Holds 5 bags (as shown)	
RACKM10	10 Shelf Multi Rack – Holds 10 bags	
RACK5	RACK5 – Holds 10 bags (see page 66)	
RACK SPECIFICATIONS.		
RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg	
RACKM10:	Size 700mmx 700mm x 2089mm. Weight 40.5kg	
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.	
Bulgarian Bags sold separately.		



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

FUNCTIONAL.

MEDICINE BALLS.

Anyone who has fully embraced functional fitness knows that the medicine ball is a fantastic component of functional training programmes. Escape has developed a range of five balls with various features and styles to make sure that every gym user can get the most from everything that medballs have to offer. There are different sizes, weights and textures across the range – and specialist features such as the VERTMINI's compact size and the 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.	TOTAL GRIP.	MULTI GRIP.	SLAMBALL SBX.
USE	Cross training, PT zones	Team games, mobility and functional spaces	General PT and functional training where grip is key	Functional zones, cross training, sports performance	Functional zones, cross training, sports performance
WEIGHTS	3kg/green, 4kg/blue, 5kg/red, 6kg/grey, 7kg/black, 8kg/green, 9kg/blue, 10kg/red	1kg/green, 2kg/blue, 3kg/red, 4kg/grey, 5kg/black, 6kg/green, 7kg/blue, 8kg/red, 9kg/grey, 10kg/black	1kg 2kg 3kg 4kg 5kg	6kg 7kg 8kg 9kg 10kg	5kg/green, 10kg/blue, 15kg/red, 20kg/black
DIAMETER	35cm	1-5kg: 21cm 6-10kg: 25.4cm	24cm	23cm	23cm
FEATURE	Oversized design to correct postural alignment	Sure-grip, soft surface ideal for throwing and rolling	Extra grip textured surface	Extra tough dead weight	Extra tough dead weight
WARRANTY	1 year	1 year	1 year	1 year	1 year



HOW TO CHOOSE.



01 VERTBALL™.

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



02 VERTMINI™.

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



03 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.



04 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.



05 SLAMBALL SBX™.

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



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

VERTBALL.™

The VERTBALL has been specifically designed for throwing – to a partner or against a wall. Because it's oversized (with a diameter of 35cm) 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 250** to find out more.

VERT03	3kg	VERTBALL – Green
VERT04	4kg	VERTBALL – Blue
VERT05	5kg	VERTBALL – Red
VERT06	6kg	VERTBALL – Grey
VERT07	7kg	VERTBALL – Black
VERT08	8kg	VERTBALL – Green
VERT09	9kg	VERTBALL – Blue
VERT10	10kg	VERTBALL – Red
RACKM5	5 Shelf Multi Rack – Holds 5 balls (as shown)	
RACKM10	10 Shelf Multi Rack – Holds 10 balls	
RACK5	RACK5 – Holds 5 balls (see page 66)	

RACK SPECIFICATIONS.

RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg
RACKM10:	Size 700mm x 700mm x 2089mm. Weight 40.5kg
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

VERTBALLs sold separately.



VERTMINI.™

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



EXPERT TIP.

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

STORAGE.

Store the VERTMINI on the RACK5 (pictured). It can hold up to 20 VERTMINIs and keep them safe, tidy and easily accessible for both members and instructors. Alternatively, the 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 250** to find out more.

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

RACKM5	5 Shelf Multi Rack – Holds 5 balls
RACKM10	10 Shelf Multi Rack – Holds 10 balls
RACK5	RACK5 – Holds 20 balls (4 per shelf) (as shown)

RACK SPECIFICATIONS.	
RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg
RACKM10:	Size 700mmx 700mm x 2089mm. Weight 40.5kg
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

VERTMINIs 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 in dual imperial and metric.

WORKOUTS.

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

TECH SPEC.

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

TGMED01	1kg	Total Grip Medicine Ball
TGMED02	2kg	Total Grip Medicine Ball
TGMED03	3kg	Total Grip Medicine Ball
TGMED04	4kg	Total Grip Medicine Ball
TGMED05	5kg	Total Grip Medicine Ball
RACKM5	5 Shelf Multi Rack – Holds 5 balls	
RACKM10	10 Shelf Multi Rack – Holds 10 balls (as shown)	
RACK5	RACK5 – Holds 20 balls (see page 66)	

RACK SPECIFICATIONS.

RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg
RACKM10:	Size 700mmx 700mm x 2089mm. Weight 40.5kg
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

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.



DESIGN.

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

TECH SPEC.

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

STORAGE.

The RACK5 (pictured) can store up to 20 Slamballs, and provides adjustable storage so you can organize it to fit your unique storage needs. Alternatively, the Muti Rack holds five to 10 Slamballs (see page 162).

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

RACKM5	5 Shelf Multi Rack – Holds 5 balls	
RACKM10	10 Shelf Multi Rack – Holds 10 balls	
RACK5	RACK5 – Holds 20 balls (as shown)	

RACK SPECIFICATIONS.

RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg
RACKM10:	Size 700mmx 700mm x 2089mm. Weight 40.5kg
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

Slamball SBX sold separately.



FUNCTIONAL.

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 6kg/12lbs to 10kg/20lbs in 1kg/2lbs increments.

MGMED06	6kg	Multi Grip Medicine Ball
MGMED07	7kg	Multi Grip Medicine Ball
MGMED08	8kg	Multi Grip Medicine Ball
MGMED09	9kg	Multi Grip Medicine Ball
MGMED10	10kg	Multi Grip Medicine Ball
RACKM5	5 Shelf Multi Rack – Holds 5 balls	
RACKM10	10 Shelf Multi Rack – Holds 10 balls (as shown)	
RACK5	RACK5 – Holds 20 balls (see page 66)	

RACK SPECIFICATIONS.

RACKM5:	Size 700mm x 700mm x 2089mm. Weight 31kg
RACKM10:	Size 700mm x 700mm x 2089mm. Weight 40.5kg
RACK5:	Size 1896mm x 600mm x 699mm. Weight 75kg.

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.

RPB001 Reaction Pro Bounder

SPECIFICATION.

Size 710mm x 812mm x 937mm - frame only.
Size 950mm x 900mm - overall size laid at flattest position.



**LOWEST
ANGLE: 33°**

**HIGHEST
ANGLE: 60°**



PRODUCT PACKS.

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



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.

RACK5EPFU RACK5 Functional Pack

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

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

POWER PACK.

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

RACK5PP RACK5 Power Pack

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

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

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.

RACK5EPFI RACK5 Fitness Pack

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

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

TRX PRO.

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



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

TRXPRO4 TRX Pro Suspension Training Kit

Patented product. 1 year warranty.

TRX XMOUNT.

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



XMOUNT TRX XMOUNT

Patented product. 1 year warranty.

CMT.™

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



REGISTERED
DESIGN. PATENTED.

DESIGN.

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

STORAGE.

The RACK5 is the ideal place to keep Core Momentum Trainers tidy, safe and off the floor. The RACK5 stores up to 15 CMTs, so it is ideal whether they're used on the gym floor or in the studio for group training classes. See **page 66** to find out more.

TRAINING.

To maximise results, it's essential that any instructor looking to implement the CMT into sessions with members or clients learns how to effectively use the equipment. The CMT is unique and learning how it works is essential for effective application. The CMT product training workshop provides everything trainers need to know about starting with the CMT.
Online training available: see **page 250** to find out more.

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

Weight refers to the internal Power Shot.



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	172
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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.

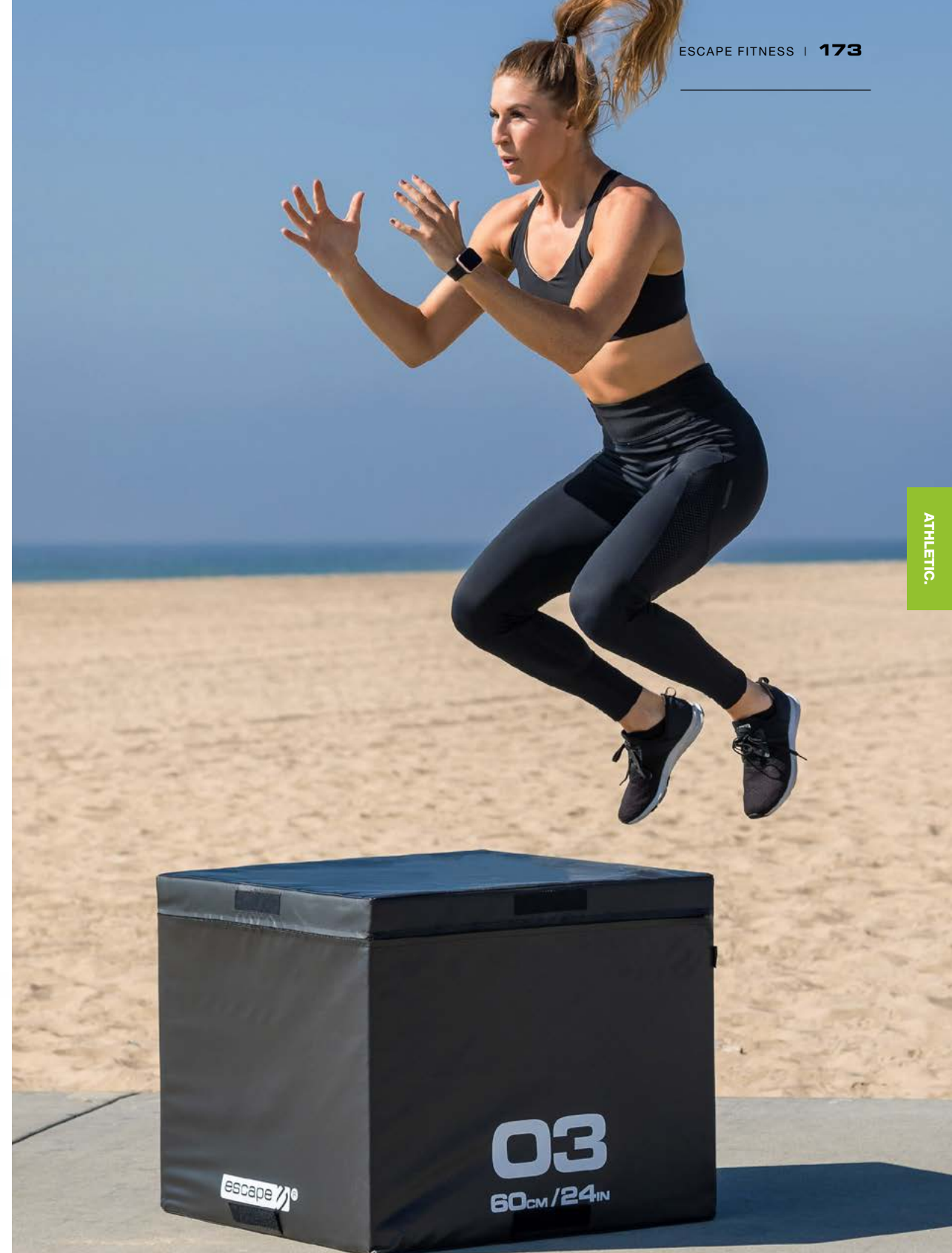
This range is all about no-frills equipment that is tough and effective. Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.

BLPLYS1 Set of 3 Black Plyoboxes



PRODUCT TRAINING AVAILABLE.


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



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.



01
30cm/12in

02
45cm/18in

03
60cm/24in

150mm

300mm

450mm

600mm

REGISTERED DESIGN. PATENTED.

TECH SPEC.

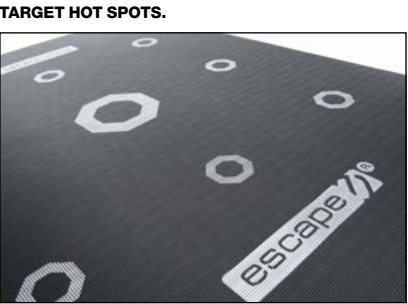
Light weight for easy movement and storage, the Plyosoft boxes are cleverly engineered. Both top and bottom surfaces are made of anti-slip material for performance and stability.

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" – Grey
CPLYOB1	Plyosoft Box 300mm/12" – Green
CPLYOB2	Plyosoft Box 450mm/18" – Blue
CPLYOB3	Plyosoft Box 600mm/24" – Red
CPLYS3	Plyosoft Box Set of 3
SPECIFICATIONS.	
CPLYOB05	150mm x 750mm x 900mm. Weight: 10kg.
CPLYOB1:	300mm x 750mm x 900mm. Weight: 13kg.
CPLYOB2:	450mm x 750mm x 900mm. Weight: 14kg.
CPLYOB3:	600mm x 750mm x 900mm. Weight: 16.5kg.



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 220 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 250 to find out more.

MULTIP1	Multiplyo
SPECIFICATION.	
Size 510mm x 760mm x 610mm. Weight approx. 25kg.	

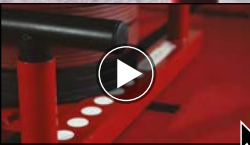


PRODUCT TRAINING AVAILABLE.

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. The drag zone has eyelets for attaching the Escape Speed Resistor or ropes to pull the sled.



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.

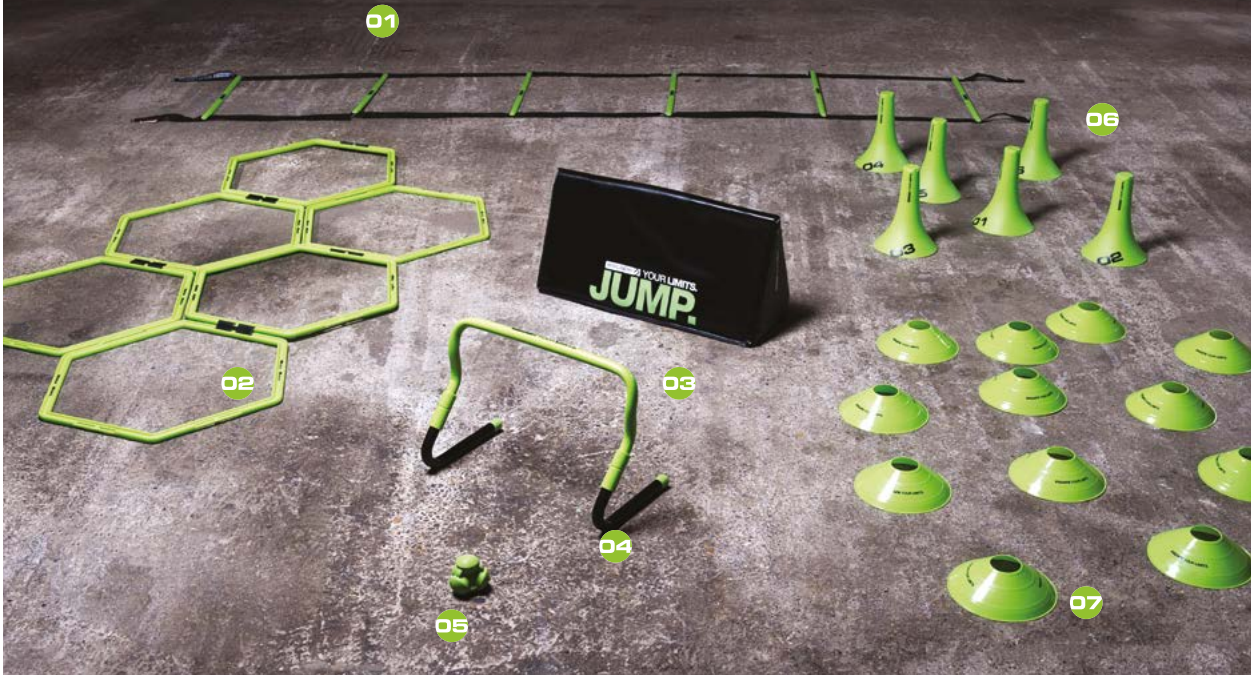
FLOORING.
Maximise Quad Sled performance with specialist flooring. Choose the Speed Track or Portable Speed Track (see [page 228](#)) or Shockturf (see [page 224](#)) for details.

