

# **2017/18 CATALOGUE.**

YOUR ESSENTIAL GUIDE TO  
FUNCTIONAL TRAINING SOLUTIONS.

**ESCAPE  
YOUR  
LIMITS.®**

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# THERE IS AN ATHLETE IN EVERYONE AND WE ARE HERE TO SET IT FREE.





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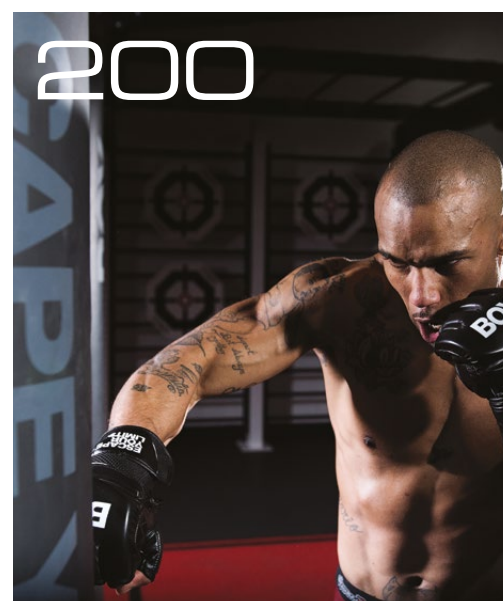
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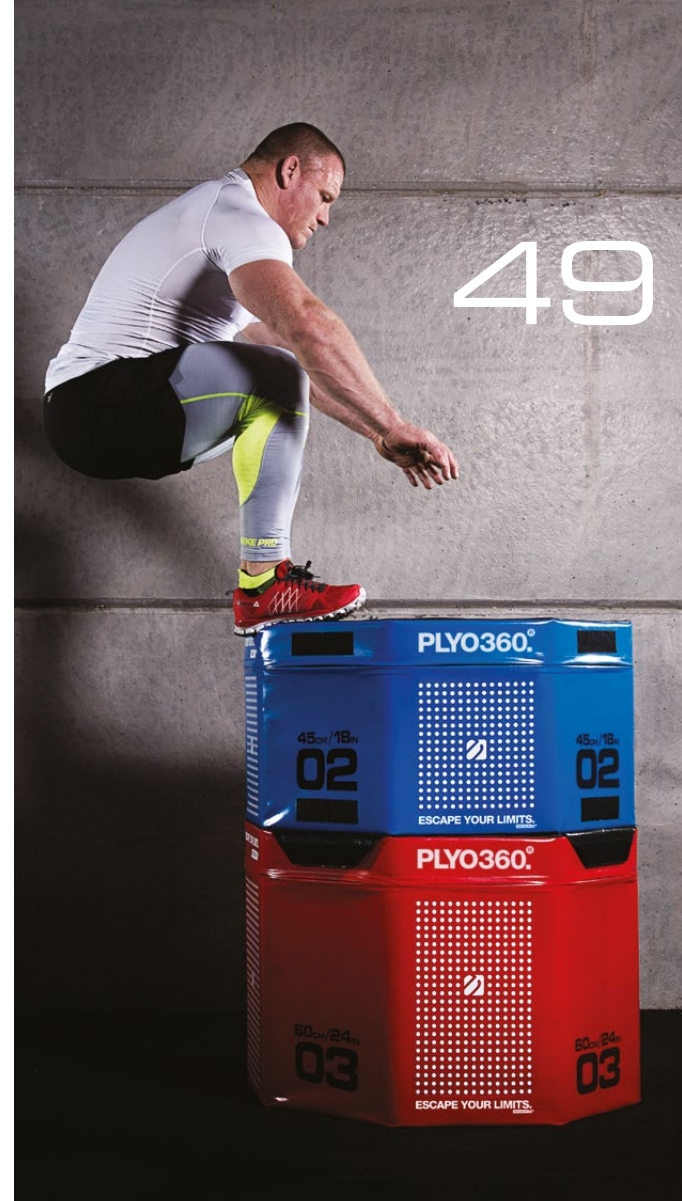
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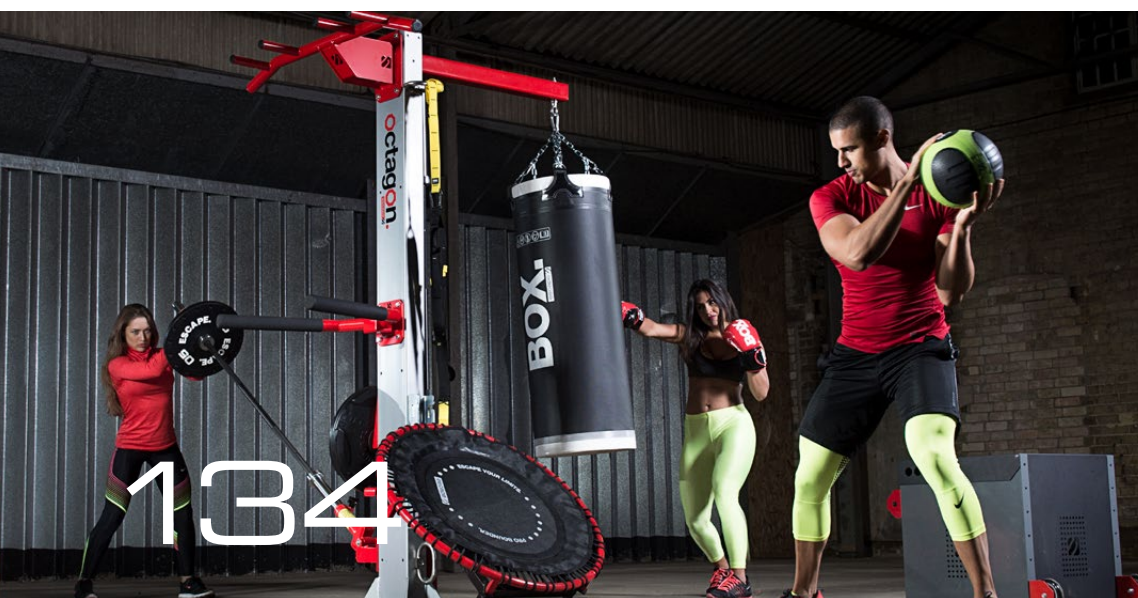
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# SEVEN STEPS TO DELIVERING AN OUTSTANDING BOUTIQUE EXPERIENCE.

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 the boutique sector worldwide.

Whether you are setting up a boutique or 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 BOUTIQUE CLUBS SO POPULAR?

Some features of the boutiques' business model set them apart from what has previously been normal across the industry. For example, many boutiques work on a pay-as-you-train basis rather than memberships. But people's motivation for using boutiques 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 PROCESS AND SOLUTIONS TO 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 proved 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 downloading your free copy of the complete 16-page report.



## PLANNING YOUR NEW FUNCTIONAL TRAINING SPACE?

Download our free booklet on how to achieve the launch of an outstanding functional training experience.



Go to:  
[www.escapefitness.com/7-common-mistakes](http://www.escapefitness.com/7-common-mistakes)  
Email us at:  
[sales@escapefitness.com](mailto:sales@escapefitness.com)



# SEVEN STEPS FOR A SUCCESSFUL BOUTIQUE.

## 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 proved 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. 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.



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

## 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.

### 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.**





# FUNCTIONAL.

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



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## 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.

PATENT  
PENDING.

### 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 40** 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.

<b>CMT1</b>	1kg	Core Momentum Trainer – Green
<b>CMT2</b>	2kg	Core Momentum Trainer – Blue
<b>CMT4</b>	4kg	Core Momentum Trainer – Red

Weight refers to the internal Power Shot.



## THE EFFECTIVE CORE TOOL.

Don't let the inviting looks deceive you – the CMT hits your core like never before! It delivers a core-cardio workout to improve posture, muscle range and power. It also conditions specialist athletes to develop strength and movement needed for optimal performance in their chosen sport.

### THE NEED FOR A CAPABLE, FUNCTIONING CORE.

The core is the body's hub, handling all of the forces going through it, from walking to striking a tennis ball. A strong core is therefore essential if the body is to manage forces and move freely.

### A UNIQUE TOOL FOR CORE TRAINING AND MOVEMENT DEVELOPMENT.

Developed by a PhD physician specialising in the science of body movement and rehabilitation, the CMT is an incredibly precise way to target development in the core and wherever the user wants it the most.

### THE HIIT SPECIALIST.

The CMT has proven itself as a superb tool for high intensity interval training. Moving the CMT fast and controlling the force in the Power Core takes huge effort. It's why even just a minute of full-on CMT exercise leaves most people shocked at the work they are putting in – exactly what you'd expect in a HIIT session. We're so pleased with the way it performs, we've integrated it alongside other functional training tools into our MOVE IT and BATTLE FIT group training programmes. Both of these are all about performing at massive intensity and the CMT enables participants to push themselves beyond their perceived limits.

### SPORTS-SPECIFIC TRAINING.

Due to the extreme accuracy with which the CMT targets specific muscles and movements, it has been taken up by coaches in a wide variety of sports, right up to professional level. Coaches are creating their own bespoke exercises for clients who want to improve their performance in sports including American football, baseball, cricket, football/soccer, golf, rugby, skiing, snowboarding, squash and tennis.



For more information and to watch the CMT videos, visit:  
[www.escapefitness.com/new-products/cmt](http://www.escapefitness.com/new-products/cmt)

TURN TO PAGE 271 FOR WARRANTIES

escape



# PRESS, JUMP, FLIP, LIFT AND PULL.



For more information and to watch the TIYR video, visit:  
[www.escapefitness.com/new-products/tiyr](http://www.escapefitness.com/new-products/tiyr)

## 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 ability, thanks to four weight and size options.



**PATENT PENDING.** **REGISTERED DESIGN.**

### 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.

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



**40kg**

**OUTSIDE DIAMETER:**  
870mm

**INSIDE DIAMETER:**  
400mm

**HEIGHT:**  
265mm



**60kg**

**OUTSIDE DIAMETER:**  
1030mm

**INSIDE DIAMETER:**  
500mm

**HEIGHT:**  
314mm



**80kg**

**OUTSIDE DIAMETER:**  
1200mm

**INSIDE DIAMETER:**  
600mm

**HEIGHT:**  
370mm



**100kg**

**OUTSIDE DIAMETER:**  
1200mm

**INSIDE DIAMETER:**  
600mm

**HEIGHT:**  
370mm



# GRIPR®

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



REGISTERED  
DESIGN.

EXPERT TIP.

The GRIPR trains deep core muscles whilst 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 160** 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.

GRIPR002	2kg	GRIPR – Green
GRIPR004	4kg	GRIPR – Blue
GRIPR006	6kg	GRIPR – Red
GRIPR008	8kg	GRIPR – Grey
GRIPR010	10kg	GRIPR – White
GRIPR012	12kg	GRIPR – Green
GRIPR014	14kg	GRIPR – Blue
GRIPR016	16kg	GRIPR – Red
GRIPR018	18kg	GRIPR – Grey
GRIPR020	20kg	GRIPR – White
AMB002	Ammo Box with Dividers Holds 4 of each weight Size 598mm x 606mm x 835mm	



To watch the GRIPR instruction video, visit:  
[www.escapefitness.com/video](http://www.escapefitness.com/video)



# TRAINING BAGS.

It's vital that your members are using the right bags for their workouts. Whether it's throwing and catching, lifting or swinging, our range of bags have their own unique set of characteristics that will meet the demands of every user, no matter how hard, or light, their personal needs are. From the fitness beginner through to the professional athlete, each bag has a place in a properly designed workout programme.



## COMPARISON CHART.

FEATURES.	SANDBAG.	COREBAG.	PROFESSIONAL BULGARIAN BAG.	FITNESS BULGARIAN BAG.
USE	PT zones, sports team facilities, cross training	PT zones, studios, functional spaces	PT zones, studios, cross training	PT zones, studios, functional spaces
OUTER MATERIAL	Nylon and polyester	PVC and canvas	Leather	Synthetic leather
SIZE (APPROX.)	610mm x 250mm to 740mm x 320mm	500mm x 200mm to 650mm x 300mm	600mm x 500mm to 740mm x 630mm	600mm x 500mm to 680mm x 600mm
FEATURE	Extra challenging due to movement of internal weight	Great for beginners to learn fundamental movements	Allows users to perform spin exercises	Allows users to perform spin exercises
WEIGHTS	10kg/green, 15kg/blue, 20kg/red, 30kg/grey, 40kg/black	5kg/green, 10kg/blue, 15kg/red, 20kg/grey, 25kg/black	5kg/yellow, 8kg/green, 12kg/red, 17kg/silver, 22kg/brown	5kg/green, 8kg/blue, 12kg/red, 17kg/grey
WARRANTY	1 year	1 year	2 years	2 years

# HOW TO CHOOSE.



## 01 SANDBAG.

The Sandbag features an unstable load which makes users work harder and activates the stabilising muscles throughout the whole body. This bag is tough too – the robust material makes this the ideal tool for indoor and outdoor bootcamps. A unique feature of the Sandbag is the reinforced handles. Different colours determine the Sandbag weight.



## 02 COREBAG.®

This entry-level tool is a great introduction to basic exercise patterns. The stable weight and comfortable handles make it welcoming and non-intimidating. It can be used to bring exciting new twists to workouts. The Corebag comes with a soft outer so it can be dropped without damaging flooring or requiring protective matting. Different colours determine Corebag weight.



## 03 PROFESSIONAL BULGARIAN BAG.

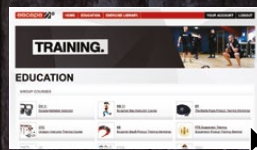
Handmade in Bulgaria and made from quality Bulgarian leather, this Bulgarian Bag gets better with age. As the leather breaks in it gets more comfortable and moulds itself to the users' hands. The patented design is ideally suited to 360 degree exercise patterns and tri-planar movements, allowing users to incorporate rotational work into their sessions. Different colour straps determine the Bulgarian Bag weight.



## 04 FITNESS BULGARIAN BAG.

This is still a serious tool but the added colours take away the fear factor from working with such unfamiliar equipment and make it more welcoming for casual users. The vinyl construction is easy to keep clean and is ideal for high-frequency use in studios and on the gym floor. Different colours determine the Bulgarian Bag weight.



**PRODUCT TRAINING AVAILABLE.**

For more information and to order your online Product Training Workshop, visit:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)

## SANDBAG.

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. Lift, carry, throw and slam – the instability in this bag makes it a functional challenge for any user.

**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 ten Sandbags, and keeps them safe and tidy. Alternatively, the Multi Bag Rack holds five Sandbags.

**TRAINING.**

The Sandbag Product Training Workshop will provide your personal trainers and instructors with the knowledge they need to effectively apply the Sandbag to PT sessions and group training classes.

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

<b>SBAG10</b>	10kg	Sandbag – Green
<b>SBAG15</b>	15kg	Sandbag – Blue
<b>SBAG20</b>	20kg	Sandbag – Red
<b>SBAG30</b>	30kg	Sandbag – Grey
<b>SBAG40</b>	40kg	Sandbag – Black

**PAMBR05V2** Multi Bag Rack – Holds 5 Bags (see page 20)

**RACK5** RACK5 – Holds 10 Bags (as shown)

**RACK SPECIFICATIONS.**

**PAMBR05V2:** Size 1479mm x 400mm x 620mm. Weight 17kg.

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

Bags sold separately.





# COREBAG®

With an updated design and brand new colours, this Escape Fitness staple has had a makeover. It's better than ever, with a soft outer covering and improved handle comfort and ergonomics for increased functional exercise opportunities.



## 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 ten Corebags, and keeps them safe and tidy. Alternatively, the Multi Bag Rack (pictured) holds five Corebags.

### TRAINING.

The Corebag Product Training Workshop will provide your personal trainers and instructors with the knowledge they need to use the Corebag 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.

<b>ECB050V3</b>	5kg	Corebag – Green
<b>ECB100V3</b>	10kg	Corebag – Blue
<b>ECB150V3</b>	15kg	Corebag – Red
<b>ECB200V3</b>	20kg	Corebag – Grey
<b>ECB250V3</b>	25kg	Corebag – Black

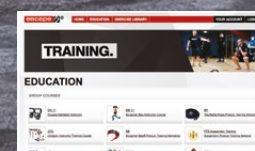
<b>PAMBR05V2</b>	Multi Bag Rack – Holds 5 Bags (as shown)
<b>RACK5</b>	RACK5 – Holds 10 Bags (see page 40)

### RACK SPECIFICATIONS.

**PAMBR05V2:** Size 1450mm x 410mm x 600mm. Weight 17kg.

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

Corebags sold separately.



### PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:

[www.escapefitness.com/training](http://www.escapefitness.com/training)





For more information and to watch the Bulgarian Bag video, visit:

[www.escapefitness.com/new-products/bulgarian-bag](http://www.escapefitness.com/new-products/bulgarian-bag)

## PROFESSIONAL BULGARIAN BAG.®

The Bulgarian Bag is unsurpassed as a tool for fast 360 degree movement patterns and tri-planar movements. It brings dynamic rotational exercises into one-to-one PT sessions and is an asset to any group functional training programme.



### TECH SPEC.

Made from genuine Bulgarian leather, the Professional Bulgarian Bag is extremely tough and is designed for longevity and a premium finish. The soft leather moulds to a user's hand for a personal feel when performing exercises.

### STORAGE.

The RACK5 (pictured) can hold up to ten different training bags to suit every facility's unique needs. Alternatively, the Multi Bag Rack will provide a home for five bags.

### 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.

<b>WBBAG5</b>	5kg	Professional Bulgarian Bag - Yellow Straps
<b>WBBAG8</b>	8kg	Professional Bulgarian Bag - Green Straps
<b>WBBAG12</b>	12kg	Professional Bulgarian Bag - Red Straps
<b>WBBAG17</b>	17kg	Professional Bulgarian Bag - Grey Straps
<b>WBBAG22</b>	22kg	Professional Bulgarian Bag - Brown Straps

<b>PAMBR05V2</b>	Multi Bag Rack – Holds 5 Bags (see page 24)
<b>RACK5</b>	RACK5 – Holds 10 Bags (as shown)

### RACK SPECIFICATIONS.

**PAMBR05V2:** Size 1479mm x 400mm x 620mm. Weight 17kg.

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

Bags sold separately.





# 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 various handles mean the bag can be used for a range of different exercises.

## STORAGE.

The ultimate storage solution for the Bulgarian Bag is the RACK5, which can hold ten Fitness Bulgarian Bags. Alternatively, the Multi Bag Rack (pictured) will provide a home for five bags.

## 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.

<b>FVBBAG5V2</b>	5kg	Fitness Bulgarian Bag – Green
<b>FVBBAG8V2</b>	8kg	Fitness Bulgarian Bag – Blue
<b>FVBBAG12V2</b>	12kg	Fitness Bulgarian Bag – Red
<b>FVBBAG17V2</b>	17kg	Fitness Bulgarian Bag – Grey

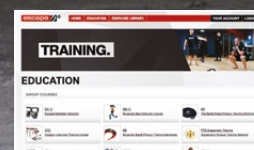
<b>PAMBR05V2</b>	Multi Bag Rack – Holds 5 Bags (as shown)
<b>RACK5</b>	RACK5 – Holds 10 Bags (see page 40)

## RACK SPECIFICATIONS.

**PAMBR05V2:** Size 1479mm x 400mm x 620mm. Weight 17kg.

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

Bulgarian Bags sold separately.



## PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:

[www.escapefitness.com/training](http://www.escapefitness.com/training)





To see more about this innovative space, visit  
[www.escapefitness.com/case-studies/trib3](http://www.escapefitness.com/case-studies/trib3)

## TRIB3.

### BACKGROUND.

Fitness entrepreneur, Kevin Yates, has enjoyed a successful relationship with Escape Fitness for over a decade, taking in projects at Fitness First, 1Rebel and Esporta. Kevin knows that, whatever design aesthetic, training layout or concept he wants, Escape can deliver. TRIB3 is Kevin's newest venture – a dedicated bootcamp gym in Sheffield. It's a vibrant training environment with a big focus on the collective experience: members push harder and 'sweat as one'.

### THE PROJECT.

Kevin had a clear sense of what he wanted and called on Escape to deliver an inspiring training environment to complement the TRIB3 design. Escape worked hard to make the most of the space – to reinforce TRIB3's emphasis on the fitness experience. They recommended a carefully selected range of functional equipment, including kettlebells, medicine balls and dumbbells.

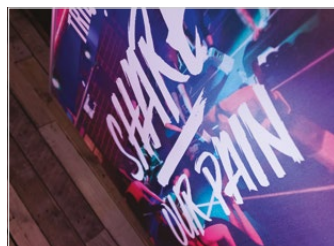
### RESULTS.

One of the key ingredients in this relationship was restraint. Escape didn't inundate TRIB3 with equipment. Instead they recommended core pieces that would streamline workouts. Kevin knew that the Escape team could create a gym space that complemented their vision. Escape delivered the 'eye-catching designs' Kevin wanted. But it wasn't just about the aesthetics.

### WHY ESCAPE?

Kevin relied on Escape for a training space that created interest, inspired people to join, and delivered bottom line results. "We've had unbelievable feedback; people who attend boutique studios around the country and in London say we're up there with Barry's! That's the best accolade you can achieve. On Facebook and other platforms, people post how good the workout and experience at TRIB3 is."

**Kevin Yates.**



## VIPR.™

Virtually indestructible and incredibly functional, the ViPR has made its mark in gyms and training programmes around the world. It's an effective total body workout tool which builds muscle and burns calories through strength and multi-planar training.



### TECH SPEC.

Made from solid rubber, the ViPR is super-tough and ready for any workout. This 'bomb-proof' construction means it can be slammed, lifted, thrown or dragged for exciting and effective workouts.

### EXPERT TIP.

Use the ViPR to add weight to squats and lunges, and to get clients working on their agility by flipping the ViPR. Crouching, crawling and flipping all help towards conditioning the whole body and provide challenging workouts.

### STORAGE.

There are a range of storage options for the ViPR. Choose the ViPR rack for traditional ViPR storage. Alternatively, mix the ViPR with other products by storing it across two RACK5s. This provides a great PT or small group training storage solution.

### INDIVIDUAL VIPRS.

<b>VIPR4</b>	4kg	ViPR – Purple
<b>VIPR6</b>	6kg	ViPR – Red
<b>VIPR8</b>	8kg	ViPR – Blue
<b>VIPR10</b>	10kg	ViPR – Black
<b>VIPR12</b>	12kg	ViPR – Green
<b>VIPR16</b>	16kg	ViPR – Grey
<b>VIPR20</b>	20kg	ViPR – Black
<b>VIPR26</b>	26kg	ViPR – Black

**ESC18RACKS** Training Bar Rack Silver – Holds 8 ViPRs (as shown)

**ESCPAD** Rubber Protector Feet for Racks

### RACK SPECIFICATIONS.

Size 1133mm x 715mm x 1180mm. Weight 38kg.



Rubber Feet not included.



# 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:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)

## COMPARISON CHART.

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

# HOW TO CHOOSE.



## 01 VERTBALL™ 35CM.

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™ 25.4CM.

By popular demand, we have added these five extra balls from 6-10kg to the VERTMINI range. The fast ball work that the VERTMINI was designed for is still what these are all about, but more weight means more challenge. These are compact compared to most medicine balls, but they are slightly larger than the 1-5kg versions. Different colours determine the VERTMINI weights.



## 03 VERTMINI™ 21CM.

The VERTMINI has many of the stand-out qualities of the VERTBALL, but in a more compact form. The first five balls in the range are slightly smaller than the five heavier balls, making them 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.



## 04 TOTAL GRIP MEDBALL 23CM.

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



## 05 MULTI GRIP MEDBALL 24CM.

The ergonomic handles are what these balls are all about – they're extremely comfortable and chunkier than standard models for improved grip. The handles also allow users to grip the balls in multiple positions, for new and exciting exercise movements. Weights are determined by different coloured weight indicators.

**PLEASE NOTE:** Available whilst stocks last.



## 06 SLAMBALL SBX™ 23CM.

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](http://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.



### 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 the ball whenever they need it. The VERTBALL Rack (pictured) holds four VERTBALLs.

### TRAINING.

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

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

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

**ESCVBRACK** Ball Rack Silver – Holds 4 Balls (as shown)  
**RACK5** RACK5 – Holds 5 Balls (see page 40)

### RACK SPECIFICATIONS.

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

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

**VERTBALLs sold separately.**





# VERTMINI.™

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



**EXPERT TIP.**

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

**STORAGE.**

Store the VERTMINI on the RACK5 (pictured). It can hold up to 20 VERTMINIs and keep them safe, tidy and easily accessible for both members and instructors. Alternatively, the Medicine Ball Racks hold five to ten VERTMINIs (see **pages 34-35**).