QSLED Quad Sled

Please ensure the sled is used on appropriate flooring to avoid damage to the sled or floor surface.

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

Plates not included.



SPEED TRAINING.

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

- 01. SPEED LADDER.**
Exercises and workouts now feature pin-point precision. Squat, jump and press-up your way down the ladder for a total body workout. It comes with its own bag so you can easily take it anywhere.
- 02. AGILITY GRID.**
The Agility Grid provides a destination for cardio, agility and speed sessions. Durable linking clips allow endless layouts and add dynamism to any workout or training session.
- 03. LATERAL ENDURANCE HURDLE.**
These hurdles are made from soft memory foam and are perfect for high-intensity speed and agility drills. They feature a water-resistant and wipe clean surface with a carefully counterbalanced base for stability.
- 04. ADJUSTABLE HURDLE.**
The Adjustable Hurdles, with two height options, allow you to progress and regress exercises to supercharge sessions. Go low for fast-paced drills and increase the height to work on power and precision.
- 05. REACTION BALL.**
A specialist ball for improving reactions, this features a non-uniform design to keep users on their toes. Made from hard-wearing rubber, it also helps improve hand-eye coordination and depth perception.

- 06. 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.
- 07. SPEED DISCS.**
High visibility discs make it easy to define space and create multiple layouts for a variety of functional drills. Set the discs out in lanes, squares, zigzags or as targets on the ground.

EST-SL	Speed Ladder Size 3140mm x 510mm.
EST-AGS	Agility Grid System – Set of 6 Size 500mm x 580mm.
EST-LEH	Lateral Endurance Hurdle – Each Size 310mm x 600mm x 200mm.
EST-AH	Adjustable Hurdle – Each Size 150-300mm.
EST-RB	Reaction Ball
EST-HC6	Speed Cones – Set of 6
EST-SD12	Speed Discs – Set of 12
SAGP02	Speed and Agility Pack
<ul style="list-style-type: none">1 x Speed Ladder1 x Agility Grid System (6)4 x Lateral Endurance Hurdles6 x Adjustable Hurdles1 x Reaction Ball1 x High Speed Cones (6)1 x Speed Discs (12)	



BATTLE ROPES.

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

TECH SPEC.

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

FUNCTIONAL FRAMES.

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

TRAINING.

The Battle Rope product training workshop provides trainers with the knowledge they need to successfully introduce battling into their sessions. There is a vast range of exercises to be used with the Battle Rope, so this training is essential for instructors looking to excel. Online training available: see **page 250** to find out more.

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

SPECIFICATIONS.

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

UNCOVERED.



COVERED.



POWER BANDS.

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

EXPERT TIP.

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

TECH SPEC.

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

FUNCTIONAL FRAMES.

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

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

SPECIFICATIONS.

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



STUDIO.

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

STUDIO.

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

DESIGN.

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

EXPERT TIP.

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

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



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

REGISTERED DESIGN. PATENTED.

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

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

SPECIFICATIONS.

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

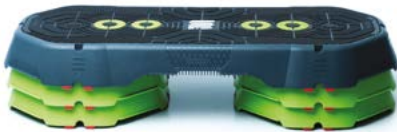
01 STEP.



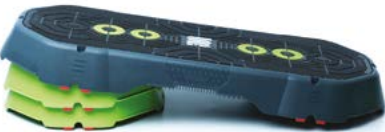
02 RISERS.



03 RISERS RAISING STEP.



04 RISERS RAISING STEP INTO INCLINE POSITION.



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

THE ESCAPE RISER.

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



STUDIO.

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

SPECIFICATIONS.

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

DECK 2.0.

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

- TECH SPEC.**
The Deck 2.0 is packed with features to support performance: a top surface with hot spots and intelligent grip, strong steel tubing supporting the adjustable back rest, resistance tube channels, and integrated equipment storage.
- DESIGN.**
The key to the Deck 2.0's versatility is its three modes. Step mode has low (8") and high (14") settings, Ramp mode adds a different step challenge, and Bench mode means you can incorporate lifting into workouts.
- TRAINING.**
Escape's HIIT THE DECK group training program works for large groups, small groups, boutique studios and one-to-one PT. The package includes workout videos and templates, trainer education materials, and even the music you need for large group choreographed sessions. See **page 248** for details.

04 BENCH.

- ANATOMIC HOT SPOTS.**
Targets help guide users to where their hands and feet should be on every rep.
- HEAT WELDED TOP MATS.**
Robust heat welding secures the top mat for long-term durability.

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

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

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

REGISTERED DESIGN. REGISTERED PATENT.

EST-DECK Deck 2.0

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



STEP, RAMP OR BENCH? YOU DECIDE.



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

STUDIO KETTLEBELLS.

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



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

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

TRAINING.
Get the very best from your kettlebells with the Kettlebell instructor training course. This provides trainers and coaches with all the knowledge they need to implement key kettlebell exercises like the swing and the snatch.
Online training available: see **page 252** to find out more.

EST-SK4	4kg	Studio Kettlebell – Each – Pink
EST-SK8	8kg	Studio Kettlebell – Each – Green
EST-SK12	12kg	Studio Kettlebell – Each – Blue
EST-SK16	16kg	Studio Kettlebell – Each – Grey
EST-SK20	20kg	Studio Kettlebell – Each – Black
RACKKB2		
2 Shelf Kettlebell Rack		
ULLSS11		
Octagon Storage Solution -		
holds up to 4 sets of 4 - 20kg		
(20 Studio kettlebells)		
RACK SPECIFICATIONS.		
RACKKB2:		
1577mm* x 700mm x 755mm		
*1321mm (L) if feet are turned inward. Weight 53kg.		
ULLSS11:		
Size 414mm x 1340mm x 760mm. Weight 58kg.		

Equipment sold separately.



STUDIO.

STUDIO HANDWEIGHTS AND RACK.

These handweights are ideal for the studio beginner, with a comfortable grip and bright, engaging colours. However, for those seasoned group X-ers, weights from 1kg to 5kg mean all group training fans can get involved.



TECH SPEC.
Vinyl coating is kind to studio floors and comfortable for the user to hold.

DESIGN.
A slightly reduced grip area is ideal for smaller hands, and oversized, colour-coded numbering makes weight identification quick and easy.

STORAGE.
Safely store your Studio Handweights on the Handweight Rack (ESC-21049), which holds 12 pairs.

EST-VH1	1kg	Studio Handweight – Pair – Pink
EST-VH2	2kg	Studio Handweight – Pair – Green
EST-VH3	3kg	Studio Handweight – Pair – Blue
EST-VH4	4kg	Studio Handweight – Pair – Grey
EST-VH5	5kg	Studio Handweight – Pair – Black
ESC-21049	Handweight Rack Silver holds 12 pairs Studio Handweights	

RACK SPECIFICATIONS.
ESC-21049: Size 1460mm x 530mm x 658mm. Weight 19.3kg.

Handweights not included with racks.



POWER TUBES.

DESIGN.
A lightweight, colour-coded design makes these perfect for busy studios or PTs on the go.

TECH SPEC.
Our Power Tubes come in a standard length of 48" regardless of resistance level.

STORAGE.
Keep your studio accessories tidy – use the Ammo Box to store this equipment (see page 68).

EST-PT1	Power Tube Level 01 – Pink
EST-PT2	Power Tube Level 02 – Green
EST-PT3	Power Tube Level 03 – Blue



RESISTANCE TUBES.

DESIGN.
Brightly colour-coded to bring group X experiences to life and for level recognition.

TECH SPEC.
Sure-grip handles will not get slippery during tough workouts, so these bands are great for fast-paced studio sessions.

STORAGE.
Keep your Resistance Tubes tidy – use the Ammo Box to store this equipment (see page 68).

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.



TECH SPEC.

Rubber bungees are used on the Pro Bouncer as they provide a smoother bounce than springs and are safer for users if they get hands or feet caught within the cords. For extra safety, the bungees are covered by a protective mat.

DESIGN.

The frame of the Pro Bouncer is an extremely strong steel tube, light enough to carry around but sturdy enough for even the most aggressive rebounding. Rubber bumpers act as 'feet' on the legs to ensure it does not move during fast-paced workouts.

EXPERT TIP.

Use the Pro Bouncer as part of circuits or bootcamps for a station that provides an effective cardio workout. Rebounding has physiological benefits, such as reduced stress on joints and boosted lymphatic drainage.

EST-REBOU Pro Bouncer

SPECIFICATION.

Size 1160mm x 310mm. Weight 10kg.



STUDIO.

STRONGBOX.

The futuristic look of this revolutionary, all-in-one workout station will appeal to design-conscious gyms who want an experience that attracts and retains members.

An all-in-one training bench, plyo platform and equipment storage unit, STRONGBOX not only looks cool, but speeds up transitions and enhances safety too, storing equipment neatly to hand.

SIX LEVEL INCLINE.

- Level 0 - 0°
- Level 1 - 15°
- Level 2 - 30°
- Level 3 - 45°
- Level 4 - 60°
- Level 5 - 80°



**PATENT
PENDING.**

TECH SPEC.

Using the same steel construction, STRONGBOX has lost none of the long-term strength and performance of its predecessor, the B-BOX. Ergonomically designed octagon-shaped back pads allow clearance for exercises while your back remains supported.

STORAGE AND ACCESSIBILITY.

- Rack shelving with integrated covers for dumbbell protection. Stores up to six pairs of dumbbells:
 - Urethane dumbbells (2kg-12kg & 4kg-14kg in 2kg increments).
 - Rubber dumbbells (2.5kg-12.5kg & 5kg-15kg in 2.5kg increments).
- Three storage shelves and quick release compartment stores a choice of:
 - Up to 2 GRIPRs.
 - Up to 2 kettlebells (8kg and 12kg).
 - Resistance tubes.
 - Med balls.
- Hooks for resistance bands and Power/Resistance Tubes.

EXPERT TIP.

Store six pairs of dumbbells of different weights to accommodate users of different abilities in a single session. Choose your range of equipment wisely to blend cardio, strength and power exercises that require a range of weights into your workouts and programming.

STRBOX2V2	STRONGBOX
STRBDB	STRONGBOX with Dumbbells Includes: 6x Rubber Dumbbells 2.5kg - 15kg
STRBEP	STRONGBOX with Equipment Pack Includes: 6x Rubber Dumbbells 2.5kg - 15kg, 1 x 8kg Rubber Kettlebell, 1 x 5kg Vertmini, 1 x 8kg GRIPR, 1 x Resistance Tube 02 Green

SPECIFICATIONS.
Size 1306mm x 515mm x 520mm. Weight 90kg empty.

INNOVATE
AND EVOLVE.
CREATE A
STAND-OUT
EXPERIENCE.

INJECTION MOULDED PADS.
Injection moulded pads are tough and hygienic.

PRODUCT STORAGE.
Shelving for products such as GRIPRs, 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 265 FOR WARRANTIES

BOXING.

Punch, spar and jab towards a fighting-fit body. The popularity of combat and boxing training has grown significantly, and more clubs are offering this style of training as a way to shed the pounds and get fit. It lends itself perfectly to group training, and can attract more interest than standard cardio and high intensity workouts. So whether members are looking to increase their confidence and release their inner fighter, or if they're training for competition, the Escape Boxing range provides a knockout performance every time.

BOXING.

TRAINING GLOVES	197
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HOOK AND JAB PADS	199
THAI BAG	201
PUNCHBAGS	202
JUMP ROPES	206

**DEVELOPED
FOR COMFORT,
HYGIENE AND
PERFORMANCE.**

TRAINING GLOVES.

Gloves for pad or bag work need to be specially designed for the training environment and not the ring. That's why we created our range of combat staples. These gloves have the right blend of durability and usability: light but strong, and firm on the strike zone but cushioned on the palm. They also feature Velcro wristbands (Training Gloves) or an elasticated closing system (Punch Mitts) to speed up fitting and removal – perfect when used in workouts that blend a variety of exercises.

**INJECTION MOULDED,
ONE PIECE PADDING.**

**VELCRO FASTENING FOR
SUPPORT AND FAST FITTING.**

EASY CLEAN, HYGIENIC TECHNOLOGY.

TECH SPEC.

These Training Gloves feature mesh panels to improve air flow and keep users' hands cool. This also helps the gloves dry more quickly after use. The injection moulded, one-piece padding helps to absorb impact more effectively than traditional PVC gloves.

DESIGN.

The Training Gloves are available in three different sizes – 8oz, 10oz and 12oz – and the Punch Mitts weigh in at 12oz. Green, red and black gloves give a splash of colour, but still maintain a professional feel for training sessions.

EXPERT TIP.

These gloves are ideal for introducing boxing training to your club when used with both punchbags and partner pad work. Incorporate running and jump rope moves into these sessions to give members a true test of a boxing training session that packs a punch.

EBOX-MM	12oz	Punch Mitts – Green
EBOX-TG10R	10oz	Training Gloves – Red
EBOX-TG12B	12oz	Training Gloves – Black



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 centre of the palm helps absorb the force of each punch, so users can withstand prolonged sessions with the pads doing the hard work, and not the hands.

EXPERT TIP.

Take time to teach your members how to correctly use the pads to prevent injury and to ensure the boxer gets an effective workout.

EBOX-CHJP Curved Hook and Jab Pads – Pair

SPECIFICATION.
Size 80mm x 200mm.



**PERFORMANCE
EVEN FOR
THE MOST
AGGRESSIVE.**

THAI BAG.

The Thai Bag is our first full-length bag for workouts in Muay Thai and MMA styles incorporating punches, elbows, kicks and knees. A great fit for any MMA boutique or combat focused space within a club, it performs brilliantly for developing endurance, rotational power and overall conditioning.



**COMPETITIVE PRICE POINT
TO ADD A BAG TO ANY
ESCAPE FRAME.**



**ATTRACT NEW MEMBERS WITH AN
INTEREST IN COMBAT TRAINING.**



**UNLOCK OPPORTUNITIES FOR
EXCITING PROGRAMMING.**



TECH SPEC.

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

DESIGN.

The bag is covered in a non-slip material, reflecting the benefits of making an impactful connection with each hit. There's also a loop attached to the base, enabling it to be tied securely in place. Preventing the bag from swinging allows for a faster, more powerful and ultimately more intense workout.

EXPERT TIP.

Technique is paramount when using the Thai Bag, so it should be the first goal when entering into combat training. Once perfected, results will be enhanced, injury will be avoided and it will be time to rev up the power with every jab, kick and hook.