**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.



**VERTMINI 21CM**

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

**VERTMINI 24.5CM**

<b>EVM06</b>	6kg	VERTMINI – Green
<b>EVM07</b>	7kg	VERTMINI – Blue
<b>EVM08</b>	8kg	VERTMINI – Red
<b>EVM09</b>	9kg	VERTMINI – Grey
<b>EVM10</b>	10kg	VERTMINI – Black

**PAMBR05V2** Medicine Ball Rack – Holds 5 Balls (see page 34)

**PAMBR10V2** Medicine Ball Rack– Holds 10 Balls (see page 35)

**RACK5** RACK5 – Holds 20 Balls (as shown)

**RACK SPECIFICATIONS.**

**PAMBR05V2:** Size 1570mm x 644mm x 768mm. Weight 18.5kg.

**PAMBR10V2:** Size 1570mm x 644mm x 842mm. Weight 31kg.

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

**VERTMINIs sold separately.**

**VERTMINI DIMENSIONS.**



# TOTAL GRIP MEDBALL.

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



REGISTERED  
DESIGN.

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

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

**TRAINING.**  
The Power Training with Medicine Balls Product Training Workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.  
Online training available: see **page 250** to find out more.

<b>TGM01</b>	1kg	Total Grip Medball – Green
<b>TGM02</b>	2kg	Total Grip Medball – Blue
<b>TGM03</b>	3kg	Total Grip Medball – Red
<b>TGM04</b>	4kg	Total Grip Medball – Grey
<b>TGM05</b>	5kg	Total Grip Medball – Black
<b>PAMBR05V2</b> Medicine Ball Rack – Holds 5 Balls (as shown)		
<b>PAMBR10V2</b> Medicine Ball Rack – Holds 10 Balls (see page 35)		
<b>RACK5</b> RACK5 – Holds 20 Balls (see page 40)		
<b>RACK SPECIFICATIONS.</b>		
<b>PAMBR05V2:</b> Size 1570mm x 644mm x 768mm. Weight 18.5kg.		
<b>PAMBR10V2:</b> Size 1570mm x 644mm x 842mm. Weight 31kg.		
<b>RACK5:</b> Size 1896mm x 600mm x 699mm. Weight 75kg.		

Medicine Balls sold separately.



# MULTI GRIP MEDBALL.

The Multi Grip Medball provides a range of workout options. The ergonomic handles mean the ball can be used with one or two hands to perform a wide variety of medball exercises.



REGISTERED  
DESIGN. PATENT  
PENDING.

**EXPERT TIP.**  
The Multi Grip Medball helps to develop grip and forearm strength, and makes it easy to add a weight to fundamental movements like squats, lunges, wood chops and twists.

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

**TRAINING.**  
The Power Training with Medicine Balls Product Training Workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.  
Online training available: see **page 250** to find out more.

<b>MGMB06</b>	6kg	Multi Grip Medball – Green
<b>MGMB07</b>	7kg	Multi Grip Medball – Blue
<b>MGMB08</b>	8kg	Multi Grip Medball – Red
<b>MGMB09</b>	9kg	Multi Grip Medball – Grey
<b>MGMB10</b>	10kg	Multi Grip Medball – White
<b>PAMBR05V2</b> Medicine Ball Rack – Holds 5 Balls		
<b>PAMBR10V2</b> Medicine Ball Rack – Holds 10 Balls (as shown)		
<b>RACK5</b>	RACK5 – Holds 20 Balls (see page 40)	
<b>RACK SPECIFICATIONS.</b>		
<b>PAMBR05V2:</b> Size 1570mm x 644mm x 768mm. Weight 18.5kg.		
<b>PAMBR10V2:</b> Size 1570mm x 644mm x 842mm. Weight 31kg.		
<b>RACK5:</b> Size 1896mm x 600mm x 699mm. Weight 75kg.		

Medicine Balls sold separately.



**PLEASE NOTE:**  
Available whilst stock last.



# 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 organise it to fit your unique storage needs. Alternatively, the Medball Rack holds five to ten Slamballs (see **pages 34-35**).

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

<b>PAMBR05V2</b>	Medicine Ball Rack – Holds 5 Balls (see page 34)
<b>PAMBR10V2</b>	Medicine Ball Rack – Holds 10 Balls (see page 35)
<b>RACK5</b>	RACK5 – Holds 20 Balls (as shown)

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

Slamball SBX sold separately.



MAKE  
EVERY  
SLAM  
COUNT.





# DEVELOP RAZOR-SHARP REACTIONS.



## REACTION PRO BOUNDER.

The Reaction Pro Bouncer 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.



**LOWEST  
ANGLE: 33°**



**HIGHEST  
ANGLE: 60°**



### TECH SPEC.

The Reaction Pro Bouncer 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 polyethylene that will withstand repeated use, and is easy to clean.

### DESIGN.

The angle of the Reaction Pro Bouncer 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 Bouncer into circuit sessions, or develop programming using the Reaction Pro Bouncer as the central focus in the workout. For great results, use the VERTMINI or the Total Grip Medball with this product.

**RPB001** Reaction Pro Bouncer

### SPECIFICATION.

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



# RACK5.™

The RACK5 is a versatile storage option that will keep your facility tidy and your functional training equipment in peak condition when not in use. Multiple bumper options are included in the RACK5 box, and the ability to adapt the shelves on the RACK5 enables users to organise the shelves to their facility’s unique needs. Do you have more Corebags than CMTs, or are you looking for a single storage station for a variety of functional training equipment? The RACK5 has you covered.

## RACK5 MAT ATTACHMENT.

The RACK5 Mat Attachment can be screwed on the back of the RACK5, allowing the Escape range of mats (with eyelets) to be stored. Sold separately.



**DESIGN.**  
The RACK5 is innovative and functional, providing a one-stop storage rack for a range of functional training equipment. Shelves can be arranged to suit the unique needs of gyms and studios to overcome storage challenges and clear up untidy floors.

**TECH SPEC.**  
The RACK5 is made from strong carbon steel for inherent strength, and painted with a powder coat for a scratch-resistant finish. A range of plastic bumpers and guards can be selected and attached to the shelves based on what type of equipment will be stored.

**TRAINING.**  
Maximise your members’ opportunities to develop their functional, power, strength, mobility and core performance with RACK5 packs that have been designed specifically to propel clients towards exceptional physical performance (see **page 42**).

- RACK5** RACK5
- RACK5B5** RACK5 Mat Attachment

**RACK SPECIFICATIONS.**  
**RACK5:** Size 1896mm x 600mm x 699mm. Weight 75kg.  
**RACK5B5:** Size 400mm x 110mm x 356mm

PATENT  
PENDING.



# UNIVERSAL SHELVING.

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

- 01 BAG AND ROLLER SHELF.**
- 02 KETTLEBELL SHELF.**
- 03 CMT AND BOSU SHELF.**
- 04 GYM BALL SHELF.**
- 05 VERTBALL SHELF.**
- 06 TOTAL GRIP MEDBALL AND VERTMINI SHELF.**
- 07 MULTI GRIP MEDBALL AND SLAMBALL SHELF.**
- 08 BULGARIAN BAG SHELF.**

## STORAGE EXAMPLES.

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

- 01** 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.



# 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 theme.



## 01 FUNCTIONAL PACK.

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

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

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



## 02 STRENGTH PACK.

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

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

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



## 03 POWER PACK.

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

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

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



## 04 MOBILITY PACK.

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

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

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



## 05 FITNESS PACK.

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

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

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



## 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 TACTICAL FORCE KIT 2.0.

- Used by the US military.
- Weighs less than 1kg.
- 12-week workout programme.
- Running bag.
- Includes TRX Force Super App.



**FTKMG2** TRX Tactical Force Kit 2.0

Patented product. 1 year warranty.

## TRX HOME KIT.

- Use at home or on the road.
- Work out on your own schedule.
- Mix and match digital exercise routines.
- Get professional results anywhere, anytime.



**TRXHOMEKIT** TRX Home Suspension Trainer Kit

Patented product. 1 year warranty.

## TRX RIP TRAINER.

The TRX Rip Trainer complements suspension training bodyweight exercise by offering a total body workout, with emphasis on rotational power and high velocity movements.

- Use at home or while travelling.
- Includes video download.
- 9kg resistance cord.
- Mesh carrying bag.



<b>TRXPRIP</b>	TRX Rip Trainer
<b>RIPLTCORD</b>	TRX Light Resistance Cord
<b>RIPMDCORD</b>	TRX Medium Resistance Cord
<b>RIPHVCORD</b>	TRX Heavy Resistance Cord
<b>RIPXHVCORD</b>	TRX X-Heavy Resistance Cord

Patented product. 1 year warranty.



**TRX RESISTANCE CORD.**

## TRX XMOUNT.

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



**XMOUNT** TRX Xmount

Patented product. 1 year warranty.

## TRX DOOR ANCHOR.

Anchor your TRX trainer to any sturdy door with the TRX Door Anchor and train anywhere.



**TRXDA** TRX Door Anchor

Patented product. 1 year warranty.

## TRX XTENDER.

Get extra length and security to anchor your Suspension Trainer.



**TRXEXT** TRX Xtender

Patented product. 1 year warranty.





ATHLETIC.

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

ATHLETIC.

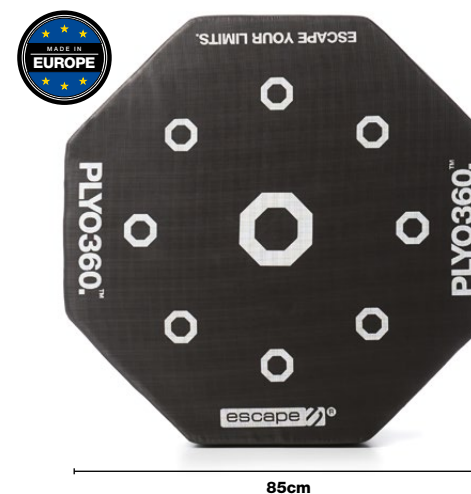
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## PLYO360.™

Take plyometric training to a new level with multi-planar bounding on the PLYO360. The octagonal shape opens up opportunities for 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. Train on it and around it, solo or in partner and team exercises, or whenever there's a need for extra-dynamic plyo workouts.



**REGISTERED DESIGN.** **REGISTERED PATENT.**

### TECH SPEC.

Made for the most extreme plyo workouts: a tough outer material tightly fitted over a firm foam filling. The size and shape contributes to a sturdy experience, while non-slip top and bottom surfaces keep the PLYO360 in place on every jump.

### 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 extra challenge.

### EXPERT TIP.

Make the most of the three different sizes of PLYO360. Each is progressively taller than the other and can be connected with Velcro in any combination. It takes just seconds to create multiple height configurations to match different users' abilities.

<b>PLY3630</b>	Plyosoft Box 360 300mm/12" – Green
<b>PLY3645</b>	Plyosoft Box 360 450mm/18" – Blue
<b>PLY3660</b>	Plyosoft Box 360 600mm/24" – Red
<b>PLY3601</b>	Plyosoft Box 360 Set of 3

### SPECIFICATIONS.

<b>PLY3630:</b>	Size 300mm x 850mm x 850mm. Weight: 12.5kg.
<b>PLY3645:</b>	Size 450mm x 850mm x 850mm. Weight: 13.5kg.
<b>PLY3660:</b>	Size 600mm x 850mm x 850mm. Weight: 15.5kg.



### PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:

[www.escapefitness.com/training](http://www.escapefitness.com/training)



# PLYOSOFT BOX.®

Our variable-height Plyosoft Boxes are perfect for power development and performance. They're inviting and safe; soft to protect against injuries and featuring an anti-slip top and base.



REGISTERED  
DESIGN.

REGISTERED  
PATENT.

## DESIGN.

The Plyosoft Box set is designed to be safe, and to give users confidence when performing plyometric training. Its soft design minimises the risk of injury, and strong patented Velcro fixing straps keep boxes locked in place.

## FLOORING.

Plyometric training should be performed on appropriate flooring to absorb some of the impact of the exercises on members' joints. Everflex, Energygm and Tech Sport are ideal choices.

See **page 227** to find out more about flooring options.

## TRAINING.

It is crucial that instructors fully understand plyometrics before introducing it into training sessions. The Plyometric Training Workshop provides key education and tips for introducing plyometric training effectively.