THAIBAG1 Thai Bag

Size 1800mm x 350mm. Weight 54kg.



TRAINING BAG.

This punchbag is filled in the traditional way with recycled rags and fabric to create a bag that provides a total body workout and is perfect for kicks, punches, knees and elbows. It may be a more affordable bag, but pound for pound it still delivers a knockout performance.



TECH SPEC.

Our Synth-Tech™ material gives the look and feel of leather, and simple styling ensures this bag fits into any facility.

DESIGN.

Classic design retains shape and produces a firm target with little swinging or movement.

EXPERT TIP.

This bag is perfect if you want to introduce boxing to your club and get members interested in this training. It's durable enough to go the distance.

- EBOX-PB Training Bag
- EBOX-PBCS Training Bag Chains with one swivel

SPECIFICATIONS.

EBOX-PB: Size 350mm x 1000mm. Weight 27kg.

AQUA PUNCHBAG.

Ideal for a variety of striking exercises for boxing, MMA or general fitness, this heavy duty bag offers increased safety and a much more responsive feel than many traditional bags.

01 REALISTIC PUNCH FEEDBACK.

02 EASIER ON USERS' JOINTS.

03 PERFECT FOR MOVEMENT DRILLS.



COMBAT COMFORT.

The weight of the water within the Aqua Bag means it offers more resistance for a more challenging workout. Yet they're easier on your joints thanks to the bag absorbing every strike evenly.

TRAINING.

The unique teardrop shape makes the Aqua Bag ideal for training any style of striking, making it easy to throw jabs, hooks, uppercuts and more with the confidence to test any ability.

TECH SPEC.

The water filling and vinyl container provide a new experience compared with traditional bag materials. A unique valve system also means you can pump up each bag once it's filled with water to keep its shape.

- AQUABAG55 Aqua Punchbag
- Aqua punchbag includes:
 - D-bolt with lag screw
 - Nozzle
 - Chain

SPECIFICATIONS.

Size: 710mm x 550mm. Weight 85kg.



FREESTANDING PUNCHBAG.

For technique development, movement drills and conditioning, this bag delivers. Its light weight and two-part design makes it ideal for use as a station in a circuit as it can be easily moved into position and back again. It's also the bag of choice for clubs who are unable to securely fasten a hanging bag to a wall or ceiling.

01 TOUGH GTEX OUTER COVER WITH TARGET ZONES.

02 HIGH-DENSITY INNER FOAM.

03 TWO PARTS FOR EASY TRANSPORTATION.

04 PRE-WEIGHTED 46KG BASE.

TECH SPEC.

This technique bag features a special formulation foam base that is stronger and more resilient than plastic alternatives. Plus, it can be moved around the club so you can develop programming anywhere on the gym floor.

DESIGN.

Marked target zones give clients something to aim for and make programming easier. The Freestanding Punchbag comprises two parts that can be separated for easy transportation and storage.

EXPERT TIP.

This punchbag should be used for boxing only – it is not designed for kicking.

EBOX-FSPB1 Freestanding Punchbag
Size 730mm x 1830mm. Weight 72kg.

EBOXRT1 Replacement Tube
Size 350mm x 1830mm. Weight 26kg.

RE-21422 Replacement Base
Size 730mm x 500mm. Weight 46kg.



FITNESS JUMP ROPE.

The ideal rope for introducing members to jump rope training. This rope is also up to the task of giving more advanced users a tool to improve coordination and raise their heart rate.

DESIGN.

A lightweight rope that is a true all-rounder – ideal for PTs who are on the go or for incorporating into group training sessions.

EXPERT TIP.

A great tool to improve endurance, coordination and timing. Up the speed as technique improves.

TESTING.

This rope is stress tested to 50,000 rotations so it will stand up to your members' toughest workouts.



EST-ROPE5 Fitness Jump Rope - length 2.9m

CROSS TRAINING JUMP ROPE.

High jumping meets high performance. The ideal rope for serious CrossFit fans to perfect double-unders due to its roller-bearing handles and ultra-lightweight rope.

DESIGN.

Designed with passionate CrossFit fans in mind, this ultra thin rope is ideal for perfecting double-unders.

EXPERT TIP.

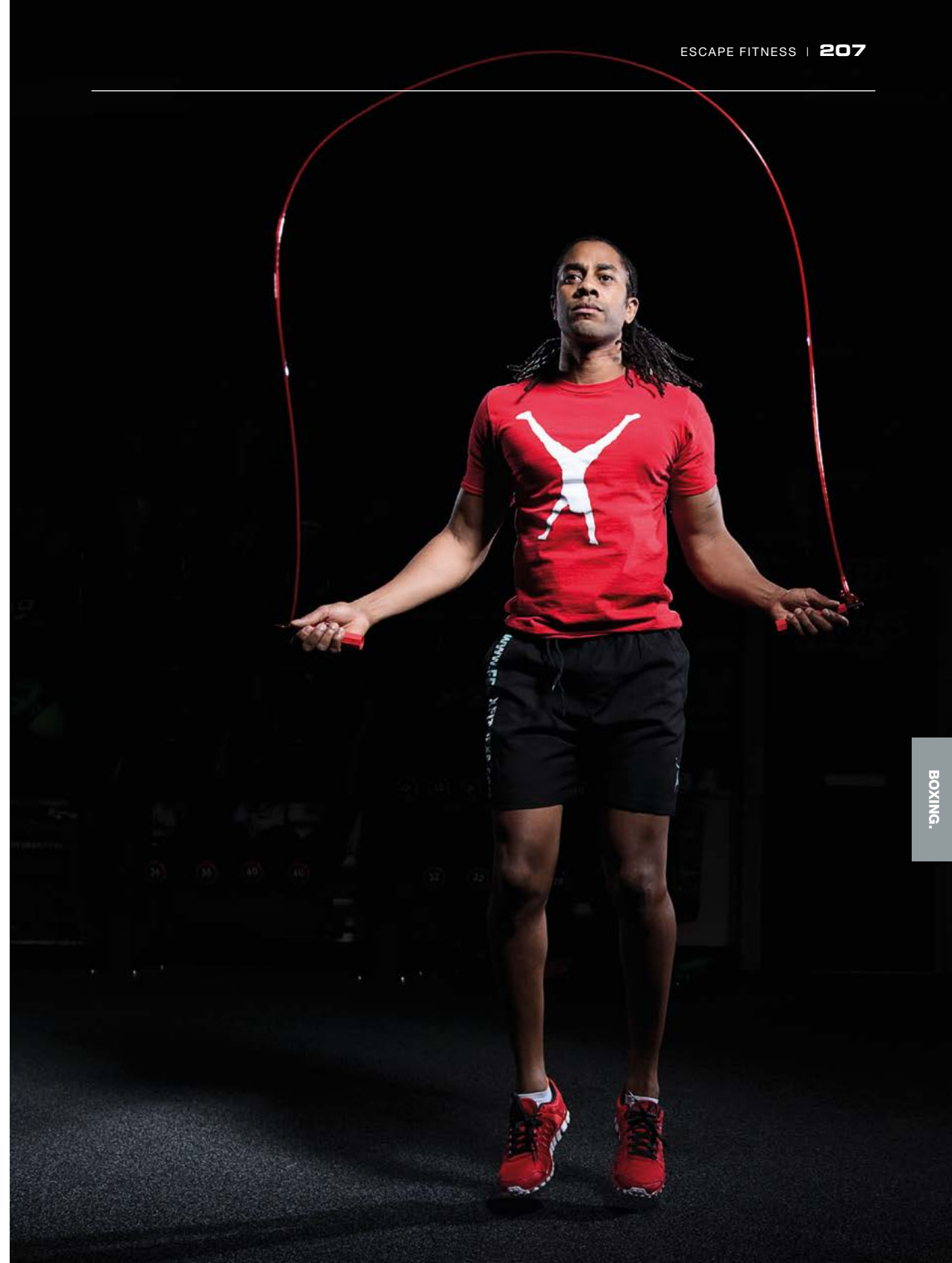
Use jump ropes with members or clients who want to tone up and build muscle. This exercise provides a complete body workout.

TESTING.

Stress tested to 50,000 rotations – the bearings in this rope will ensure smooth and speedy rotations.



EST-ROPE3 Cross Training Jump Rope - length 2.95m



FLEXIBILITY.

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

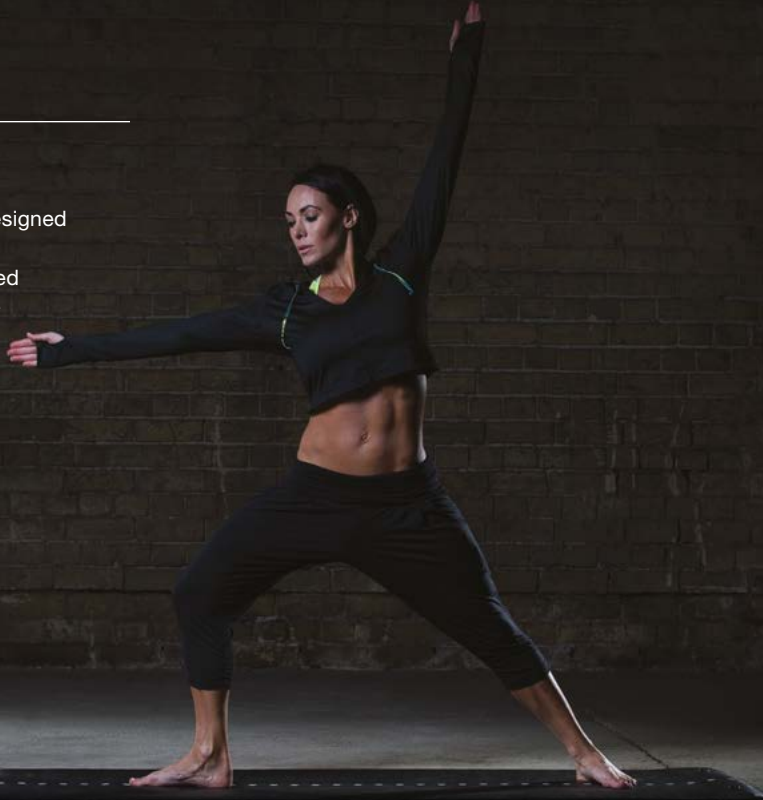


FLEXIBILITY.

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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.



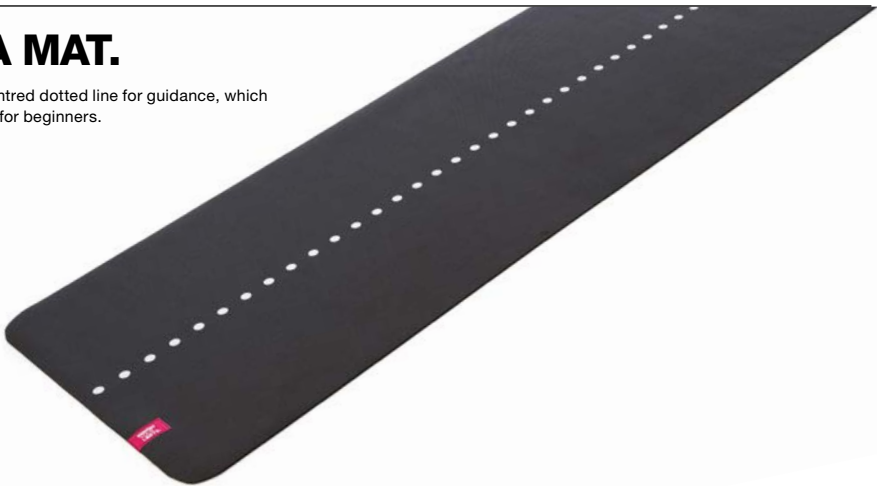
COMPARISON CHART.

FEATURES	YOGA MAT.	CORE MAT.	FLEX MAT.	MULTI MAT.	COMBAT MAT.
USE	Yoga	General use, crunches, stretches, etc	Stretching, Pilates	Stretching, balance, massage, floor exercises	Judo, MMA, Combat
MATERIAL	PVC	PVC with sealed foam filling	Foam	PVC compound foam	PVC dense foam
AREA	Yoga studios	PT spaces, stretch areas	Pilates, mind/body studios	PT spaces, stretch areas	Combat spaces
SIZE	1830mm x 610mm x 4mm	1020mm x 505mm x 10mm	1840mm x 610mm x 10mm	2000mm x 1000mm x 25mm	2000mm x 1000mm x 40mm
FEATURE	Central alignment markings, sticky feel	Easy clean and wipe down, cushioning	Non-marking base, high grip	Durable but cushioned, anti-slip surface	Extra shock absorbency
EYELETS	Yes	Yes	Yes	No	No
WARRANTY	1 year	1 year	1 year	2 years	2 years

HOW TO CHOOSE.

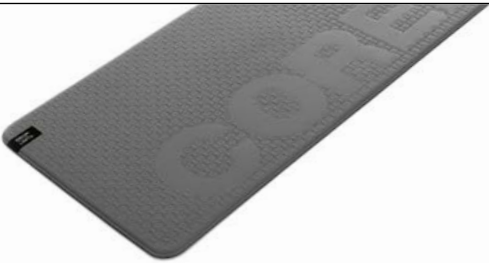
01 YOGA MAT.

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



03 CORE MAT.

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



04 FLEX MAT.

A high-grip, textured surface featuring a fast-acting memory foam that returns quickly to its original shape for a more comfortable mat.



05 MULTI MAT.

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



06 COMBAT MAT.

Our battle-ready mat for combat training. Designed specifically for contact sports training. Latex anti-slip base.



FLEXIBILITY.



YOGA MAT.

Our Yoga Mat is made from compact foam and has been designed to allow for more grip and comfort when performing yoga moves.



TECH SPEC.

The material used for the Yoga Mat is chosen for its excellent grip, comfort and easy-clean properties.

DESIGN.

The mat features a central white positioning guide for hand and feet alignment.

STORAGE.

Store the Yoga Mats on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 232) to keep your studio mats in top condition.

YMAT01 Yoga Mat – Black

SPECIFICATION.
Size 1730mm x 610mm x 4mm.



Eyelets for hanging on Escape's mat storage racks.

YOGA BLOCK AND STRAP.

YOGA BLOCK.

Developed for heavy use, our Yoga Block is made from high-quality foam and is heavier, stronger and will last longer than most lightweight alternatives.

YOGA STRAP.

The Yoga Strap allows users to achieve those hard-to-reach yoga positions. It will stay in place thanks to the robust buckle that securely holds the strap at the right length.

YBLOCK1 Yoga Block – Black
EST-YOGS Yoga Strap – Black

SPECIFICATIONS.
EST-YOGB: Size 220mm x 140mm x 75mm.
EST-YOGS: Size 1710mm.



CORE MAT.

Whatever your exercise needs – stretching, mind, body and balance – this specially formulated non-slip foam mat is perfect.

TECH SPEC.

Welded and laminated foam and PVC cover is easy-to-clean and has eyelets for safe and hygienic storage.

DESIGN.

The cool anthracite colour will provide your studio with a calm and relaxed atmosphere for effective core and group training workouts.

STORAGE.

Store the Core Mat on the Freestanding Mat Storage Racks or the RACK5 Mat Attachment (page 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 1020mm x 505mm x 10mm.

FLEX MAT.

Two-sided, multi-purpose, non-marking base with a high-grip surface that has been designed specifically to provide extra comfort and grip, ideal for Pilates and stretching.

TECH SPEC.

Fast-reacting memory foam quickly returns to its original shape so you can work out without stopping to rearrange your mat.

DESIGN.

The Flex Mat is more than three times thicker than a regular yoga mat, with a specially formulated non-slip base.

STORAGE.

Store the Flex Mat on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 66) to keep your studio mats in top condition.



EST-FMGRY Flex Mat – Anthracite

SPECIFICATION.

Size 1840mm x 610mm x 10mm.

MULTI MAT.

A long-lasting, hard-wearing stretch mat. Available in two colours, it's durable enough for the rigours of everyday use and versatile enough to suit most applications.



TECH SPEC.

The PVC covering with compound foam and polyurethane granules provides extra durability and comfort for the user.

DESIGN.

These multi-purpose mats are designed for stretching, balance, massage and light floor exercises.

EXPERT TIP.

As well as on the gym floor, have some of these mats available in the studio for bodyweight exercises in circuits and bootcamp sessions.

MULTI MAT LARGE.

M0022B Multi Mat Large – Black

M0022 Multi Mat Large – Grey

SPECIFICATIONS.

M0022: Size 2000mm x 1000mm x 25mm.

RIDGE ROLLER.

Cool looking yet brilliantly effective, the Ridge Roller mimics the pressure applied by a sports therapist's hands.

TECH SPEC.

The textured surface offers superb feel, allowing the user to apply significant but bearable amounts of pressure on both muscle and fascia for a true pain/pleasure experience.

EXPERT TIP.

Use the Ridge Roller to improve mobility in joints and to relieve muscles after strenuous training sessions.

TRAINING.

The Self Myofascial Release with Foam Rollers Product Training Workshop will provide instructors and PTs with the knowledge they need to implement foam rollers correctly and effectively.

Online training available: see page 250 to find out more.

EST-RRC Ridge Roller

SPECIFICATION.

Size 385mm x 135mm.



ULTRAFLEX ROLLER.

With a perfectly proportioned size and diameter for maximum comfort, the Ultraflex Roller delivers a massage to keep limbs supple. The ultimate treatment for reviving tired muscles, with tough, non-porous material that's resistant to dirt and easy to wipe down.

TECH SPEC.
Made from tough urethane, this roller won't bend or sag and the tough durable material is resistant to dirt and easy to clean.

DESIGN.
The pimples on the surface of the Ultraflex Roller stimulate blood flow for effective self myofascial release.

TRAINING.
The Self Myofascial Release with Foam Rollers Product Training Workshop will provide instructors and PTs with the knowledge they need to implement foam rollers correctly and effectively. Online training available: see **page 250** to find out more.



EST-HFR Ultraflex Hard Roller – Green
EST-SFR Ultra Flex Roller Soft – Purple

SPECIFICATION.
Size 460mm x 140mm.

UBERSOFT ROLLER.

This roller allows beginners to achieve greater muscle flexibility and can also be used to improve their balance. It's great for easing tension and tightness after workouts with a light, forgiving massage.

TECH SPEC.
Low-density foam provides a forgiving surface, ideal for those new to foam rolling.

FLOORING.
Use the Ubersoft Roller on Escape Flexi-Soft flooring for a comfortable rolling experience (see **page 235**).

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 250** to find out more.



USR001 Ubersoft Roller – Grey

SPECIFICATION.
Size 905mm x 150mm.



COMBAT MAT.

The go-to mat for combat training. With an anti-slip base, it's battle-ready and designed specifically for contact sports.

TECH SPEC.
Durable and slip-resistant competition mat, specially created to make it suitable for MMA, kickboxing, taekwondo, karate, judo and wrestling. Latex foam, anti-slip base.

DESIGN.
Bright red design injects life into MMA workout sessions, and the wipe clean material makes it practical for busy studio environments.

EXPERT TIP.
Develop an international-standard judo area, as this mat's dimensions are the same as the international standard for judo mats. It is a great choice for all ability levels.

COMBAT2 Combat Mat – Red

SPECIFICATION.
Size 2000mm x 1000mm x 40mm.



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 350kg, 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 62**).

SBP55	55cm/21.5"	Steadyball Pro - Light Grey
SBP65	65cm/25"	Steadyball Pro - Dark Grey
SBP75	75cm/28.5"	Steadyball Pro - Black
RACKGB3	3 Gym Ball Rack	
RACKGB6	6 Gym Ball Rack	
RACKGB9	9 Gym Ball Rack (as shown)	
RACKGB12	12 Gym Ball Rack	
RACK SPECIFICATION:		
RACKGB3:	700mm (L) x 933mm (W) x 2089mm (H)	
RACKGB6:	1524mm (L) x 1112mm (W) x 2089mm (H)	
RACKGB9:	1524mm (L) x 1112mm (W) x 2089mm (H)	
RACKGB12:	1524mm (L) x 1524mm (W) x 2089mm (H)	



BOSU.®

A variety of dynamic balance, strength and agility drills can be performed in combination with other pieces of equipment or multiple balance trainers using this fitness favourite.



BOSU BOSU® Pro Balance Trainer

AIR STABILITY DISC.

The pimpled texture provides sensory feedback to nerve endings in the lower limbs. Easily inflated, it is best used on non-slip surfaces.



EST-AD Air Stability Disc
SPECIFICATION.
Size 340mm x 60mm. Weight 1kg. Max load (user weight) 150kg.

DUAL ACTION PUMP.

Our Dual Action Pump delivers a capacity of 140 litres at 100 strokes per minute – an essential item to have at your disposal.



MG-33 Dual Action Pump
SPECIFICATION.
Height 45cm. Weight 0.8kg.

FLOORING.

Fitness flooring can support the successful running of a club in several ways, from separating floor space into different zones to protecting members and equipment during workouts.

Specialist options like line markings, speed tracks and free weight flooring make a big contribution to the ability of everyone in the gym to perform at their best. Escape uses years of gym experience and technical knowledge to provide the right specialist flooring for clubs that demand the best performance from their investment.

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FEATURE FLOORING.

The gym floor is unlike any other piece of equipment, because it's put through its paces all day, every day. That's why it's just as important as a club's other training tools. Clubs are increasingly looking for flooring that adds some style, colour and vibrancy to the ambience of the facility. And of course, it should also be carefully chosen to support and protect the club's members, and reduce the stress placed on equipment. We've taken all of these factors into consideration to perfect a quality range of flooring options.

INDUSTRY-LEADING TECHNOLOGY.

Across the Escape range, there is flooring that will keep pace with users engaged in a variety of training styles, no matter what is thrown at it. High quality materials make it a durable, long-lasting and effective investment. Our flooring systems offer athletic benefits to end users, protecting their ankles, knees and hips in areas that may involve high impact, plyometric or aerobic training. The materials used include elastomers that adapt to the foot, reducing the risk of injury to members and instructors.

CREATING SUPERB TRAINING ENVIRONMENTS.

We have dedicated, specialist flooring for every facility's needs - from functional training, free weight areas and studios to sports halls, sprint tracks and stretching spaces. We even offer a quality line marking service to tempt your users away from their standard training into more varied, challenging and fun programming. Let's not forget also that the right flooring can add a huge 'wow' factor to clubs, transforming workout areas from uninspiring places to breathtaking spaces.

LET'S DELIVER YOUR PERFECT FLOORING INSTALLATION.

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

COMPARISON CHART.

FEATURES	SHOCKTURF.	ENERGYM.	SPEED TRACK / PORTABLE SPEED TRACK.	EVERFLEX.	EVERROLL CLASSIC.
USE	Functional areas, SAQ, group X, performance zones, sleds/TIYRs and indoor/outdoor	Functional areas, multi-use sports halls, studios	SAQ areas, TIYRs, sled work, sprint tracks	Free weight, functional, main gym areas, spin studios, CV and resistance	Free weight, functional, main gym areas, spin studios
THICKNESS	24mm including shock pad	10mm	12mm	10mm	8mm, 10mm, 12mm
PRODUCT SIZE	Rolls from 1.25m x 10m	7mm or 9mm pad with 3mm PU layer	1.5m x 10m, 12m, 15m, 20m or 25m roll	1.25m x 10m roll	1.25m x 10m roll
MATERIALS	Polyethylene and nylon	PU top layer and rubber pad	Polypropylene	Recycled rubber (80%) and EPDM (20%)	Recycled rubber (80%) and EPDM (20%)
COLOURS	Six base colours with white lines	Available in a range of 20+ colours	Available in a range of 8 colours	Black with grey fleck	Available in a range of 6 colours
RECOMMENDED INSTALLATION	DIY or professional install	Professional install required	DIY or professional install	Professional install required	Professional install required

FEATURES	SHOCK PAD UNDERLAY SYSTEM.	EVERROLL WEIGHT LAYER.	FLEXI-TUF.	FLEXI-SOFT.	FLEXI-HARD.
USE	Functional, free weight, heavy free weight and CrossFit areas	Free weight, heavy free weight, CV and resistance, strength and conditioning areas	Free weight areas, some functional areas	Warm-up and stretch areas, yoga and Pilates	Studio areas, light functional training areas
THICKNESS	10mm, 12mm, 15mm, 20mm	43mm or 27mm	12mm	20mm	20mm
PRODUCT SIZE	1.25m x 10m roll	1m x 0.5m tile	0.5m x 0.5m tile	1m x 1m tile	1m x 1m tile
MATERIALS	Recycled rubber fibres and granules and PUR resins	EPDM top layer with recycled rubber shock pad	Recycled rubber and SBR rubber	EVA tiles	EVA base with a rubber top layer
COLOURS	Black	Available in a range of stone or classic colours	Black	Available in a range of four colours	Available in a range of four colours
RECOMMENDED INSTALLATION	Professional install required	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install



SHOCKTURF.

This new-generation synthetic turf flooring has been specifically developed for functional training environments, both indoors and outdoors. It's a true heavy duty product that has consistently performed brilliantly in wear and resistance tests.

Escape recognised the increasing popularity of turf flooring within clubs. But we also noticed that, too often, the standard turf products used weren't suitable for functional training. In many cases these products simply didn't provide enough cushioning to joints and provided little protection to the floor underneath. They were also frequently made from a substandard material that can melt under friction from sleds.

We wanted to solve these issues, so we worked with one of the USA's biggest producers of turf products to develop a product specifically for use in a functional training facility or area. The result is Shockturf, and it's proving its quality in clubs, including with top athletes as a surface for developing mobility, balance and explosive power.

USAGE.

This is superb multi-purpose performance flooring for functional training areas, with the properties essential for jumping, bounding, lifting, sprints, agility training, TIYR flips and sled pushes.

DESIGN.

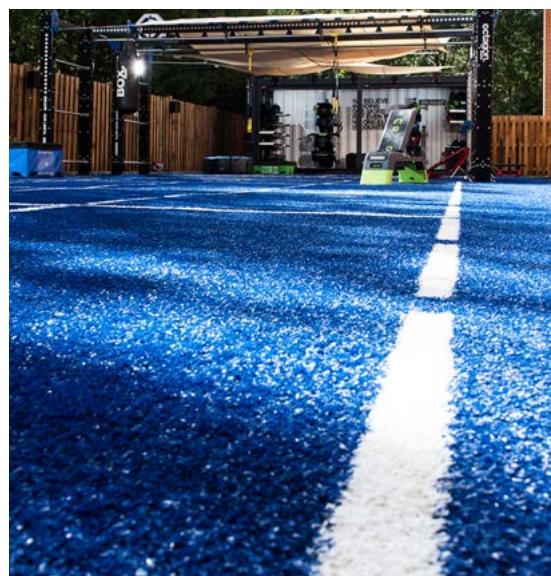
Available in six standard colours: black, green, orange, red, slate and tan. Escape can create bespoke zones and layouts.

PERFORMANCE.

This product has an especially high melting point, so there is no risk of fast or heavy sled pushes melting the glass fibres. An added foam pad layer helps to reduce the shock users feel when training.

STURFB	Shockturf - Black	■
STURFG	Shockturf - Green	■
STURFO	Shockturf - Orange	■
STURFR	Shockturf - Red	■
STURFS	Shockturf - Slate	■
STURFT	Shockturf - Tan	■

Please call for markings options and installation details.



SPORTS MARKING.

Personalise and customise your space with our bespoke polyurethane sports line marking service, available for new or existing rubber fitness floors.

Our bespoke service allows you to create logos or markings such as sprint tracks, functional compasses, agility ladders, speed circles and zoning areas to make your facility really stand out. These are permanently bonded line markings, so they will never fade and will keep your gym looking good. We use the RAL colour chart to offer a wide range of colours that add dimension, branding and a focal platform for your members to train on.

DESIGN.

Bring dynamism, intrigue and individuality to your facility with company branding, logos and bespoke training markings.

TECH SPEC.

Excellent adhesion, flexibility and durability for prolonged lifespan with UV resistance – this will stay looking great for years to come.

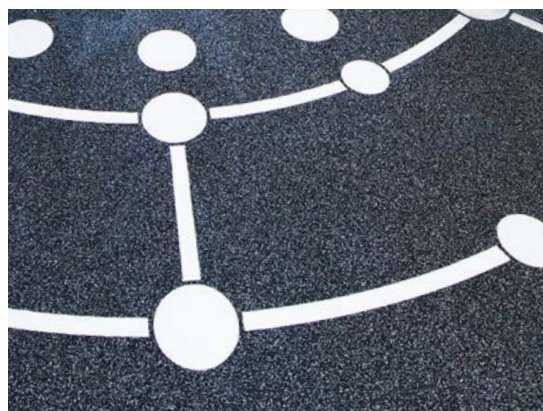
USAGE.

Suitable for most sports and fitness polymeric surfaces.

SPECIFICATION.

Our high-performance two-pack polyurethane sports marking paints are specially formulated for use on fitness surfaces. Use of primers then application of the PU coatings provide an elastic and durable surface to create unique designs.

Please call for prices, colour options and installation details.



RECORDS HAVE BEEN BROKEN ON THIS SURFACE.





To watch the Speed Track video, visit:

www.escapefitness.com/flooring-range/speed-track

SPEED TRACK.

Our Speed Track provides the perfect basis for agility and explosive power training, including with the Escape TIYR and Quad Sled. Bring an outdoor feel to the centre of your gym and create a visually stunning environment to inspire members.

USAGE.

This multi-use surface provides the right levels of grip for sprint work, while offering perfect resistance for sled work.

TECH SPEC.

The four-way loop pile has a high melting point, perfect for heavy sled work.

INSTALLATION.

Once installed there is practically no maintenance required, making this a cost-effective solution.

GRASS10	1.5m x 10m Speed Track
GRASS12	1.5m x 12m Speed Track
GRASS15	1.5m x 15m Speed Track
GRASS20	1.5m x 20m Speed Track
GRASS25	1.5m x 25m Speed Track

Please call for colour options and installation details.



To watch the Portable Speed Track video, visit:

www.escapefitness.com/flooring-range/portable-speed-track

PORTABLE SPEED TRACK.