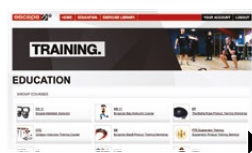
Online training available: see **page 250** to find out more.

<b>PLYOS150G</b>	Plyosoft Box 70mm/3" – Black
<b>PLYOS300G</b>	Plyosoft Box 150mm/6" – Grey
<b>PLYOS01G</b>	Plyosoft Box 300mm/12" – Green
<b>PLYOS02G</b>	Plyosoft Box 450mm/18" – Blue
<b>PLYOS03G</b>	Plyosoft Box 600mm/24" – Red

<b>PLYOS10G</b>	Plyosoft Box Set (01 to 03)
<b>PLYOS15G</b>	Plyosoft Box Set of 5

## SPECIFICATIONS.

<b>PLYOS150G:</b>	Size 70mm x 750mm x 900mm. Weight: 6.5kg.
<b>PLYOS300G:</b>	Size 150mm x 750mm x 900mm. Weight: 10kg.
<b>PLYOS01G:</b>	Size 300mm x 750mm x 900mm. Weight: 13kg.
<b>PLYOS02G:</b>	Size 450mm x 750mm x 900mm. Weight: 14kg.
<b>PLYOS03G:</b>	Size 600mm x 750mm x 900mm. Weight: 16.5kg.



## PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:  
**www.escapefitness.com/training**

For more information and to watch the Plyosoft Box video, visit:  
**www.escapefitness.com/new-products/plyosoft**



# MULTIPLYO®

We've taken the great idea of a 3-in-1 plyo box and given it the Escape Fitness 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 CrossFitters with the challenge they need.



**REGISTERED DESIGN.** **PATENT PENDING.**

## 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. Everflex, Energym and Tech Sport are ideal choices.

See **page 227** to find out more about flooring options.

## TRAINING.

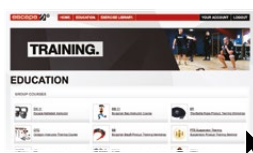
It is crucial for instructors to fully understand plyometrics before introducing it into training sessions due to the intensity and nature of plyometric training. The Plyometric Training Workshop provides key education to introduce plyometric training effectively.

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

**MPLY001** 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:  
**[www.escapefitness.com/training](http://www.escapefitness.com/training)**



For more information and to watch the Multiplyo video, visit:  
**[www.escapefitness.com/new-products/multiplyo](http://www.escapefitness.com/new-products/multiplyo)**





# PUSH YOUR LIMITS TO THE NEXT LEVEL.



For more information and to watch the Quad Sled in action on the Speed Track video, visit:

[www.escapefitness.com/new-products/speed-track](http://www.escapefitness.com/new-products/speed-track)



## QUAD SLED.™

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

### TECH SPEC.

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

### EXPERT TIP.

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

### FLOORING.

Maximise Quad Sled performance with specialist flooring. Choose the Speed Track or Portable Speed Track (see page 236), or Shockturf (see page 230) for details.



### QSLED Quad Sled

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

### SPECIFICATION.

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

**Plates not included.**



# PRECISION, SPEED, FANCY FOOTWORK.



## SPEED TRAINING.

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

### 01. SPEED LADDER.

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

### 02. AGILITY GRID.

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

### 03. LATERAL ENDURANCE HURDLE.

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

### 04. ADJUSTABLE HURDLE.

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

### 05. LATERAL SPEED RESISTOR.

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

### 06. REACTION BALL.

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

### 07. SPEED CONES.

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

### 08. SPEED DISCS.

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

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



# ATTACHMENT VEST.

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



## DESIGN.

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

## TECH SPEC.

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

## EXPERT TIP.

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

EBOX-AV Attachment Vest

# SPEED RESISTOR.



## TECH SPEC.

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

## DESIGN.

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

## EXPERT TIP.

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

EST-SR Speed Resistor

## SPECIFICATION.

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



## COMFORTABLE.

Breathable mesh on the back of the vest to keep users cool.

## SECURE.

Adjustable velcro straps, one size fits all.

## VERSATILE.

Attachment loops front and back for speed resistors, parachutes and resistance bands.

## EASY TRANSITIONS.

Fast clips for quick changes.



## RESISTANCE PARACHUTE.

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

### DESIGN.

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

### STORAGE.

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

### EXPERT TIP.

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

**EST-RP**

Resistance Parachute



# DON'T LET RESISTANCE STOP YOU REACHING YOUR GOALS.



## BATTLE ROPE.

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.

### UNCOVERED.



### COVERED.



### 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 the 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.

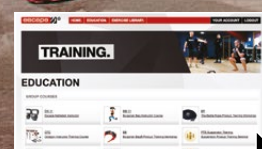
The Battle Rope Product Training Workshop provides trainers with the knowledge they need to successfully introduce battling into their sessions. There is a vast range of exercises to be used with the Battle Rope, so this training is essential for instructors looking to excel.

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

<b>BR3210</b>	32mm Battle Rope
<b>BR3210C</b>	32mm Covered Battle Rope
<b>BR5010</b>	50mm Battle Rope

### SPECIFICATIONS.

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



### PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:

[www.escapefitness.com/training](http://www.escapefitness.com/training)



## 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.

### 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.

### 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.

### FUNCTIONAL FRAMES.

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

<b>WBANDS</b>	Power Band 01 – Green
<b>WBANDM</b>	Power Band 02 – Blue
<b>WBANDL</b>	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.



## NUTFIELD PRIORY.

### BACKGROUND.

Nutfield Priory Hotel and Spa is one of a select group of luxurious country house properties in the Hand Picked Hotels chain. Guests staying at Nutfield Priory enjoy four star facilities in the neo-Gothic ambience of a Victorian mansion house. With such an extraordinary setting, the team have to ensure every facility matches up.

### THE PROJECT.

In their drive to continually improve facilities, the club manager contacted Escape to work through ways of making better use of their available space. It was felt that one of the squash courts was being under-used and there was an opportunity to revitalise the space. What followed was a top-to-bottom refit to give guests and members a vibrant new functional training environment.

### RESULTS.

Escape set to work on a full, floor-to-ceiling solution, installing new racks, new equipment and motivational wall graphics to reinforce the high energy look and feel. It is not just the refit that is benefiting Nutfield Priory Hotel customers; the personal trainers have been fully trained by Escape, so every trainer can provide the very best training on all of the equipment.

### WHY ESCAPE?

The new functional training area gives clients another exceptional facility. What had been a low-use part of the club is now a hub of activity. It's a genuine one-of-a-kind, and the unique design style makes it a great fit for Hand Picked Hotels.

**Claire Milsom, Health Club Operations Manager, Nutfield Priory Hotel & Spa.**





# STRENGTH.

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

STRENGTH.



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# DUMBBELLS.

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



## COMPARISON CHART.

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

# HOW TO CHOOSE.

## 01 URETHANE DUMBBELLS.

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



## 02 OCTAGON DUMBBELLS.

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



## 03 EDGE® URETHANE DUMBBELLS.

Our Edge Urethane range is manufactured to the highest standard. The dumbbells feature permanently engraved numbers on their heads and an anti-roll design.



## 04 CLASSIC STEEL DUMBBELLS.

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



## 05 CLASSIC URETHANE DUMBBELLS.

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

STRENGTH.





# URETHANE DUMBBELLS.

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

**STORAGE.**  
This dumbbell is probably one of the best on the market, so it's essential that it's kept in top condition. When cared for properly it will serve your facility well for years to come. Use the Horizontal Rack (see [page 74](#)), Cross Hub (see [page 76](#)) or Dumbbell Shelf (Storage Hub Attachment, see [page 156](#)) to keep the set safe and tidy.

**TRAINING.**  
Get the most out of your dumbbells with the Escape Dumbbell Training Workshop. This gives your trainers all the knowledge they need to introduce dumbbell exercises and workouts to their sessions and helps the gym floor team deliver the very best member experience. Go to [page 250](#) to find out more.

**CERTIFICATION.**  
Our Urethane Dumbbell range carries TÜV SÜD Certification.

DUMBBELL SETS.		
EPDB1000	2kg-20kg	Urethane Dumbbell Set
EPDB1001	12kg-30kg	Urethane Dumbbell Set
EPDB1002	22kg-30kg	Urethane Dumbbell Set
EPDB1004	32kg-40kg	Urethane Dumbbell Set
EPDB1009	42kg-50kg	Urethane Dumbbell Set
DUMBBELL SET AND RACKS.		
EPDB1000R	2kg-20kg	Urethane Dumbbell Set (10 Pairs and ESC1RACK)
EPDB1000U	2kg-20kg	Urethane Dumbbell Set (10 Pairs and ESC5RACK)
EPDB1005R	12kg-30kg	Urethane Dumbbell Set (10 Pairs and ESC2RACK)
EPDB1005U	12kg-30kg	Urethane Dumbbell Set (10 Pairs and ESC5RACK)
EPDB1006R	2kg-30kg	Urethane Dumbbell Set (15 Pairs and ESC3RACK)
EPDB1007R	2kg-40kg	Urethane Dumbbell Set (20 Pairs and ESC1 and 2RACK)
EPDB1008R	22kg-40kg	Urethane Dumbbell Set (10 Pairs and ESC2RACK)
EPDB1009R	42kg-50kg	Urethane Dumbbell Set (5 Pairs and ESC4RACK)
ESCPAD	Protective Rubber Feet for Racks	



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



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



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



LEVEL: **HEAVY**      COLOUR: **BLACK**      WEIGHT: **42kg - 50kg**



STRENGTH.



# BUILT FOR THE CHALLENGE.



## THE OCTAGON DUMBBELL SNATCH CHALLENGE.

The Octagon Dumbbell Snatch Challenge pushes members to Escape Their Limits and injects some lively competition into the gym. The Challenge: Perform a single-arm dumbbell snatch, using either hand, for as many reps as possible in 60 seconds. The final score is calculated by multiplying the weight of the dumbbell by the number of reps completed.

To watch the video and take up the challenge, visit,

[www.escapefitness.com/new-products/dumbbells](http://www.escapefitness.com/new-products/dumbbells)



REGISTERED  
DESIGN.

## OCTAGON DUMBBELLS.

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

### TECH SPEC.

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

### STORAGE.

A tough and elite dumbbell deserves storage to match. The Cross Hub (see page 76) has all these qualities, and can also store other strength equipment. The Horizontal Storage Rack (see page 74) also stores Octagon Dumbbells.

### TRAINING.

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

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

### DUMBBELL SETS.

<b>EODB1001</b>	2.5kg-25kg	Octagon Dumbbell Set
<b>EODB1002</b>	27.5kg-40kg	Octagon Dumbbell Set
<b>EODB1003</b>	27.5kg-50kg	Octagon Dumbbell Set

### DUMBBELL SET AND RACKS.

<b>EODB1001R</b>	2.5kg-25kg	Octagon Dumbbell Set (10 Pairs and ESC1RACK)
<b>EODB1002R</b>	27.5kg-40kg	Octagon Dumbbell Set (6 Pairs and ESC1RACK)
<b>EODB1003R</b>	27.5kg-50kg	Octagon Dumbbell Set (10 Pairs and ESC3RACK)

**ESCPAD** Protective Rubber Feet for Racks

All Octagon Dumbbell sets are supplied in 2.5kg increments.



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



ESC1RACK.



ESC3RACK.

Rubber Feet not included.



# UPRIGHT STORAGE RACK.

Sleek and non-intimidating, our Upright Storage Rack fits easily around your gym. With a small footprint, it saves space and protects your investment in a stylish and effective way.

**ESC5RACK** Vertical Dumbbell Rack - Holds 10 Pairs  
Size 1083mm x 548mm x 842mm. Weight 45kg.

**ESCPAD** Protective Rubber Feet for Racks

REGISTERED  
DESIGN.



ESC5RACK.

# HORIZONTAL STORAGE RACKS.

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



ESC1RACK.



ESC2RACK.



ESC3RACK.



Rubber Feet not included.

ESC4RACK.

**ESC1RACK** Dumbbell Rack - Holds 10 Pairs  
Size 838mm x 910mm x 1500mm. Weight 61kg.

**ESC2RACK** Dumbbell Rack - Holds 10 Pairs  
Size 838mm x 910mm x 2000mm. Weight 74kg.

**ESC3RACK** Dumbbell Rack - Holds 10-15 Pairs  
Size 838mm x 910mm x 2400mm. Weight 81kg.

**ESC4RACK** Dumbbell Rack - Holds 5 Pairs  
Size 838mm x 910mm x 1265mm. Weight 54kg.

**ESCPAD** Protective Rubber Feet for Racks





# CROSS HUB STORAGE STATION.

The Cross Hub is the ideal storage solution for strength gyms or heavy free weight zones. Ideal for storing dumbbells, kettlebells, VERTBALLs and other strength equipment, this storage rack makes a strong statement and means business.