The Portable Speed Track offers the same benefits as the Speed Track but in a portable format. Members and their trainers can reap the benefits of a speed track without a permanent installation.

USAGE.

Use the Portable Speed Track for sprint training, sled work, TIYR flips and pushes and a variety of other drills.

TECH SPEC.

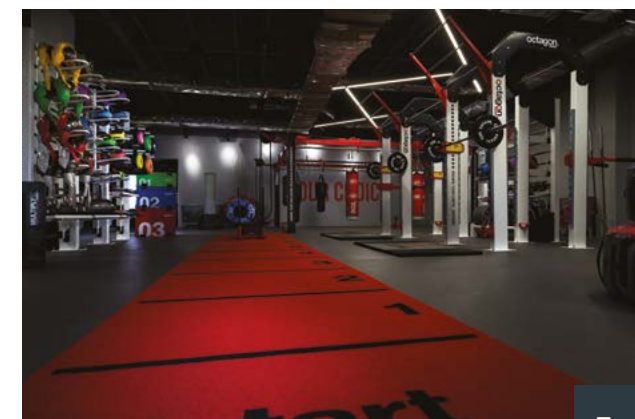
Facilities do not have to install a permanent track to benefit from speed training. The Portable Speed Track can be easily rolled out, used for training sessions and packed away after use.

DESIGN.

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

PORTST10	1.5m x 10m Portable Speed Track
PORTST12	1.5m x 12m Portable Speed Track
PORTST15	1.5m x 15m Portable Speed Track
PORTST20	1.5m x 20m Portable Speed Track
PORTST25	1.5m x 25m Portable Speed Track

Please call for colour options and installation details.



SPORTS FLOORING.



WHAT FLOORING SHOULD YOU CHOOSE?

APPLICATIONS.	EVERFLEX.	EVERROLL CLASSIC.
Aerobic studios	10mm	8mm
Indoor cycling studios	10mm	8mm
Cardiovascular areas	10mm	8mm
Boxing studios	10mm	8mm
Free weight areas	10mm	10mm
Heavy free weight areas	-	12mm
Main gym areas	10mm	8mm
Indoor play areas	-	10mm

PLEASE NOTE: Custom flooring may have a six week lead time depending on colour and quantity.



EVERFLEX.

Our best-selling covering. High-density and very hard-wearing, Everflex offers great insulation and shock absorption – both of which are essential properties for any facility.

TECH SPEC.

Extremely high-quality, high-density material compressed from rubber and EPDM elastomers to protect members and equipment.

DESIGN.

Viscoelastic consistency protects floors from heavy, blunt loads and resists sharp edges and points, providing unrivalled wear and durability.

USAGE.

Everflex flooring offers anti-slip properties but easily allows natural body movement to help prevent injuries.

MAT600EF Everflex 10mm High Density Matting - Black Fleck

SPECIFICATION.

Roll Size 10m x 1.25m as standard.



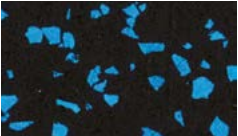
EVERROLL® CLASSIC.

Everroll Classic is used throughout the fitness industry due to its distinctive look and feel. It also offers improved impact sound absorption, safety and comfort under foot.

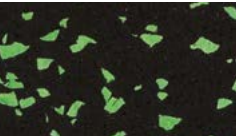
- MAT500 8mm High Density
- MAT501 10mm High Density
- MAT502 12mm High Density

SPECIFICATION.
Roll Size 10m x 1.25m as standard.

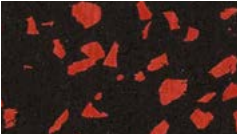
COLOUR OPTIONS.



Blue Fleck



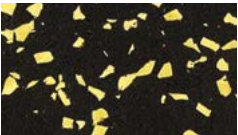
Green Fleck



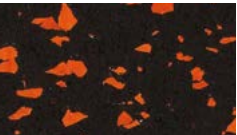
Red Fleck



Charcoal Fleck



Yellow Fleck



Orange Fleck

SHOCK PAD UNDERLAY SYSTEM.

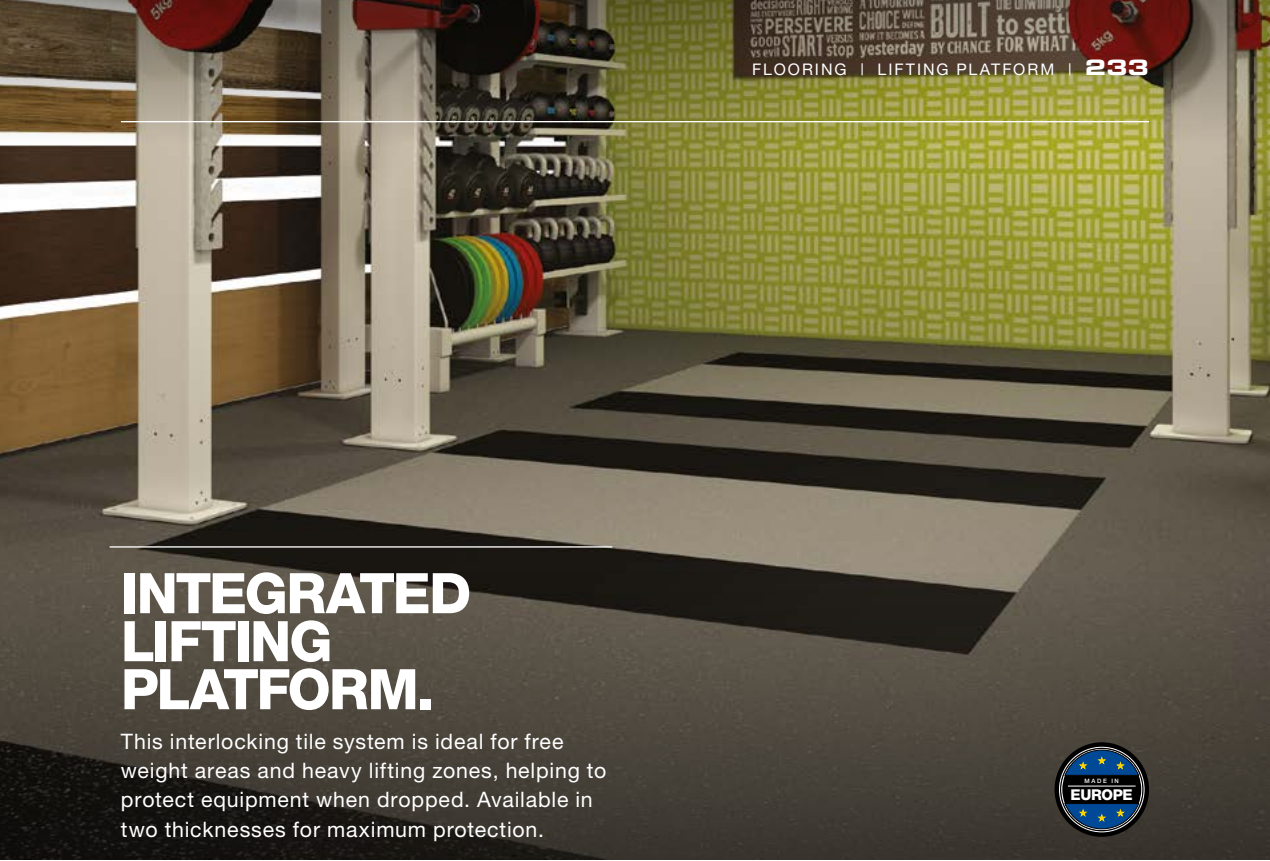
The Shock Pad Underlay System prolongs the quality of your gym flooring and gives maximum shock absorbency during plyometric and heavy weight training.



THE SHOCK PAD SYSTEM FITS UNDERNEATH YOUR EVERROLL FLOORING.

- SP60102 10mm Regupol Underlay – Black
- SP60122 12mm Regupol Underlay – Black
- SP60152 15mm Regupol Underlay – Black
- SP60202 20mm Regupol Underlay – Black

SPECIFICATION.
Roll Size 10m x 1.25m as standard.



INTEGRATED LIFTING PLATFORM.

This interlocking tile system is ideal for free weight areas and heavy lifting zones, helping to protect equipment when dropped. Available in two thicknesses for maximum protection.



TECH SPEC.

A substantial shock pad base with an EPDM finish layer provides durability, increased performance levels, aesthetics and feel. Great for heavy equipment areas where damage could be caused to the equipment or floor.

PROTECTIVE.

Reduces noise and vibration as the system provides ultimate protection for subfloors, equipment, weights and members alike. Spin and cardiovascular areas can benefit from the enhanced grip offered by this versatile tile.

INSTALLATION.

Easy installation as the modular system can be built to suit any area. It comes in a wide range of colour choices to suit all environments and club aesthetics.

EVERROLL WEIGHT LAYER 43MM.

- EWT430 43mm Weight Layer – Classic colours
- EWT432 43mm Weight Layer – Stone colours

43MM SPECIFICATION.

1000mm x 500mm x 43mm with a dowelled jointed interlocking system – minimum quantity purchase of 25m².

EVERROLL WEIGHT LAYER 27MM.

- EMT270 27mm Weight Layer – Classic colours
- EMT272 27mm Weight Layer – Stone colours

27MM SPECIFICATION.

1000mm x 500mm x 27mm with a dowelled jointed interlocking system – minimum quantity purchase of 35m².

For Classic colours see page 232.
Please call for Stone colour options and installation details.



43mm WEIGHT LAYER
TILE IN CLASSIC COLOUR.



27mm WEIGHT LAYER
TILE IN STONE COLOUR.



FLEXI-TUF.

Flexi-Tuf is a heavy-duty and flexible floor covering that will ensure your free weights and floor are protected from damage and marking.

USAGE.

Ideal for free weight areas and spaces where rigorous functional training will take place.

DESIGN.

Unique, small, interlocking tiles are easily lifted. Textured surface provides sure footing for maximum confidence during workouts.

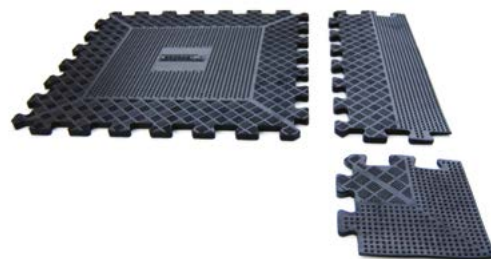
INSTALLATION.

Easy installation means it's easy to create islands of flooring for specific areas. Transport and re-use wherever you wish. Corners and edges provide smooth ingress and egress.

MATFT12	Flexi-Tuf Floor Tile
MATES12	Flexi-Tuf Edge Strip
MATCB12	Flexi-Tuf Corner Piece

SPECIFICATION.

MATFT12:	Size 500mm x 500mm x 12mm.
MATES12:	Size 500mm x 190mm x 12mm.
MATCB12:	Size 190mm x 190mm x 12mm.



FLEXI-SOFT.

Soft and slip-resistant modular flooring system for stretching, gym balls and foam rolling. Ideal for yoga studios.

INSTALLATION.

Quick to lay and the tapered edge strip reduces risk of injury. The tiles do not need to be fixed to the floor, allowing them to be easily moved for greater flexibility of layouts.

PROTECTIVE.

Absorbs impact while being comfortable for stretching exercises thanks to their dense foam composition. They are also very easy to clean.

DESIGN.

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

MAT510S	Flexi-Soft Foam Coloured Tile
MAT511S	Flexi-Soft Foam Coloured Edge Strip
MAT512S	Flexi-Soft Foam Coloured Corner

SPECIFICATION.

MAT510S:	Size 1000mm x 1000mm x 20mm.
MAT511S:	Size 1000mm x 185mm x 20mm.
MAT512S:	Size 185mm x 185mm x 20mm.



AVAILABLE IN FOUR COLOURS.





FLEXI-HARD.

Durable, cushioned flooring for balance exercises, light dumbbell workouts and strength training.

DESIGN.

Designed for PT and functional training areas. The tiles can be interlocked in minutes and don't need to be fixed to the floor.

USAGE.

Ideal for balance and lightweight exercises with free weights up to a maximum of 20kg. For heavier weights we would recommend Flexi-Tuf – see [page 234](#).

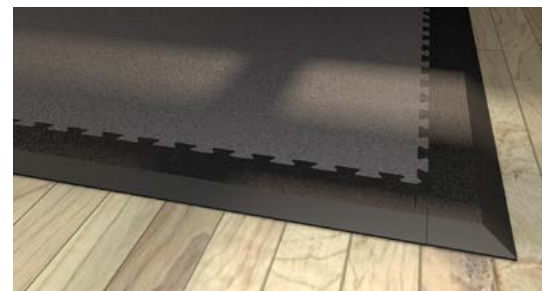
PROTECTIVE.

A good base support with an element of cushioning.

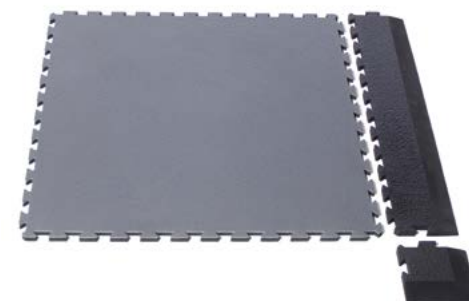
MAT510	Flexi-Hard Foam Coloured Tile
MAT511	Flexi-Hard Foam Coloured Edge Strip
MAT512	Flexi-Hard Foam Coloured Corner

SPECIFICATION.

MAT510:	Size 1000mm x 1000mm x 20mm.
MAT511:	Size 1000mm x 185mm x 20mm.
MAT512:	Size 185mm x 185mm x 20mm.



AVAILABLE IN FOUR COLOURS.



ENERGYM.

A multi-use flooring that is extremely durable and easy to maintain. Suitable for use anywhere, from a functional zone to a sports hall, EnergyM is available in a range of Pantone colours and can feature logos, sports markings and other designs.

TECH SPEC.

An elastic layer with polyurethane multi-use top coatings that provides shock absorption that is kinder to users' joints and helps to reduce injury.

USAGE.

Seamless system to ensure hygiene and easy maintenance. This is a durable and long-lasting system which makes it ideal for functional zones.

DESIGN.

The huge range of 20 colours and the additional line markings that can be applied allow this surface to be tailor-made to suit your needs.

SPECIFICATION.

Polyurethane top coating is applied to a 7mm or 9mm shock pad, giving a 3mm polyurethane wear layer.

Please call for prices, colour options and installation details.



FLOOR GUARD.

A high-performance, recycled floor mat that is ideal for positioning under free weight benches, cardiovascular machines and dumbbells.

PROTECTIVE.

This floor mat acts as a shock pad and helps reduce noise.

USAGE.

The textured finish provides a high-grip surface that is essential when exercising with free weights.

DESIGN.

Fully reversible, the floor guard can be easily cleaned with water or a mild detergent giving you trouble-free usage.

MAT506C Floor Guard – Black

For heavy lifting, see **page 44** for Lift Zone.

SPECIFICATION.

Size 2000mm x 1250mm x 10mm.



THE BEST WAY TO MAINTAIN YOUR GYM FLOOR.

ACCESSORIES.

As leaders in the field of fitness flooring we have extended our after-care service by developing our own range of cleaning products that will help you to keep your flooring clean, safe and vibrant.