REGISTERED  
DESIGN.

**TECH SPEC.**  
Made from S275 carbon steel providing utmost strength and reliability. The perfect height to make re-racking strength equipment quick and stress-free.

**STORAGE.**  
The Cross Hub is specifically designed for Escape Octagon Dumbbells, but is also ideal for storing kettlebells, VERTBALLs, boxing equipment, rollers, GRIPRs and other strength training equipment.

**EXPERT TIP.**  
Connect several Cross Hub racks together to create a modular storage system that's bespoke and designed to meet your facility's needs. The Cross Hub allows you to build a strength storage solution that's totally unique to you.

- ESC29RACK**
- Cross Hub 3 Shelf Rack Floor Mounted
- ESC31RACK**
- Cross Hub 3 Shelf Rack Freestanding Feet
- ORF001**
- Octagon Anti-Slip Rubber Foot (Pair)

**SPECIFICATION.**  
**ESC29RACK:** Size 1212mm x 612mm x 2082mm. Weight 162kg.  
**ESC31RACK :** Size 1212mm x 1050mm x 2182mm. Weight 189kg.

# CROSS HUB.

The Cross Hub can be bolted down flush against a wall to minimise wasted space and maximise working areas. The patent pending shelf system allows for shelves to be positioned one way to store Urethane or Octagon Dumbbells, or flipped over for a flat base to hold VERTBALLs, kettlebells, GRIPRs, boxing kit, or other strength or functional training equipment.

**HORIZONTAL:** ideal for storing other types of training equipment, including medballs and kettlebells.

**ANGLED:** perfect for dumbbells, because the angle makes it easier for users to quickly access what they need.

- EXAMPLE SHOWS:**
- 5 x VERTBALLs
  - 10kg-30kg Urethane Dumbbells (11 pairs)
  - Cross Hub

**TWO-POSITION SHELVING.**  
Each Cross Hub shelf can be independently orientated into two different positions, depending on the equipment being stored.



# CROSS HUB - FREESTANDING.

The addition of laser-cut Octagon Feet allows the Cross Hub to easily freestand on any surface in any position around the club.

**RUBBER OCTAGON FEET.**  
These optional rubber feet are recommended when the Cross Hub is used freestanding rather than bolted to the floor. They are especially ideal for flooring that requires protection, including wooden floors.

- EXAMPLE SHOWS:**
- 6 x Competition Pro Kettlebells
  - 3 x VERTBALLs
  - 2.5kg-30kg Octagon Dumbbells (12 pairs)
  - Freestanding Cross Hub with Feet



Rubber Feet not included.

STRENGTH.



# EDGE® URETHANE DUMBBELLS AND XRACK®

The Edge Urethane Dumbbell and XRACK set is manufactured to an extremely high standard and comes with a number of benefits that contribute to making it the perfect dumbbell set-up for any fast-paced free weight area.



## REGISTERED DESIGN.

**TECH SPEC.**  
An anti-roll design and urethane head make this dumbbell the perfect combination of beauty and brawn. It will get new people trying free weights, and is tough enough to withstand being dropped. Plus, the flat base is ideal for press-ups and renegade rows.

**DESIGN.**  
Permanently engraved logos and numbering ensure weights are easy to select. An attractive red design and comfortable handle mean that clients new to free weight training feel confident and excited to try it out. A light dumbbell solution that excites members and offers your club a stand-out training solution.

**STORAGE.**  
The Pearl Silver XRACK is as stylish and eye-catching as it is functional and makes a real statement in the club.

**EPU1000** 1kg-10kg Edge Urethane Dumbbells  
10 Pairs and XRACK  
**X-COV** Replacement Protection Cups

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



STRENGTH.



# CLASSIC STEEL DUMBBELLS AND XRACK®

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



REGISTERED  
DESIGN.

DESIGN.

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

TECH SPEC.

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

STORAGE.

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

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

X-COV Replacement Protection Cups

XRACK SPECIFICATION.

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



# CLASSIC URETHANE DUMBBELL SET.

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



TECH SPEC.

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

DESIGN.

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

STORAGE.

The Upright Rack comes with the dumbbell set, and is sleek, stylish and ensures members can easily re-rack their dumbbells, preventing pairs getting lost within the club or damaged when left on the floor.

EST-PUD110 1kg-10kg Classic Urethane Dumbbells 10 Pairs and Upright Rack

RACK SPECIFICATION.

Size 1559mm x 585mm x 599mm. Weight 19kg.







## SBX™ BARBELL SET.

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



Rubber Feet not included.



### TECH SPEC.

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

### EXPERT TIP.

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

### CERTIFICATION.

Our SBX Barbell Sets carry TÜV SÜD Certification.

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

**ESCPAD** Rubber Protector Pad for Racks

### RACK SPECIFICATIONS.

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

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



STRENGTH.

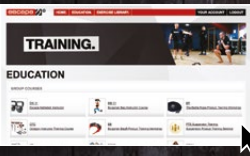


Rubber Feet not included.



# KETTLEBELLS.

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



**PRODUCT TRAINING AVAILABLE.**  
For more information and to order your online Product Training Workshop, visit:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)

## COMPARISON CHART.

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



# HOW TO CHOOSE.

## 01 COMPETITION PRO KETTLEBELLS 2.0.

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



STRENGTH.



## 02 RUBBER KETTLEBELLS.

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

## 03 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. See **page 185** for more details.





# COMPETITION PRO KETTLEBELLS 2.0.

The Competition Pro Kettlebell is designed and engineered as the perfect choice for the most demanding clubs and members. A uniform size across the range and industry standard colour coding meet competition standards, while non-competitors will also find that consistent bell sizes make it easier to progress through the weights. 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, so it's easier to swing the bell around the body and also places less stress on the wrists.

**STORAGE.**

Dedicated equipment storage is vital for member safety and contributes to a feeling of quality in a club. Storage options for the Competition Pro Kettlebells 2.0 like the Kettlebell Rack (see **page 99**) and the Cross Hub (pictured) keep the kettlebells off the floor and in top condition.

**TRAINING.**

Be sure to get the very best from your kettlebells with the Kettlebell Instructor Training Course, available in-club and online. 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 programmes to implement in your club. See **page 250** for details.

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

<b>ESC29RACK</b>	Cross Hub
<b>ESC31RACK</b>	Freestanding Cross Hub with Feet

**CROSS HUB SPECIFICATION.**

**ESC29RACK:** Size 1212mm x 612mm x 2182mm. Weight 162kg.  
**ESC31RACK:** Size 1212mm x 1050mm x 2182mm. Weight 174kg.



Rubber Feet not included.



STRENGTH.

For more information and to watch the 'Big Lift' video, visit:  
[www.escapefitness.com/new-products/cross-training](http://www.escapefitness.com/new-products/cross-training)





## RUBBER KETTLEBELLS.

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



**REGISTERED  
PATENT.**

**REGISTERED  
DESIGN.**

### TECH SPEC.

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

### TRAINING.

Be sure to get the very best from your kettlebells with the Kettlebell Instructor Training Course, available in-club and online. 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 programmes to implement in your club. See **page 250** for details.

### DESIGN.

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

<b>RKB8</b>	8kg	Rubber Kettlebell
<b>RKB12</b>	12kg	Rubber Kettlebell
<b>RKB16</b>	16kg	Rubber Kettlebell
<b>RKB20</b>	20kg	Rubber Kettlebell
<b>RKB24</b>	24kg	Rubber Kettlebell
<b>RKB28</b>	28kg	Rubber Kettlebell
<b>RKB32</b>	32kg	Rubber Kettlebell

**RKBS1** Rubber Kettlebell Set 8-24kg x 2 and ESC20RACK (as shown)

**ESC20RACK** Kettlebell Rack

**ESCPAD** Rubber Protector Pad for Racks

### SPECIFICATION.

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

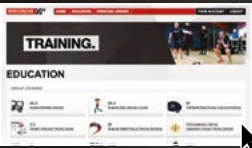


Rubber Feet not included.



# 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 free weight area the ultimate USP.



**PRODUCT TRAINING AVAILABLE.**  
For more information and to order your Instructor Training Course, visit:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)

## COMPARISON CHART.

FEATURES.	ELITE URETHANE BUMPER PLATES.	ELITE COMPETITION BUMPER PLATES.	CROSS TRAINING BUMPER PLATES.	CROSS GRIP OLYMPIC PLATES.	SBX OLYMPIC PLATES.
USE	Heavy use facilities, Olympic lifting, cross training	Olympic lifting, cross training	Olympic lifting, cross training	Heavy use facilities, plate load machines, curl bars, Smith machines	Strength training, plate load machines, curl bars, Smith machines
MATERIAL	Urethane, machined steel core	Synthetic rubber, machined steel core	Synthetic rubber with pressed stainless steel sleeve	Steel core, urethane coating with a stainless steel sleeve	Steel core, SBX rubber coating, stainless steel sleeve
THICKNESS	5kg - 25mm 10kg - 30mm 15kg - 38mm 20kg - 48mm 25kg - 60mm	5kg - 32mm 10kg - 29mm 15kg - 38mm 20kg - 48mm 25kg - 60mm	5kg - 32mm 10kg - 52mm 15kg - 74mm 20kg - 96mm	1.25kg - 24mm 2.5kg - 35mm 5kg - 50mm 10kg - 56mm 15kg - 60mm 20kg - 55mm 25kg - 55mm	1.25kg - 24mm 2.5kg - 35mm 5kg - 50mm 10kg - 56mm 15kg - 60mm 20kg - 55mm 25kg - 55mm
DUROMETER RATING (HARDNESS*)	89°	87°	60°	85°	75°
INTERNAL DIAMETER	50.5mm	50.5mm	50.5mm	50.8mm	50.8mm
WEIGHT TOLERANCE	+/- 2%	+/- 2%	+/- 5%	+/- 2%	+/- 2%
WARRANTY	3 years	2 years	2 years	3 years	2 years

\*The higher the hardness rating the less bounce.

# HOW TO CHOOSE.

## 01 ELITE URETHANE BUMPER PLATES.

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



STRENGTH.

## 02 ELITE COMPETITION BUMPER PLATES.

The ideal entry point into lifting to competition standards, these rubber plates bring IWF specifications to lifting areas.



## 03 CROSS TRAINING BUMPER PLATES.

Features like extra bounce and recessed finger grips make these ideal for heavy use areas including specialist strength stations and cross training zones.



## 04 CROSS GRIP OLYMPIC PLATES.

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



## 05 SBX™ OLYMPIC PLATES.

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





# THE ELITE LIFTER'S PLATE OF CHOICE.



## FRACTIONAL PLATES.

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

## ELITE URETHANE BUMPER PLATES.

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



## TECH SPEC.

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

## DESIGN.

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

## STORAGE.

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

**Please note** that this product will be available from the end of 2017. For codes and prices please contact your sales representative.

Weights and Colours:

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

**Plates sold individually.**

**PUFPP1** PU Fractional Plate Pack - 2 Pairs - Black





## ELITE COMPETITION BUMPER PLATES.

These rubber plates are a great entry point into lifting to competition standards. Made from rubber over a steel core, they meet IWF specification dimensions and colours to bring an Olympic experience into a club's lifting area.

### TECH SPEC.

These plates have been drop tested 4,000 times, so you can be sure they will stand up to even the heaviest use in your facility. Recessed finger grips help when lifting plates off the floor or the bar.

### FLOORING.

These Elite Competition Bumper Plates should be used on suitable flooring. Choose the Lift Zone (see page 104) or the Weight Layer Tile or Flexi-Tuf for the very best performance.

See page 227 to find out more about flooring options.

### TRAINING.

The Olympic Weightlifting Instructor Course will provide your team of instructors or personal trainers with all the knowledge they need to effectively and safely implement this type of exercise into training sessions. The course covers the snatch, the clean and the jerk, and progressions to build up to these lifts.

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

<b>EST-RBD5</b>	5kg	Elite Bumper Plate – Black (Technique Only)
<b>EBP10</b>	10kg	Elite Bumper Plate – Green
<b>EBP15</b>	15kg	Elite Bumper Plate – Yellow
<b>EBP20</b>	20kg	Elite Bumper Plate – Blue
<b>EBP25</b>	25kg	Elite Bumper Plate – Red

Plates sold individually.



## CARBON WORLD HEALTH.

### BACKGROUND.

Created by a physician, spa director and elite training professional, Carbon World Health in Madison, Wisconsin, takes a holistic approach to fitness, health and beauty. Their mission is to create healthy minds and bodies, and therefore promote happiness in the lives of their clients. It's an approach that is bringing more people the opportunity to access the kind of 'Lifestyle Medicine' facility that has traditionally only been available to professional athletes and Hollywood actors.

### THE PROJECT.

The luxuriously appointed 5,860 sq. ft. facility includes an area that brings together a number of the most effective fitness methodologies, including group classes, specialist athletic training, speed and agility, and muscular development. Escape's gym design team created 3D visualisations for the space, which is kitted out with equipment including an Octagon HTS frame, Quad Sled, Plyosoft Boxes, TIYRs, Bulgarian Bags and Dumbbells.

### RESULTS.

Escape's functional training tools are helping members to travel along their fitness journeys, measuring and tracking progress as they work out with support from fitness professionals. Carbon World Health says that when people walk into their facility for the first time, they are in awe. Once the workouts begin, they love the experience and comfort of having their hands on Escape's quality, high-end equipment.

### WHY ESCAPE?

Escape equipment gives us the versatility to train everyone, from fitness beginners just starting out, to pro athletes looking for a competitive edge. Escape helps us challenge our fitness members to gently increase range of motion while decreasing pain, inflammation and stiffness. It's a complete joy to see how empowering that is for our members.

**Russ Beier, Fitness Director, Carbon World Health.**





# CROSS TRAINING BUMPER PLATES.

These top-quality plates have features for all-round use including extra bounce and recessed finger grips for quick weight changes. They offer a blend of quality, durability and features that make them ideal for heavy-usage applications, including in specialist strength stations and cross training areas.



**TECH SPEC.**

These plates feature a synthetic rubber core and a natural rubber outer – the perfect balance of durability and performance.

**FLOORING.**

To protect the gym floor, plates and members from injury, ensure these Cross Training Bumper Plates are used on suitable flooring. Choose the Lift Zone (see **page 104**) or the Weight Layer Tile or Flexi-Tuf for the very best performance.

See **page 227** to find out more about flooring options.

**STORAGE.**

Keep the Cross Training Bumper Plates tidy and easily accessible by storing them on the Toast Rack (see **page 102**).

<b>EST-RBD5</b>	5kg	Elite Bumper Plate – Black (Technique Only)
<b>ECTBP10</b>	10kg	Cross Training Bumper Plate
<b>ECTBP15</b>	15kg	Cross Training Bumper Plate
<b>ECTBP20</b>	20kg	Cross Training Bumper Plate

**MAT506C** Floor Guard – Black  
Size 2000mm x 1250mm x 10mm.

**Plates sold individually.**



STRENGTH.



# CROSS GRIP OLYMPIC PLATES.

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

TECH SPEC.

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

INDIVIDUAL PLATES.

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

PLATE SETS.

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



**PLEASE NOTE:** Cross Grip Olympic Plates available whilst stocks last.

Go to **page 103** for the Olympic Plate storage options.

# SBX™ OLYMPIC PLATES.

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

TECH SPEC.

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

INDIVIDUAL PLATES.

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

PLATE SETS.

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



Go to **page 103** for the Olympic Plate storage options.



STRENGTH.



# BARS.

From the very first coaching sessions through to Olympic lifts, Escape has a bar range that gives you what you need. Quality materials and specifications chosen for each type of user ensure that everyone can lift harder and heavier in total confidence.

## COMPARISON CHART.

FEATURES.	TECHNIQUE BAR.	WOMEN'S WOD BAR.	WOD BAR.
USE.	Technique	Cross training	Cross training
WEIGHT.	5kg	15kg	20kg
LENGTH.	1820mm	2010mm	2200mm
SHAFT DIAMETER.	25mm	25mm	28mm
SLEEVE LENGTH.	130mm	325mm	410mm
KNURL.	Single mark no centre knurl	Single mark no centre knurl	Single mark no centre knurl
SHAFT FINISH.	Aluminium	High alloy steel	High alloy steel
TENSILE STRENGTH.	N/A	162k PSI	162k PSI
BUSHING/BEARING.	Fixed	4 steel bearings	4 steel bearings
WARRANTY.	1 year	1 year	1 year

PERFORMANCE			
WHIP.	N/A	★★★★★	★★★★★
KNURL COURSENESS.	★★★★★	★★★★★	★★★★★
ROTATION.	N/A	★★★★★	★★★★★

★★★★★ = High  
★★★★★ = Low

# HOW TO CHOOSE.

## WOD BAR.

A great cross training all-rounder, with the whip and rotation performance essential for Olympic lifts.

**SHAFT DIAMETER:** 28mm.  
**WEIGHT:** 20kg  
**TENSILE STRENGTH:** 162k PSI.  
**BUSH/BEARING:** Four steel bearings.

**WOD001**    20kg    WOD Bar

## WOMEN'S WOD BAR.

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

**SHAFT DIAMETER:** 25mm.  
**WEIGHT:** 15kg  
**TENSILE STRENGTH:** 162k PSI.  
**BUSH/BEARING:** Four steel bearings.

**WWODB1**    15kg    Women's WOD Bar

## TECHNIQUE BAR.

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

**SHAFT DIAMETER:** 25mm.  
**WEIGHT:** 5kg  
**TENSILE STRENGTH:** N/A  
**BUSH/BEARING:** Fixed.

**TECHB1**    5kg    Technique Bar



# TOAST RACK.

This strong, sturdy and stylish steel Toast Rack provides plate storage for clubs where strength training means serious business. It comes complete with wheels for easy movement around the club.



**TECH SPEC.**

This Toast Rack is made using high-quality materials. It is fully customisable to suit the individual needs of any club, and several can be connected together in a modular system for those who need more storage space.

**DESIGN.**

The Toast Rack has been created to inject colour and style into plate storage solutions, and gives club owners the chance to create the most suitable storage system for their needs.

**STORAGE.**

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



**REGISTERED DESIGN.**

**OTR001** Toast Rack  
Size 300mm x 300mm x 1092mm. Weight 27kg.

**Plates sold separately.**

# 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** 50mm WOD Collar – Black – Pair



# 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** 50mm Olympic Clamp Collar – Red – Pair

# WEIGHT TREE.

Keep your plates from across the Escape range in great shape. This Weight Tree has impressive capacity from a small footprint and complements the aesthetics of our other storage solutions and Octagon frames.



**Please note** that this product will be available soon. For codes and prices please contact your sales representative.  
Size 1218mm x 350mm x 1000mm. Weight 107kg.

**Plates sold separately.**



# LIFT ZONE.

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



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

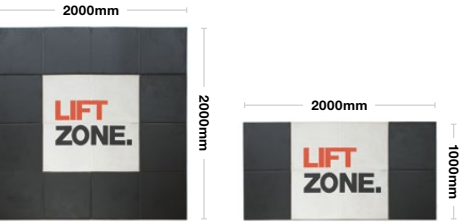
**EXPERT TIP.**  
Use the Lift Zone to create a designated lifting area within your club. The Lift Zone will help protect gym floors and keep the area clear so people can practise Olympic lifting confidently and safely. Plus, because the Lift Zone is portable it can be moved around the club so your floor,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

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

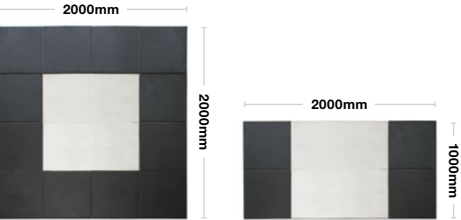
- LIFTPLAT1 Lift Zone Small
- LIFTPLAT2 Lift Zone Large
- LIFTPLAT3 Lift Zone Basic Small
- LIFTPLAT4 Lift Zone Basic Large

**SPECIFICATIONS.**  
Small size 2000mm x 1000mm x 40mm.  
Large size 2000mm x 2000mm x 40mm.

**LIFT ZONE.**  
Incorporates a permanent water-jet logo.



**LIFT ZONE BASIC.**  
Comes without the Lift Zone logo.



# CABLE ATTACHMENTS.

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

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



## SEATED ROW DOUBLE HANDLE.

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



## STIRRUP HANDLE.

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



## ANGLED TRICEP BAR.

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



## DOUBLE HANDLE TRICEP ROPE.

**PA111** Double Handle Tricep Rope



## SOFT GRIP STIRRUP.

**PA112** Soft Grip Stirrup



## FOOT LOOP.

**PA113** Foot Loop





## TORSO TRAINER.

A multi-planar training tool that provides a dynamic core workout. The Torso Trainer is great for developing strength and power, and adding rotation to traditional movement patterns.

### DESIGN.

With a small footprint and integrated plate storage, the Torso Trainer gives clubs a compact, space-efficient tool for rotational strength-based exercises that develop the torso, trunk and whole body.

### EXPERT TIP.

Use the Cross Grip Olympic Plates or the SBX Olympic Plates to load up the Torso Trainer. For the best results, ensure training bars are securely fastened in the Torso Trainer.

### FLOORING.

Use the Torso Trainer on specialist free weight flooring – Flexi-Tuf is ideal to protect equipment and the gym floor (see [page 242](#)).

**OBLAND** Torso Trainer

### SPECIFICATIONS.

Size 340mm x 640mm x 650mm. Weight 23kg.

**Plates sold separately.**



## OCTAGON BENCH.

The Octagon Bench is inspired by the Octagon range of functional frames, and is the perfect complement to the Octagon frames for members who want to perfect their bench press.

### DESIGN.

The angle of the bench can be set at a variety of angles from a 10° decline through to an upright 90° position. Four examples of settings are shown on the right.

### DESIGN.

The Octagon Bench is designed to provide avid strength-trainers with the space they need for a total body workout. Suitable for a whole range of strength training exercises.

### TECH SPEC.

The size and shape of the back pads offer more support than ever for much better comfort and stability.

**OBEN001** Octagon Bench

### SPECIFICATION.

Size 491mm (flat), 1275mm (90°) x 734mm x 1422mm. Weight 40kg. Can support a gross weight of 400kg (user and load combined).



10° DECLINE.

FLAT.



50° INCLINE.

80° INCLINE.



## OCTAGON.

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



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# THE OCTAGON FRAME RANGE.

The Octagon range of functional training frames epitomises the Escape Fitness 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.

Functional frames continue to grow in popularity within health clubs and gyms of all types. From boutique independents to multi-national chains, everyone wants in.

With Escape's expertise and frames that are designed, developed and manufactured in Great Britain, owners and managers can be sure that their Octagon frame will provide their members and trainers with years of fitness training opportunities.

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.

# THREE TRAINING STYLES, THOUSANDS OF WORKOUT OPTIONS.

The development of the Octagon range focuses on three key styles of training: body conditioning, cross training and athletic training. Within each category is a progression of frames in terms of size, functionality and storage options. This approach guarantees that there's a frame configuration perfect for every gym, no matter what types of user it caters for.

## 01 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 114-127 for our Body Conditioning Training Frames.



OCTAGON.

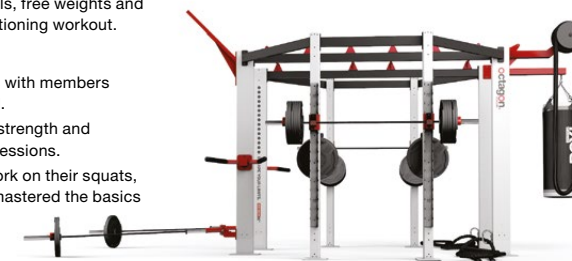
## 02 CROSS TRAINING FRAMES.

Cross training frames build on from the body conditioning frames, introducing extra training tools and styles for more confident and skilled users. The Escape Fitness 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 130-145 for our Cross Training Frames.



## 03 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 146-155 for our Athletic Training Frames.





## 01 BODY CONDITIONING TRAINING FRAMES.

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

### STORAGE WALL.



### HTS 90.



### 4 LEG HTS.



### 6 LEG HTS.



### 8 LEG HTS.



## 02 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-round training experience.

### T1.



### T2.



### ISO.



### QUAD.



### OCTAGON.



## 03 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.

### STORAGE.



### MONO.



### HALF BOX.



### WOD BOX.



### HALF SQUAD.



SMALL.

MEDIUM.

LARGE.