01. ESCAPE SPRINT EVERYDAY FLOOR CLEANER.

- Neutral pH is ideal for daily maintenance of sports floors from rubber to timber.
- Advanced formula removes grease and ensures a rapid cleaning action.
- Low foam for ease of rinsing.

02. ESCAPE POWER FLOOR CLEANER.

- Heavy-duty formulation removes even the toughest grease and grime.
- Low foaming specifically designed for machines with suction driers and ease of rinsing.
- Fragrance-free so solution will maintain a neutral environment.

03. GRADUS EDGE.

- Finish off your flooring in style with our transition strips that help to reduce the risk of tripping hazards.

01. EFCSPRINT Sprint Everyday Floor Cleaner (5 litre)

02. EFCPOWER Power Floor Cleaner (5 litre)

FLRCLPK Floor Maintenance Pack
1 x EFCSPRINT and 1 x EFCPOWER

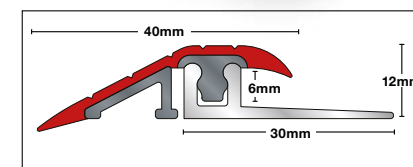
For professional use only.

03. GRADUS EDGE

MAT1000 Quantum Transition Strip (per 2.75m)

MAT2000 Gradus Curved Ramp Trim (per 2.5m)

MAT3000 Gradus Skirting Edge Strip (per 2m strip)



TRAINING. EDUCATION. EXPERIENCE.

TRAINING.

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

WHY ESCAPE TRAINING	242
IN CLUB GROUP PROGRAMMING	244
ONLINE TRAINING WORKSHOPS	250
INSTRUCTOR TRAINING COURSES	253
THE ESCAPE APPS	255
MYZONE	257

MEET THE TEAM OF MASTER TRAINERS.

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



WHY TRAIN WITH ESCAPE.

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

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



BUSINESS IN A BOX.

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

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

See **pages 244-249** 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 250-251** for more details.

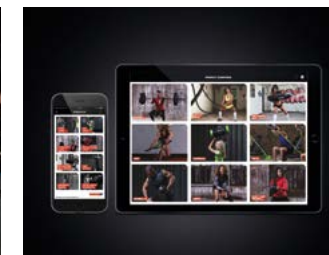


INSTRUCTOR TRAINING.

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 252-253** for more details.

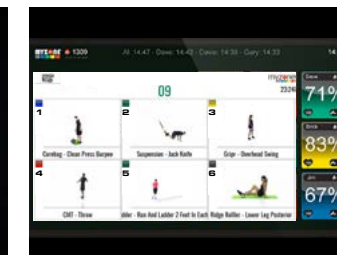


THE ESCAPE FITNESS APPS.

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 254-255** for more details.



MYZONE.

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

See **pages 256-257** for more details.



MOVE IT.

MOVE IT.[®] GROUP TRAINING PROGRAMME.

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

WHAT DO MEMBERS GET FROM MOVE IT?

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

WHAT TYPE OF CLUB IS IT FOR?

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

THE PACKAGE.

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

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

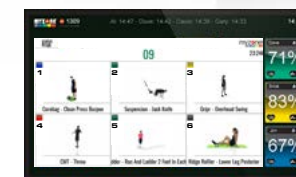
MIB001 MOVE IT Training Programme

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

Additional face-to-face product training workshops:

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

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



The **MOVE IT** group training programme seamlessly integrates with Myzone, offering further instruction, fitness tracking and gamification to any workout. See **page 257** for more details.

MOVE IT EQUIPMENT PACKS.

MIBEP12 Up to 12 users – **MOVE IT** Equipment Pack

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

MIBEP18 13-18 users – **MOVE IT** Equipment Pack

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

MIBEP30 19-30 users – **MOVE IT** Equipment Pack

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

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

GET BATTLE READY.



BATTLE FIT. GROUP TRAINING PROGRAMME.

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

WHAT DO MEMBERS GET FROM BATTLE FIT?

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

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

WHAT TYPE OF CLUB IS IT FOR?

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

WHAT'S INCLUDED?

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

THE PACKAGE.

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

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

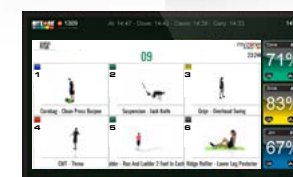
BFB001 BATTLE FIT Training Programme

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

Additional face-to-face product training workshops:

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

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



The **BATTLE FIT** group training programme seamlessly integrates with Myzone, offering further instruction, fitness tracking and gamification to any workout. See **page 257** for more details.

BATTLE FIT EQUIPMENT PACKS.

BFBEP12 Up to 12 users

– BATTLE FIT Equipment Pack

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

BFBEP13 13-18 users

– BATTLE FIT Equipment Pack

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

READY TO HIIT YOUR WHOLE BODY?



**HIIT
THE
DECK.**
escape

HIIT THE DECK. GROUP TRAINING PROGRAMME.

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

WHAT DO MEMBERS GET FROM HIIT THE DECK?

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

WHAT TYPE OF CLUB IS IT FOR?

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

WHAT'S INCLUDED?

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

THE PACKAGE.

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

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

HTD001 HIIT THE DECK Training Programme

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

Additional face-to-face product training workshops:

- Bulgarian Bag
- DECK 2.0
- GRIPR

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



HIIT THE DECK CLUB EQUIPMENT PACKS - PER PERSON

HTDBEB1 Beginner Pack

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

HTDBEA1 Advanced Pack

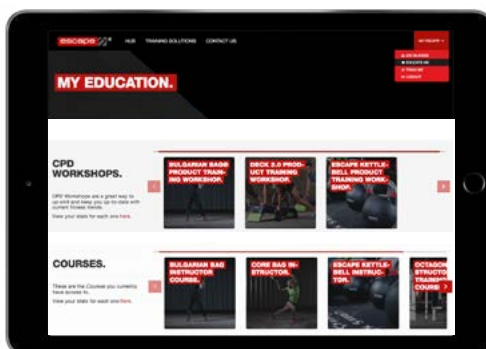
- 1 x DECK
- 1 x Resistance Tube Level 3
- 2 x 6kg GRIPR
- 2 x 10kg Rubber Dumbbells
- 2 x 15kg Rubber Dumbbells
- 1 x 8kg Bulgarian Bag

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

ONLINE PRODUCT TRAINING WORKSHOPS.

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

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

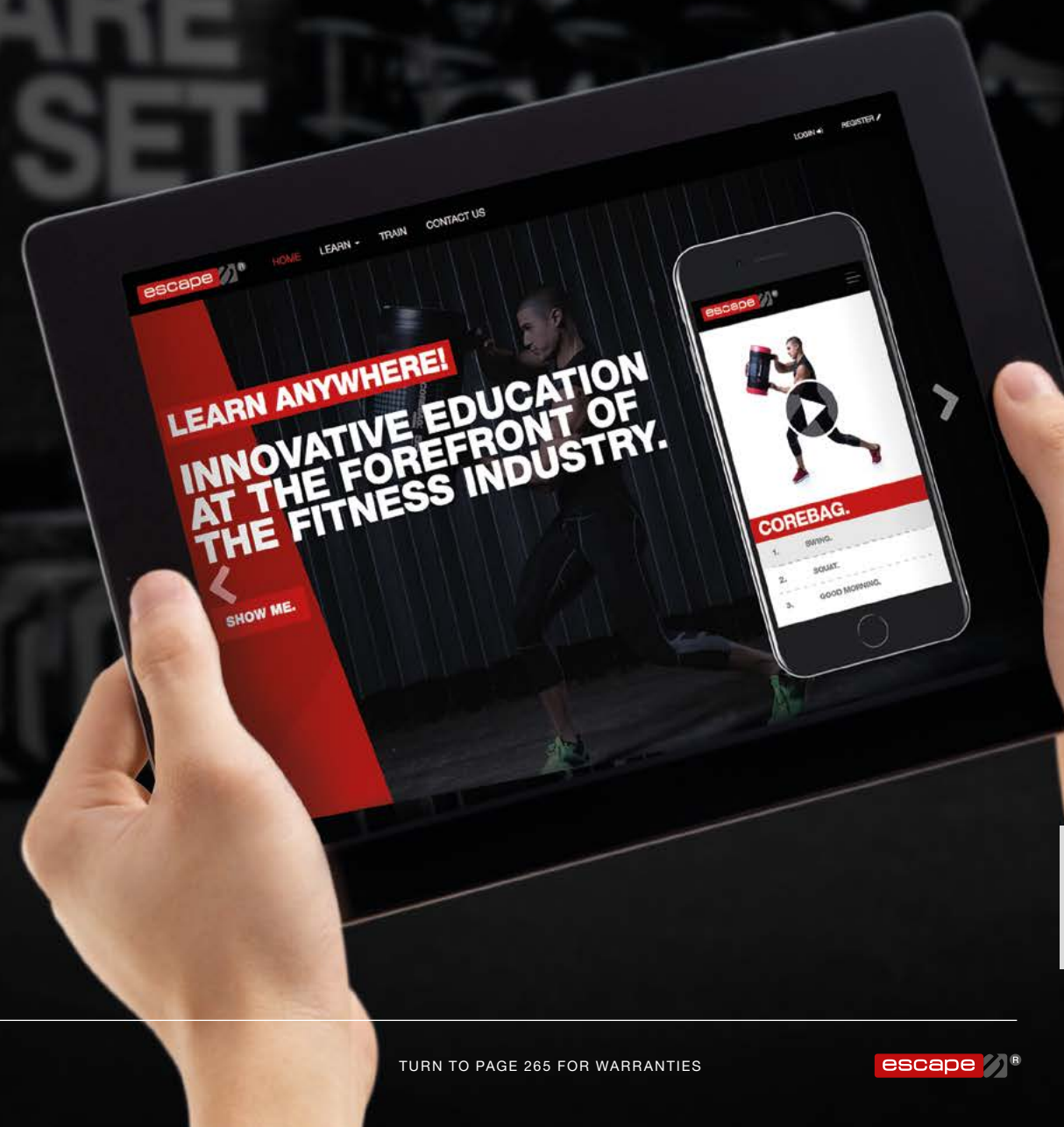


TRAIN01	Battle Rope - product training workshop
TRAIN02	Bulgarian Bag - product training workshop
TRAIN03	Kettlebell - product training workshop
TRAIN04	Medicine Balls - product training workshop
TRAIN05	TIYR - product training workshop
TRAIN06	GRIPR - product training workshop
TRAIN07	Plyometrics -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

MASTER ANY MOVEMENT.



FIND YOUR NICHE.

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

ACCESS ANYWHERE.

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

FOR GYM OWNERS OR GO-IT-ALONERS.

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

PERSPIRATION.
MOTIVATION.
INSPIRATION.

INSTRUCTOR TRAINING COURSES.

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

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

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



BULGARIAN BAG – INSTRUCTOR TRAINING COURSE.

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



INSTRBULG Bulgarian Bag - Instructor Course

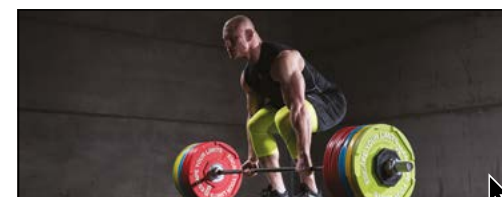


EXTREME KETTLEBELLS – INSTRUCTOR TRAINING COURSE.

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



INSTRKBELL Extreme Kettlebells - Instructor Course



OLYMPIC WEIGHTLIFTING – INSTRUCTOR TRAINING COURSE.

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



INSTRWLIFT Olympic Weightlifting - Instructor Course



OCTAGON TRAINING – INSTRUCTOR TRAINING COURSE.

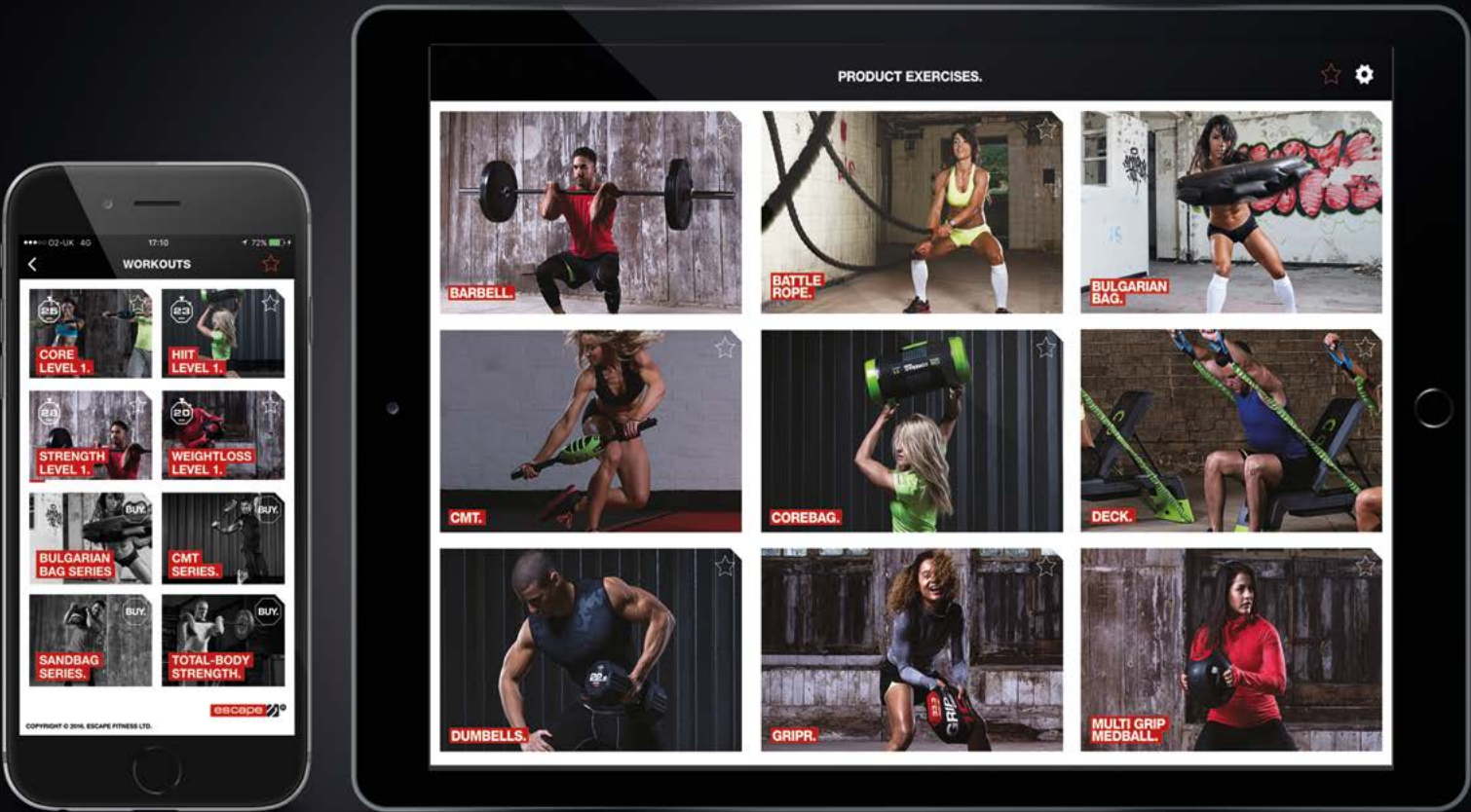
- Application and purpose of the Octagon.
- The Octagon attachments.
- The seven principles of successful programming.
- How to programme your Octagon training week.
- Octagon group training.
- How to be a good trainer.
- Octagon exercise library.
- Time: 8 hours, 1 day.
- REPs CPD Points: 8.