## BODY CONDITIONING TRAINING FRAMES.

Body conditioning training frames are the ideal solution for clubs looking to provide their members with an all-round 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 programme 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.



For more information and to watch the Octagon HTS video, visit:

[www.escapefitness.com/new-products/hts](http://www.escapefitness.com/new-products/hts)







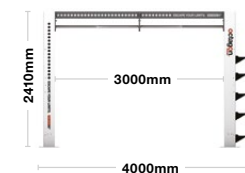
## OCTAGON HTS 4.

This compact version of the HTS is ideal for small studios, hotels and multi-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.

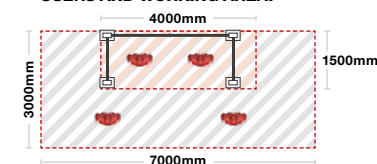
## HTS 4.2.

The HTS 4.2 is the smallest available version of the HTS frame. It features ten 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.

**6m<sup>2</sup>** Frame-based working area for up to **2 users**.

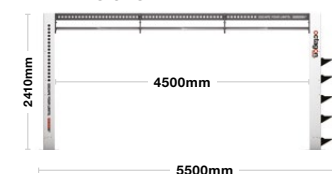
**21m<sup>2</sup>** Floor-based working area for up to **4 users**.

**OHTS402** Octagon HTS 4 Leg 2 Beam

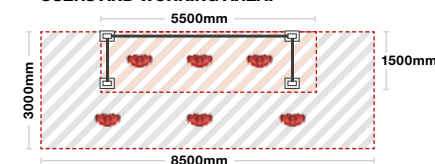
## HTS 4.3.

The HTS 4.3 includes ten 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.

**8.25m<sup>2</sup>** Frame-based working area for up to **3 users**.

**25.5m<sup>2</sup>** Floor-based working area for up to **6 users**.

**OHTS403** Octagon HTS 4 Leg 3 Beam





## OCTAGON HTS 6.

The HTS 6 gives 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 120](#) 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.

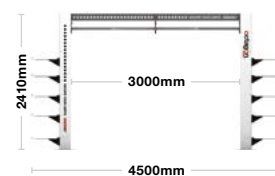
**MOVE IT.**



### 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 equipment packs see [page 255](#).

#### DIMENSIONS.

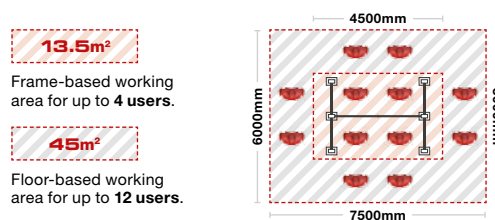


#### USERS AND WORKING AREA.



**12 USERS.**

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

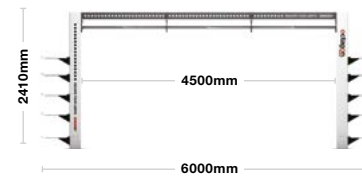


**OHTS602** Octagon HTS 6 Leg 2 Beam

### 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 equipment packs see [page 255](#).

#### DIMENSIONS.

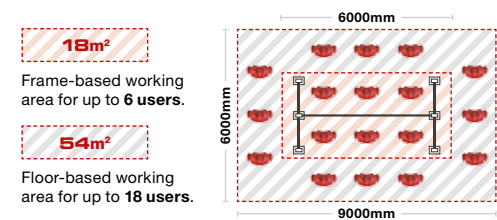


#### USERS AND WORKING AREA.



**18 USERS.**

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

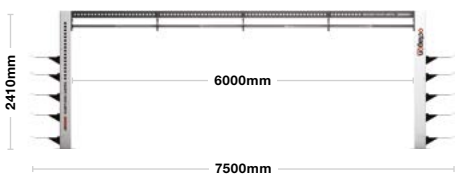


**OHTS603** Octagon HTS 6 Leg 3 Beam

### 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 equipment packs see [page 255](#).

#### DIMENSIONS.

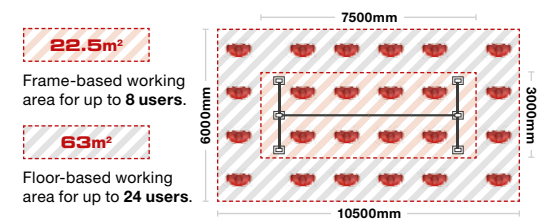


#### USERS AND WORKING AREA.



**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 BOA RAIL.

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

### PLEASE NOTE.

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

## BOA RAIL.

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

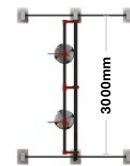
Boxing is of course high intensity in nature, so a few minutes of bag work will typically leave people ready to switch to another training mode. That's the real beauty of the BOA Rail, as it enables trainers and clients to make mid-session transitions between boxing and other training styles.

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

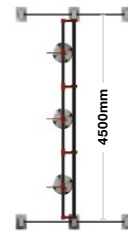


### WORKING POSITION.

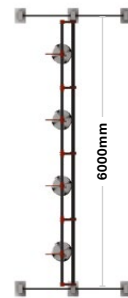
Depending on the size of frame chosen, the BOA Rail provides capacity for two, three or four punchbags to be used at the same time.



2 USERS.



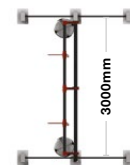
3 USERS.



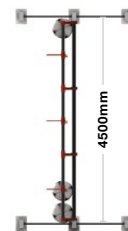
4 USERS.

### DOCKED POSITION.

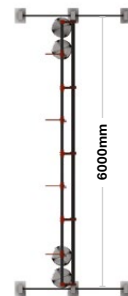
When the boxing session is over, simply release the locking mechanism and slide each bag over for neat storage.



2 BAGS.



3 BAGS.



4 BAGS.



### PROVEN DURABILITY.

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



# OCTAGON 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 the ultimate frame 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.

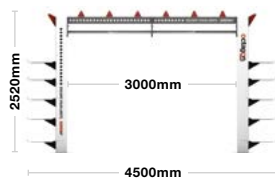


OCTAGON.

## 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 255](#).

### DIMENSIONS.

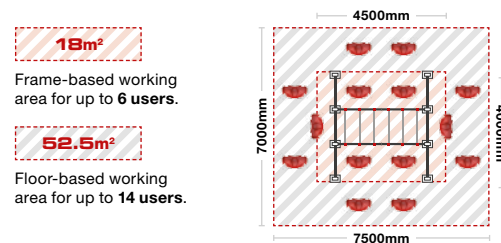


### USERS AND WORKING AREA.



**14 USERS.**

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

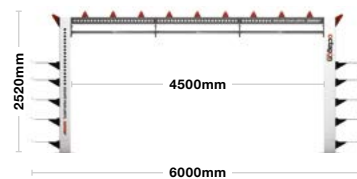


**OHTS822** Octagon HTS 8 Leg 2x2 Beam

## 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 255](#).

### DIMENSIONS.

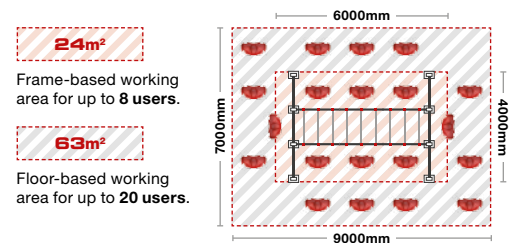


### USERS AND WORKING AREA.



**20 USERS.**

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

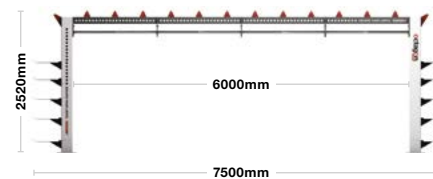


**OHTS823** Octagon HTS 8 Leg 2x3 Beam

## 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 255](#).

### DIMENSIONS.

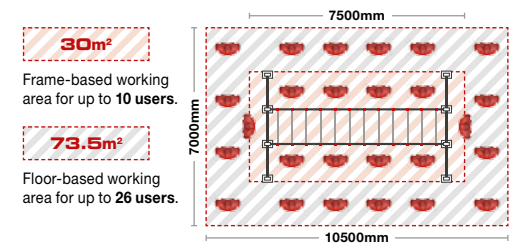


### USERS AND WORKING AREA.



**26 USERS.**

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

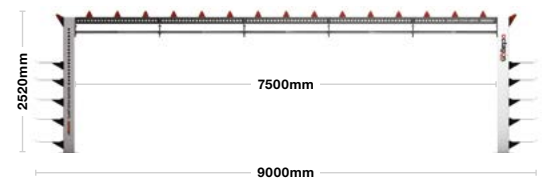


**OHTS824** Octagon HTS 8 Leg 2x4 Beam

## 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 255](#).

### DIMENSIONS.

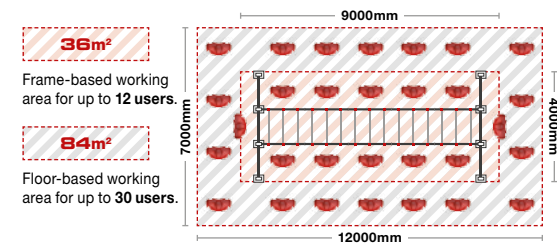


### USERS AND WORKING AREA.



**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.



For more information about the Octagon HTS 90, visit:  
[www.escapefitness.com/new-products/hts90](http://www.escapefitness.com/new-products/hts90)





**PLEASE NOTE.**  
Frames do not include balls, bags, bars, Battle Rope, kettlebells, plates, punchbag, rollers or TRX.



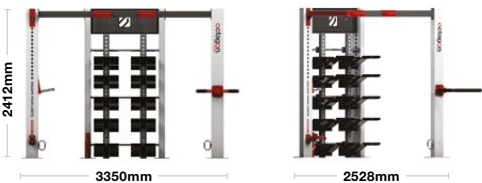
# OCTAGON HTS 90.

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.

- OCTC201** HTS 90 Type 1, 6 storage shelves  
**OCTC202** HTS 90 Type 2, 8 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.



**PLEASE NOTE.**  
Frames do not include balls, bags, bars, Battle Rope, kettlebells, plates, punchbag, rollers or TRX.

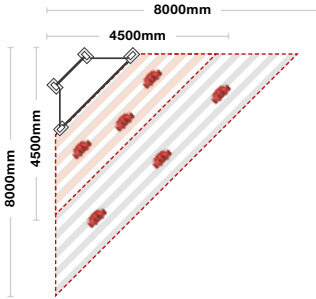


## USERS AND WORKING AREA.

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.

- 10.1m<sup>2</sup>** Frame-based working area for up to **3 users**.
- 32m<sup>2</sup>** Floor-based working area for up to **6 users**.

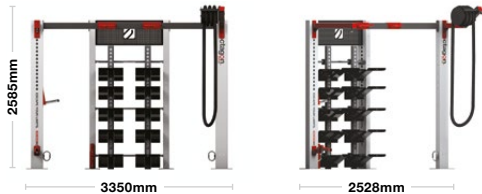


- OCTC203** HTS 90 Type 3, 6 storage shelves  
**OCTC204** HTS 90 Type 4, 8 storage shelves  
**OCTC206** HTS 90 Type 6, 4 storage shelves

- 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 Rope Pulley Attachment
  - 1 x Bar Holder
  - 2 x Battle Rope Anchor Eye

Other colour options available, please call for details.

## DIMENSIONS.







For more information and to watch the Blaze video, visit:

[www.escapefitness.com/case-studies/blaze](http://www.escapefitness.com/case-studies/blaze)

## BLAZE HIIT STUDIO FOR HARBOUR CLUB KENSINGTON.

### BACKGROUND.

Harbour Club Kensington has recently opened following a huge £5.5m refurbishment, making it one of London's most prestigious health and fitness clubs. From its state of the art gym and carefully zoned studio spaces to the luxurious spa, pool, restaurant and business lounge, everything has been designed to help members make the most of their time there. It's also the first club in the David Lloyd Leisure group to feature Blaze, a boutique studio experience developed with support from Escape.

### THE PROJECT.

Blaze brings intense cardiovascular training together with strength, boxing and martial arts skills. At the heart of the experience is the Blaze Box, a bespoke platform created by Escape that doubles up as a bench and a place to store dumbbells. Also in the space are Escape Punchbags suspended from an Octagon HTS BOA RAIL, and functional tools including Corebags and GRIPRs. Escape was also involved in designing the space itself and provided specialist gym flooring.