INSTRCT Octagon Training - Instructor Course

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

DIGITAL FITNESS FOR OPERATORS AND END USERS.



DOWNLOAD FREE ON THE APP STORE AND GOOGLE PLAY:



THE ESCAPE APPS.

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

CONSUMER.

The Escape Your Limits app provides support for anyone working out with functional training equipment in the gym, outdoors, at work or at home. In addition to single exercise features, users can follow set workouts for strength, conditioning, total body benefits and more. 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



MYZONE. BUILD YOUR OWN WORKOUTS.

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

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

EFFORT ZONES.

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

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

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

THE PACKAGE.

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

MOVE IT.

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

BATTLE FIT.

- 26 x 35 minute structured workouts

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

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

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BEFORE YOU ORDER.

As exclusive Business to Business suppliers of Fitness Equipment to the Industry, Escape Fitness aims to make the Customer buying experience efficient and informative. Orders placed with Escape Fitness are subject to the standard Terms and Conditions of Business ("Conditions") contained in the following pages to the exclusion of any other terms or conditions that the Customer seeks to impose or incorporate or that may be implied by trade custom, practice or course of dealing. In the event that Goods are sold on to a third party, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts the Conditions overleaf. No variation of these Conditions shall be effective unless expressly agreed in writing by an Escape Fitness authorised signatory.

THINGS TO NOTE BEFORE ORDERING.

Delivery charges

The cost of delivery depends on volume and weight. Please contact Escape or your local representative for details.

UK delivery

Most Orders will be delivered as parcels by independent carriers. Where large Orders cannot be delivered as parcels, the Order will be delivered on pallets to the exterior access point of the delivery address (UK Mainland Only.) The Customer must provide adequate manpower to unload the Goods and dispose of all packaging supplied for transit. Escape Fitness offer an Upgraded Delivery Service which includes a two-man team who will deliver, unload, assemble and site the Goods, removing all transit packaging upon completion. Please call for an Estimate.

Overseas delivery

Most small items will be sent as parcels by independent carriers. Larger items may be delivered by a dedicated specialist shipping company. Certain stock items may be dispatched from Escape Fitness's warehouses in Germany or Thailand. Please call for an Estimate.

Product assembly and installation

Please note that functional frames and equipment storage racks will require assembly after delivery. Escape Fitness offers an installation service to include the assembly of and safe siting of equipment. Please call for an Estimate.

Customised, bespoke and made-to-order products

Once an Order has been placed and an Order Confirmation issued in respect of Goods that are customised, bespoke or special order, it cannot be amended or cancelled. Goods are customised when an element of the product is changed e.g. the Customer's brand colour or logo is added. Bespoke Goods are specifically designed for the Customer and include, but are not limited to, flooring, functional frames and storage solutions. Special order Goods include products that are not normally held in stock or are ordered in a large quantity e.g. MARS, storage racks etc. Escape Fitness do not accept any liability for loss or damage incurred or suffered by the Customer as a result of inaccuracies made by them in the Order process. Accurate measuring is essential. To avoid the possibility of mistakes, use Escape Fitness's site survey service (see following details).

MEASURING AND SURVEYS.

When ordering large/heavy equipment or flooring, it is important that accurate measurements of the relevant area are supplied to ensure equipment will fit and can be used safely. Accurately measuring access points, corridors, lifts, stairs, and their height is equally important to ensure smooth delivery and installation. Escape Fitness offers a free site survey for those Customers who place an Order for both Goods and installation (expressed as a credit on the final invoice). The survey takes account of all these factors as well as the suitability of the product for a particular location. This service is also available for 'supply only' orders at a cost of £150+ VAT.

DAMAGES AND DELIVERY DISCREPANCIES.

All deliveries must be checked as soon as received and before the delivery note is signed as any discrepancy or damage in the consignment must be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the delivery note. If a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 01733 313535 with full details of the Goods ordered and the damage or discrepancy identified. At its sole discretion, Escape Fitness will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the delivery note or similar device operated by the carrier.

CANCELLATIONS AND RETURNS (NOT APPLICABLE TO CUSTOMISED, BESPOKE AND SPECIAL ORDER GOODS).

Once a quotation is accepted by the Customer placing an Order, Escape Fitness will issue an order confirmation. The customer may amend or cancel the Order within 14 days of the Order confirmation and provided the Order has not been dispatched. A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs. Escape Fitness reserves the right to reduce the above fee, in its sole discretion when the amendment sought by the Customer is de minimis or there are other exceptional circumstances justifying the same. Where Goods have been dispatched, the Customer may return some or all of the Goods for up to 14 days after receipt (as recorded by the carrier) provided that the goods are returned to the supplier at the Customer's cost and in new and unused condition with all the original labels and packaging intact. A fee of 20% of the Order value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by Escape Fitness's Customer Service Department.

NON-RETURNABLE ITEMS.

Unless Goods are damaged or faulty, any customised, bespoke, made-to-measure order equipment or flooring cannot be returned once an Order for confirmation has been issued. Items such as floor mats, gloves, mitts etc cannot be returned once dispatched for hygiene reasons.

PRODUCT MEASUREMENTS.

All sizes, weights and measurements are approximate. All products in Escape Fitness's functional range are subject to a tolerance of up to +/- 20%.

UK SALES.

For UK sales direct from Escape please contact us as follows:

- 1. **Freephone:** 0800 031 5400
- 2. **Website:** www.escapefitness.com
- 3. **Email:** sales@escapefitness.com
- 4. **Post:** Eastwood House, The Office Village, Cygnet Park, Hampton, Peterborough, PE7 8FD.

When placing an order by post or email, the Customer should:

- 1. Quote the product code, product description, quantity required, price, VAT and carriage costs.
- 2. Include their unique purchase order number (for account customers this must have been authorised by an appropriate signatory).
- 3. Print the name, department and position of the person placing the order.
- 4. Confirm the method of payment.
- 5. Provide the full postal delivery address.

NB Customers' purchase orders are only accepted from pre-approved Customers or account holders.

PAYMENT.

Customers may use the credit/debit cards shown.



Card payments are required for orders from non-account Customers.

NON UK SALES.

Please contact your local distributor for information on pricing and how to place your order.

FEEDBACK.

Escape Fitness believes in continuously improving its products and services. It can only do this by listening to its Customers. If you have a comment to make please contact Escape Fitness's Customer Services Team on:

Telephone: 01733 313 535

Email: aftersales@escapefitness.com

Or alternatively write to:

Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG.

TERMS AND CONDITIONS.

1. THE CONTRACT.

- 1.1 In these Terms and Conditions ("Conditions"), Escape Fitness Limited or one of its group of companies, is the Supplier and you are the Customer.
- 1.2 Upon receipt of a written Quotation, accompanied by these Conditions, (and where design and/or installation is requested; a Programme of Works), the Customer may offer to purchase the Goods and/or Services by signing, dating and returning the copy of these Conditions supplied with the Estimate or Quotation to the Supplier, or by submitting a purchase order. The Supplier will accept the offer by sending to the Customer an Order Confirmation at which time a binding contract will exist between the parties and the Customer may not amend or cancel the Order without the Supplier's written consent.
- 1.3 The Customer acknowledges that it has not relied on any statement, promise or representation made, or given by or on behalf of, the Supplier which is not set out in these Conditions. Any samples, drawings, descriptive matter or advertising issued by the Supplier and any descriptions or illustrations of the Goods or Services contained in catalogues or brochures are issued or published for the sole purpose of giving an approximate idea of the Goods and Services described in them. They do not form part of the Contract nor have any contractual force. These Conditions apply to the Contract to the exclusion of any other terms that the Customer seeks to impose or incorporate, or which are implied by trade custom, practice or course of dealing. Where the Customer re-sells the Goods, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts these Conditions. No variation of these Conditions shall be effective unless expressly agreed in writing by the Suppliers authorised signatory.
- 1.4 These Conditions apply to the supply of both Goods and Services except where application to one or the other is specified.
- 1.5 The Supplier reserves the right to change these Conditions at any time. The amended Conditions will take effect on the 30th day following the date upon which the amended Conditions are sent to the Customer. The placing of further Orders after the amendment date and before the effective date shall signify the Customer's acceptance to be bound by the latest Conditions.

2. PAYMENT.

- 2.1 The price of the Goods and Services shall be the price set out in the Estimate or Quotation (the latter of which shall be valid for 30 days) or the price stated in any effective Supply Agreement. Prices are quoted net of VAT. VAT is payable by the Customer at the prevailing rate as indicated upon the Estimate, Quotation or Pro-Forma Invoice. Prices are subject to change on not less than 30 days notice.
- 2.2 Payment for the Goods and Services shall be made in full at the time the Order is placed to the Supplier's bank account detailed in the Quotation. For Customers who have a credit account with a sufficient credit limit, Goods shall be paid for in accordance with their credit account terms. Time for payment shall be of the essence of the Contract. VAT Invoices are issued when the Goods are dispatched.
- 2.3 Interest is payable to the Supplier on overdue amounts at the rate of 4% per annum above Barclay's Bank base rate accruing on a daily basis from the due date until the date of actual payment of the overdue amount.
- 2.4 The Customer shall pay all amounts due under the Contract in full without any deduction or withholding except as required by law and the Customer shall not be entitled to assert any credit, set-off or counterclaim against the Supplier in order to justify withholding payment of any such amount in whole or in part.

3. GOODS AND SERVICES.

Orders are accepted for Goods and Services by the Supplier strictly subject to availability and to these Conditions.

4. CUSTOMISED, BESPOKE AND MADE-TO-ORDER GOODS.

- 4.1 In respect of any Order for customised, bespoke or special order Goods (flooring, frames, the MARS, racks, etc), the Customer may not amend or cancel an Order once accepted (including positioning of equipment where installation is involved). It is imperative that all Customer requirements are fully and accurately conveyed to the Supplier prior to acceptance of the Order. The Supplier accepts no liability for costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Customer or any sub-contractor, agent or third party employed by the Customer arising out of any delay in delivery or installation of the Goods where such delay is caused by inaccuracies of whatever nature in the Customers Order. To avoid such inaccuracies, the Supplier recommends a site survey of the installation premises. Surveys cost £150 + VAT for flooring and £199 + VAT for Equipment and the liability to pay the Survey Fee arises on submission of the relevant Request Form. The site Survey Fee will be waived when the Customer places an Order for installation and the Escape Fitness in-house installation team carry out the Survey. Where Customers do not proceed with the installation for whatever reason, the site Survey Fee shall be invoiced and payable in accordance with clause 2.2 above.
- 4.2 All designs created in respect of any installation are subject to clause 11 below so that the Customer may not use such designs or any designs that the Supplier believes breach the Supplier's Intellectual Property Rights unless a separate contract for the purchase of a licence to use the designs is negotiated and entered into. This clause 4.2 shall survive termination of the Contract howsoever determined.
- 4.3 To the extent that any element or component of the Goods (e.g. line markings, bench upholstery) are to be manufactured in accordance with colour and/or design specifications supplied by the Customer, the Customer shall indemnify the Supplier against all liabilities, costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Supplier in connection with any claim made against the Supplier for actual or alleged infringement of a third party's intellectual property rights arising out of or in connection with the Supplier's use of that component. This clause 4.3 shall survive termination of the Contract howsoever determined.
- 4.4 The Supplier reserves the right to amend the Specification of the Goods if required so to do by the manufacturer or any applicable statutory or regulatory body.
- 4.5 Where Contracts involve installation and the Customer's installation area does not comply strictly with the Working Conditions Specification ("Specification") detailed in the Programme of Works, the installation shall be delayed until such time as the Customer is compliant with the Specification and the Customer shall be liable to the Supplier for all costs and expenses incurred by the delay. Without prejudice to the generality of this clause; time when appointed contractors are unable to perform the Contract ("Downtime") shall be payable to the Supplier at the rate of £200.00 per man per day (based on an 8 hour day) plus full reimbursement of all travel, accommodation and other expenses properly incurred in anticipation of performance of the Contract and which cannot otherwise be recouped from the relevant provider by the Supplier (Wasted Costs).

5. CARRIAGE.

Carriage is payable by the Customer in respect of each Order. Carriage charges are unaffected by the number of instalments in which the Goods are delivered.

6. DELIVERY.

- 6.1 Delivery lead times vary according to the Goods Ordered. If Goods will not be delivered on the "Estimated Delivery Date" detailed on the Order Confirmation, the Customer will be advised of the intended delivery date as soon thereafter as reasonably practical. Any date quoted for delivery of the Goods is approximate only and time of delivery is not of the essence. The Supplier shall not be liable for any delay in delivery of the Goods that is caused by events beyond its control nor the Customer's failure to provide the Supplier with adequate delivery instructions or any other instructions that are relevant to the supply of the Goods.
- 6.2 Customised, bespoke and special order Goods have varying manufacturing lead times (provided by the manufacturer as at the date of the Supplier's Order) which will be notified to the Customer as the Estimated Delivery Date. It will take up to a further 7 days for the Goods to be delivered to the Customer once the Goods are delivered to the Supplier. It is the Customer's responsibility to ensure any planned installation date takes account of these times. A firm delivery date will be notified to the Customer once the Goods are under the care and control of the Supplier.
- 6.3 Delivery of the Goods shall be completed once the Goods arrive at the exterior access point of the delivery address. The Customer's signature recorded on the Delivery Note (or similar device operated by the carrier) shall be conclusive evidence of the quantities dispatched and delivered.
- 6.4 It is the responsibility of the Customer to ensure that appropriate arrangements are in place to:
 - (a) accept delivery of the Goods on the Delivery date; and
 - (b) where there are large/heavy Goods; provide adequate manpower to unload the Goods from the pallet(s) upon delivery and dispose of any transit packaging supplied; and
 - (c) for Orders involving installation; arrange to store the Goods pending installation in climatic conditions that will emulate the climate of the area in which the flooring or equipment will be installed and in accordance with the storage instructions (if any) supplied upon delivery.
- 6.5 If the Customer fails to accept or take delivery of the Goods in accordance with clause 6.4 above, then, save where such failure or delay is caused by a Force Majeure Event or by the Supplier's failure to comply with its obligations under this Contract, delivery of the Goods shall be deemed to have been completed at 9.00 am on the day after the Delivery Date notified by the Supplier. The Supplier shall store the Goods until actual delivery takes place, and charge the Customer for all related costs and expenses (including insurance) incurred in this respect. A Force Majeure Event means an event beyond the control of a party (or any person acting on its behalf), which by its nature could not have been foreseen by such party (or such person), or, if it could have been foreseen, was unavoidable, and includes, without limitation, acts of God, storms, floods, riots, fires, sabotage, civil commotion or civil unrest, interference by civil or military authorities, acts of war (declared or undeclared) or armed hostilities or other national or international calamity or one or more acts of terrorism or failure of energy sources.

7. INSTALLATION.

- 7.1 The Supplier shall install the flooring or equipment in accordance with the Contract.
- 7.2 Where installation is delayed under clause 4.5 above, the Supplier may at its own discretion

- (a) perform or assist the Customer to perform the work required to make the Customer installation area compliant with the Specification and the Customer shall be liable only for the additional costs associated with such works at the Wasted Costs rates specified in clause 4.5 above; or
 - (b) delay the installation in accordance with clause 4.5 above and claim the Wasted Costs thereof; or
 - (c) cancel the installation and refund to the Customer the sum equivalent to 50% of the cost of installation (as per the Quotation), provided always that the Suppliers' Wasted Costs are first paid in full (at the rates quoted in clause 4.5 above). In the event that deduction of the Wasted Costs leaves less than 50% of the cost of installation, then the Supplier shall repay the balancing sum only.
- 7.3 In the event that the Customer changes a confirmed installation date less than 48 hours before the planned start time, the Customer shall be liable for the Supplier's Wasted Costs as detailed in clause 4.5 above.

8. TITLE AND RISK.

- 8.1 The risk in the Goods shall pass to the Customer on completion of delivery.
- 8.2 Title to the Goods shall not pass to the Customer until the Supplier has received payment in full (in cash or cleared funds). Until title passes, the Customer shall hold the Goods on a fiduciary basis as the Supplier's bailee, store the Goods separately from all other Goods held by the Customer and maintain the Goods in new condition and keep them insured against all risks for their full retail price on the Supplier's behalf from completion of delivery.
- 8.3 In the event that the Customer proves unable, for whatever reason, to pay in full for the Goods, the Customer hereby irrevocably authorises the Supplier or its agents to enter the Customer's premises or the premises where the Goods are stored and take possession of the Goods supplied. If any Goods which become subject to this clause 8.3 are sold or hired out by the Customer to any third party before payment is made to the Supplier, then all monies received from such third party transactions are the property of, and will be claimed by the Supplier in satisfaction of and to the extent only of the unpaid Invoices.

9. CANCELLATIONS, AMENDMENTS AND RETURNS.

- 9.1 Once an Order is placed by the Customer, the Supplier will issue an Order Confirmation. Orders may only be amended or cancelled if;
 - (a) the Customer formally notifies the Supplier in writing by email to aftersales@escapefitness.com or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG; and
 - (b) the notification is received within 14 days of the date of the Order Confirmation; and
 - (c) no Goods have been dispatched.
 A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs in such cases. The Supplier reserves the right to reduce the above fee, in its sole discretion, when the amendment sought by the Customer is "de minimis" or there are other exceptional circumstances justifying the same.
- 9.2 Where Goods have been dispatched, the Customer may return some or all of the Goods within 14 days after delivery (as recorded by the Carrier) provided that the Customer follows the procedure notified by the Customer Services Department who may be contacted free on 0800 031 5400 or 01733 313535 or in writing at aftersales@escapefitness.com or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough,

Cambridgeshire, PE2 6SG . The Goods must be returned to the Supplier at the Customers cost and in a new and unused condition with all original labels and packaging intact. A fee of 20% of the returned Goods value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by the Suppliers Customer Services Department.

10. DAMAGES AND DELIVERY DISCREPANCIES.

10.1 When signing for a delivery, the Customer is accepting that the correct number of parcels has been delivered and the Goods have not been damaged in transit. All deliveries must therefore be checked as soon as received and BEFORE the Delivery Note is signed as any discrepancy in the consignment MUST be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the Delivery Note. If the order is incorrect or damaged, the Customer should either refuse the consignment or record the discrepancy or damage on the Delivery Note. It is the Customer's responsibility to ensure that the actions above are followed BEFORE SIGNING as mistakes cannot be rectified once the Goods have been signed for.

10.2 If damage or a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 0800 031 5400 or 01733 313535 with full details of the Goods Ordered and the damage or discrepancy identified. At its sole discretion, the Supplier will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the Delivery Note or similar device operated by the carrier. The Customer should only return Goods following the procedures outlined by the Supplier at the time of the report.

11. INTELLECTUAL PROPERTY RIGHTS.

The Customer acknowledges that all intellectual property rights in the Goods and/or Services (e.g. product design, flooring design, gym design), whether registered or unregistered and including all applications for and renewals or extensions of such rights, and all similar or equivalent rights or forms of protection in any part of the world including all patents, rights to inventions, utility models or prototypes, copyright and related rights, trademarks, service marks, trade, business and domain names, belong to or are used by Supplier under licence. The Customer agrees that it shall not use the same unless a licence to use them has been granted within a contract for the provision of Goods and/or Services to be supplied by the Supplier

12. PRODUCT DESCRIPTIONS.

The Supplier endeavours to ensure that the product images, descriptions, weights and measurements which appear in any Supplier literature are fair and accurate. The Supplier accepts no responsibility for any error or omissions either to the Customer or at all. The Supplier reserves the right to discontinue or change the specification and/or the design of a product without prior notice. Colour, packaging and product specification may vary according to manufacturing changes, tolerances and availability.

13. WARRANTIES AND LIMITATION OF LIABILITY.

13.1 Nothing in these Conditions excludes or limits liability for;

- (a) death or personal injury caused by the negligence of the Supplier, or
- (b) fraudulent misrepresentation or any other liability that the Supplier may not otherwise exclude or limit under applicable law.

13.2 The Supplier warrants that the Goods supplied to the Customer under this Contract shall be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements for not less than the period of the manufacturer's warranty period.

13.3 The Supplier shall not be liable for the Goods' failure to comply with the warranty in clause 13.2 if:

- (a) the Customer makes any further use of such Goods after notifying the Supplier of a defect; or
 - (b) the defect has arisen as a result of the Customer's failure to follow the Supplier's oral or written instructions as to the storage or care of the Goods or (if there are none) good trade practice; or
 - (c) the defect has arisen as a result of the Supplier following any drawing, design or specification supplied by the Customer; or
 - (d) the Customer alters or repairs the Goods without the prior written consent of the Supplier; or
 - (e) the defect arises as a result of fair wear and tear, wilful damage, negligence, or the use of the Goods for a purpose other than the purpose declared or in abnormal use conditions; or
 - (f) the Goods differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.
- 13.4 Except as provided in this clause 13; the Supplier shall have no liability to the Customer in respect of the Goods' failure to comply with the warranty set out in clause 13.2 or otherwise.
- 13.5 Subject to clause 13.1 above, the Supplier shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with the Conditions for any economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred by the Customer arising out of or in connection with the provision of the Goods and Services supplied in respect of this Contract.
- 13.6 Notwithstanding the above and subject to clause 13.1, the Supplier's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable by the Customer for the Goods in respect of one incident or series of incidents attributable to one cause.
- 14. GENERAL.**
- 14.1 These Conditions, including the documents referred to herein, supersede all prior representations, understandings, agreements and contracts between the Customer and the Supplier relating to the supply of Goods and Services and sets forth the entire agreement and understanding between the Customer and the Supplier.
- 14.2 Nothing in this Contract is intended to, or shall be deemed to, constitute a partnership or joint venture of any kind between any of the parties, nor constitute any party the agent of another party for any purpose. No party shall have authority to act as agent for, or to bind, the other party in any way.
- 14.3 A person who is not a party to the Contract shall not have any rights under or in connection with it.
- 14.4 The Customer may not assign or sub-contract any of the rights or obligations imposed by this Contract unless agreed to in writing by the Supplier.
- 14.5 The Supplier reserves the right to transfer, assign, novate or sub-contract the benefit of the whole or part of any of its rights or obligations under these Conditions or any related contract to any third party.
- 14.6 No delay or failure by the Supplier to exercise any powers, rights or remedies under this Contract will operate as a waiver of them nor will any single or partial exercise of any such powers, rights or remedies preclude any other or any further exercise of them. To take effect any waiver must be in writing and signed by an authorised signatory of the Supplier.
- 14.7 This Contract, and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims), shall be governed by, and construed in accordance with, English law, and the parties irrevocably submit to the exclusive jurisdiction of the courts of England and Wales.

GENERAL WARRANTY INFORMATION.

All Escape Fitness products are warranted to be free from defects in materials and workmanship. This warranty is non transferrable and extends only to the original Customer. The products are additionally warranted to comply with all applicable statutory and regulatory requirements. The warranty commences on the date of delivery to the Customer (as recorded by the carrier), and subject to the Exclusions section herein, is valid for not less than the period stated in the full product warranty schedule found at. www.escapefitness.com.

Each Escape Fitness product is designed for a specific purpose. Products should only be used for their intended purpose, in an area designed or suitable for that product's use and by users aged 16 years or older.

Products which are not stored, cared for or used as directed or in normal use conditions may fail. Failure in these circumstances is considered abuse and will be excluded from a warranty claim even where the failure occurs during the stated warranty period.

EXCLUSIONS.

Escape Fitness shall have no liability under the warranty if:

- (a) any further use of the product(s) is made after a defect has been notified. Faulty products should be removed from service until the claim is resolved; or
- (b) the defect has arisen as a result of a failure to properly use, store, care for or maintain the products; or
- (c) the defect has arisen as a result of Escape Fitness following any drawing, design or specification supplied or specifically requested by you; or
- (d) the product(s) is altered or repaired without the prior written consent of Escape Fitness; or
- (e) the defect arises as a result of fair wear and tear, corrosion due to incorrect storage, wilful or negligent damage or the use of the products for a purpose other than the purpose intended or in abnormal use conditions; or
- (f) the products differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.

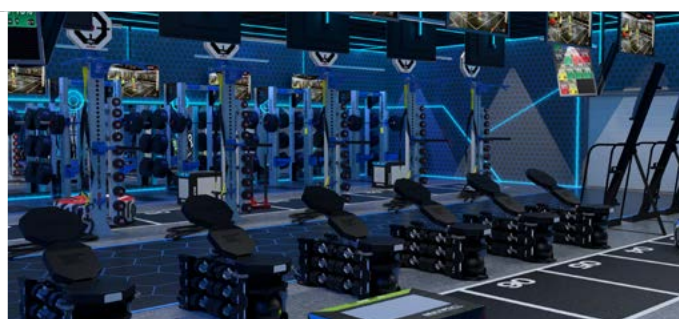
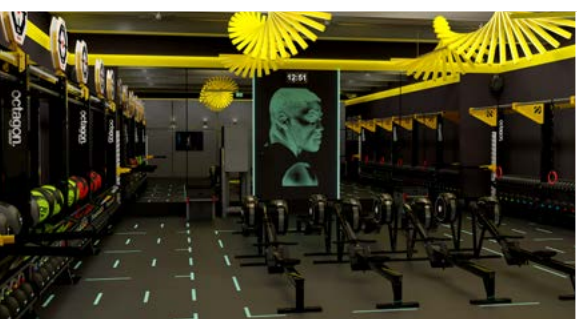
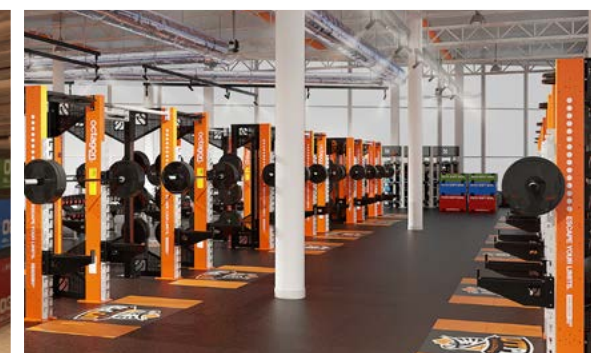
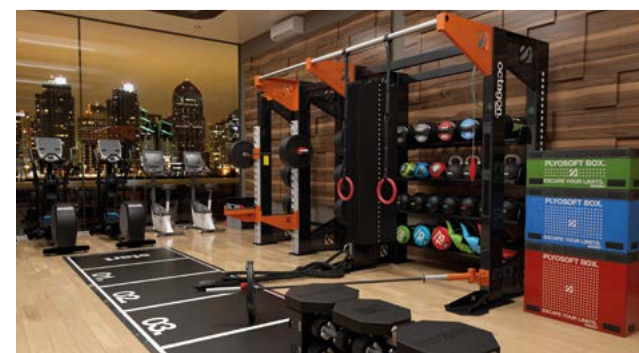
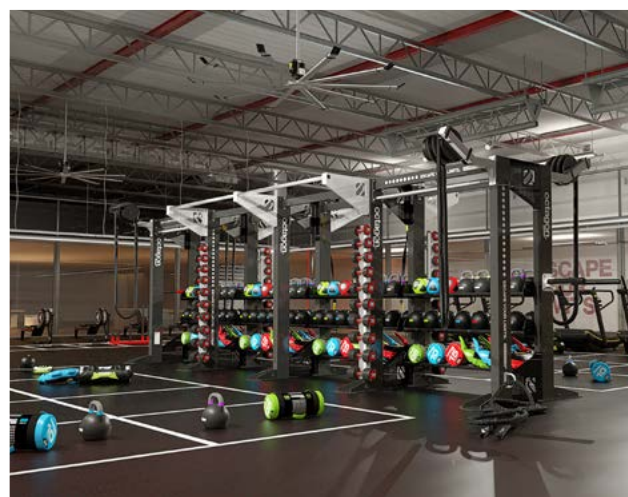
Escape Fitness shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with a claim for any economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred and arising out of or in connection with the provision of the products. Escape Fitness's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable for the product(s) in respect of one incident or series of incidents attributable to one cause.

- MAKING A CLAIM.**
- A warranty claim will only be accepted when the following procedure is used. Once a claim has been determined, Escape Fitness will, at its sole discretion, either repair/replace the product or issue a credit note or refund. Where the claim is found to be unsubstantiated, Escape Fitness will reject the claim (and where appropriate) return the product to you.
- CLAIMS PROCEDURE.**
1. If the product was purchased through an Escape Fitness approved Distributor, please refer the claim to the Distributor will deal with the claim directly.
 2. If the product was purchased directly from Escape Fitness, please telephone the Customer Services Department on 01733 313 535 or email aftersales@escapefitness.com quoting the Order Number of the product and provide full details of how and when the product(s) has been used, the fault or damage identified and the contact details of the person dealing with the claim. Escape Fitness will log the claim and allocate a unique "X" reference which needs to be quoted in all future dealings with the claim.
 3. Photographic evidence in support of the claim should be sent by email or post which should clearly identify the damage/defect. Within 48 hours of receipt of a properly evidenced claim, the quality control department will report their findings and advise whether the claim is accepted or rejected. If accepted, Escape Fitness will advise whether the product will be repaired or replaced, or if a credit or refund will be made and whether or not the product(s) needs to be returned for a full quality control investigation which will be arranged and paid for by Escape Fitness.
 4. After your claim has been processed we will contact you again to ensure that your claim was satisfactorily resolved.

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

LET US HELP YOU TURN YOUR DREAM INTO A REALITY.

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



SPEAK TO US ABOUT DESIGNING YOUR EXPERIENCE.

Visit: escapefitness.com/concepts.

ESCAPE YOUR LIMITS.®

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