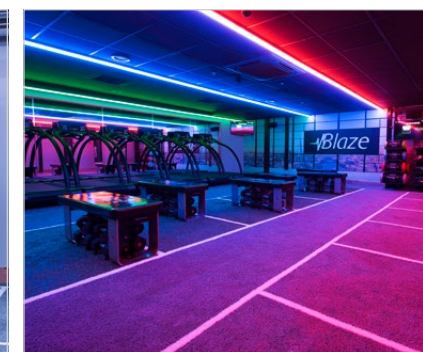
### RESULTS.

From day one, the response to Blaze was overwhelmingly positive. It has consistently been the club's most popular class, with members especially loving the format of nine rounds of three or four minutes. Nobody is on a single exercise for long enough to get bored and every workout is different. The variety that can be achieved from the Blaze Box, functional equipment and punchbags are core components of this experience.

### WHY ESCAPE?

Blaze provides members with an authentic boutique experience that's more than a match for anything else available in London. Our members can get their fill of HIIT group training at the club without having to go elsewhere. This means that they get to work out in a way that's incredibly popular, and still enjoy all the luxurious facilities we offer. Escape has been a wonderful partner for this project, providing some of the essential ingredients that are making Blaze such a success.

**Michelle Dand, Group Health and Fitness Manager, David Lloyd Leisure.**





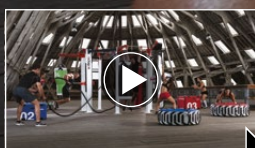


OCTAGON.



## 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 Fitness cross training frames equip instructors with the tools they need to deliver effective group training sessions. With five frame options, you're sure to find one to suit your club and members.



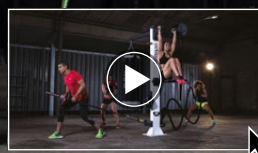
For more information and to watch the Octagon video, visit:  
[www.escapefitness.com/new-products/octagon](http://www.escapefitness.com/new-products/octagon)



# 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.



For more information and to watch the Octagon T1 video, visit:

[www.escapefitness.com/new-products/t1](http://www.escapefitness.com/new-products/t1)



# OCTAGON T1 TYPE 1

This may be the ‘base 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, TRX Suspension Trainer and Punchbag.



**PLEASE NOTE.**  
**OCTT201** does not include bar, Battle Rope, punchbag, plates or TRX.

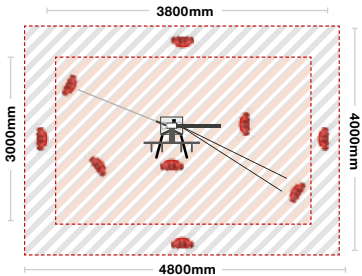
### USERS AND WORKING AREA.

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 **5 users**.

**19m²** Floor-based working area for up to **9 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
- Floor Anchoring Pack

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 TRX.

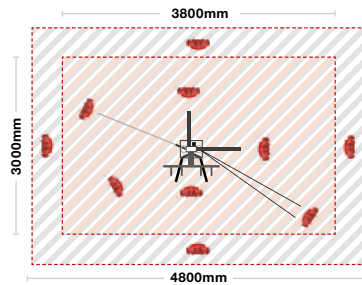
### USERS AND WORKING AREA.

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
- Floor Anchoring Pack

Other colour options available, please call for details.

### DIMENSIONS.





# OCTAGON T1 TYPE 3

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



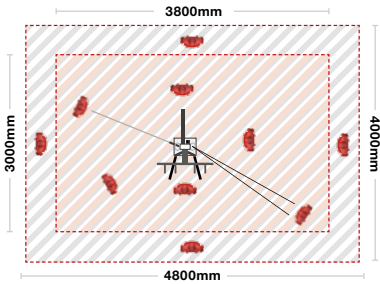
**PLEASE NOTE.**  
OCTT203 does not include bar, Battle Rope, punchbag, plates or TRX

**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.

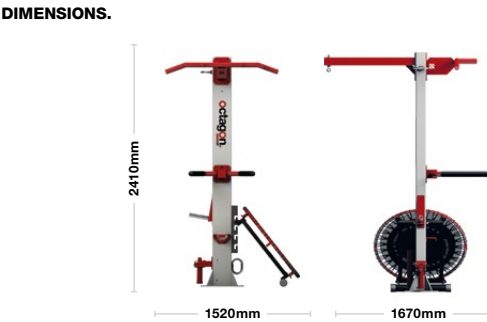
**10 USERS.** Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

**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
  - 1x Pro Bouncer
  - 1 x Claw
  - Floor Anchoring Pack
- Other colour options available, please call for details.



# OCTAGON T1 TYPE 4

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



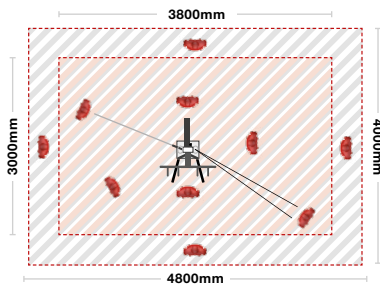
**PLEASE NOTE.**  
OCTT204 does not include bar, Battle Rope, plates or TRX

**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.

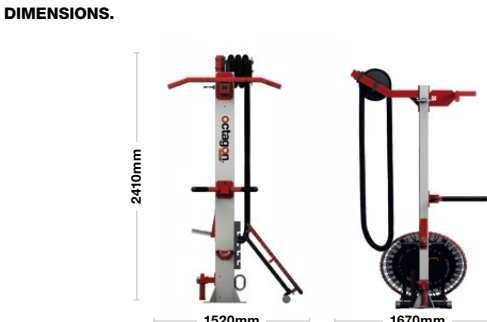
**10 USERS.** Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

**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
  - 1x Pro Bouncer
  - 1 x Claw
  - Floor Anchoring Pack
- Other colour options available, please call for details.





# T2 - COMBINING MAXIMUM FUNCTION WITH STORAGE.



OCTAGON.



# OCTAGON T2 TYPE 1.



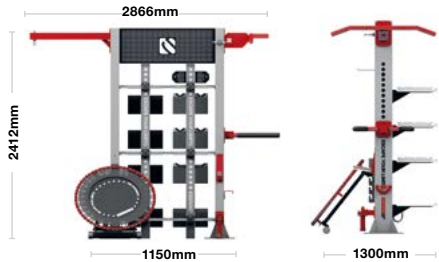
**PLEASE NOTE.**  
OCT201 does not include bar, mats, Battle Rope, punchbag, plates or TRX.

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



- OCT201** T2 Type 1  
T2 Type 1 attachments include:
- 1 x Boxing Arm and Swivel
  - 1 x Torso Trainer
  - 1 x Weight Horn
  - 1 x Pull-Up Station
  - 1 x Fixed Dip Station
  - 1 x Reaction Pro Bouncer
  - 1 x Bar Holder
  - 1 x Battle Rope Eye
  - Floor Anchoring Pack
- Other colour options available, please call for details.

**DIMENSIONS.**



# OCTAGON T2 TYPE 2.

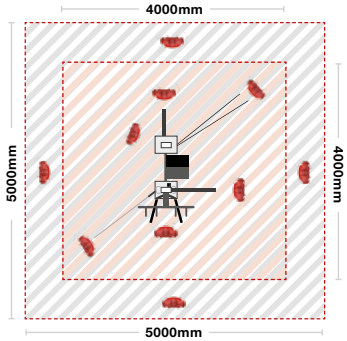


**PLEASE NOTE.**  
OCT202 does not include bar, mats, Battle Rope, plates or TRX.

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

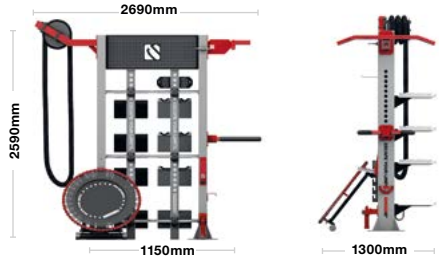
**10 USERS.** Can accommodate up to **6 users** working on the frame and up to **4 users** around the frame.

- 16m²** Frame-based working area for up to **6 users**.
- 25m²** Floor-based working area for up to **10 users**.



- OCT202** T2 Type 2  
T2 Type 2 attachments include:
- 1 x Rope Pulley Attachment
  - 1 x Torso Trainer
  - 1 x Weight Horn
  - 1 x Pull-Up Station
  - 1 x Fixed Dip Station
  - 1 x Reaction Pro Bouncer
  - 1 x Bar Holder
  - 1 x Battle Rope Eye
  - Floor Anchoring Pack
- Other colour options available, please call for details.

**DIMENSIONS.**





# OCTAGON ISO™ 2.0.

The Octagon ISO is a multi-functional, strength-focused group cross training station that allows six people to work out on and around the frame. Sitting flush against a wall, the slimline Octagon ISO is the ideal solution when space is limited, easily allowing you to maximise your gym floor.



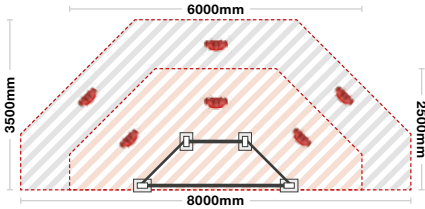
**PLEASE NOTE.**  
**OISO201** does not include bars, Battle Rope or plates.

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

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

**15m²** Frame-based working area for up to **3 users**.

**28m²** Floor-based working area for up to **6 users**.



**OISO201** ISO2 Frame and Attachments  
ISO2 attachments include:

- 1 x Torso Trainer
- 2 x Weight Horns
- 2 x Pull-Up Handles
- 1 x Catch Rack Pair
- 1 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 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.



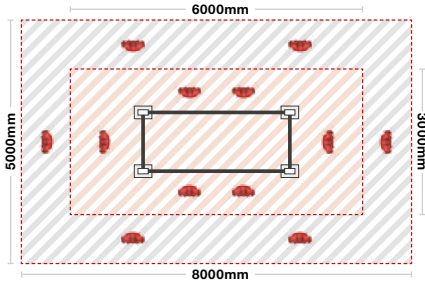
**PLEASE NOTE.**  
**OQUA201** does not include bars, Battle Rope, plates or punchbag.

**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**.

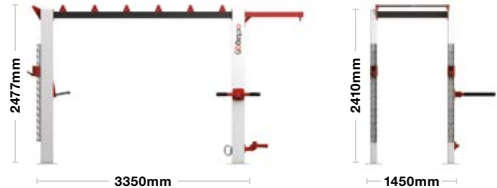


**OQUA201** QUAD2 Frame and Attachments  
QUAD2 attachments include:

- 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.**





# 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 truly fully loaded for strength and functional training, allowing users to perform a full cross training workout. It allows up to 18 people to train simultaneously and the eight-sided design also allows trainers to configure a 360° training experience for members.

DIMENSIONS.



REGISTERED DESIGN.

**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 Rack 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.



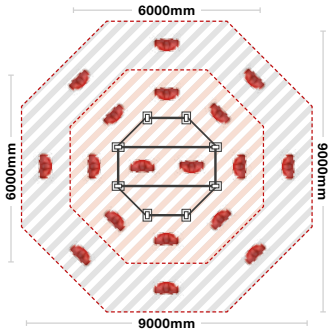
**PRODUCT TRAINING AVAILABLE.**  
For more information and to order your Instructor Course, visit:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)

**PLEASE NOTE.**  
**OCTA201** does not include bars, Battle Ropes, plates or punchbag.

**USERS AND WORKING AREA.**  
The Octagon accommodates up to ten users at the frame but up to 18 people can effectively work around the Octagon. This is achieved by having ten 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**.







## 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.



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.

## 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.



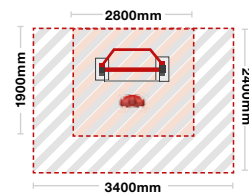
## USERS AND WORKING AREA.

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:

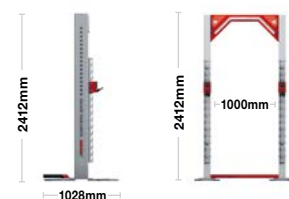
- 1 x Catch Rack Pair
- 1 x Bull Horn Pull Up Bar.

Other colour options available, please call for details.

## PLEASE NOTE.

All attachments, bars and plates are sold separately.  
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.



OCTAGON.

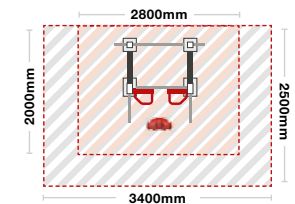
## USERS AND WORKING AREA.

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.

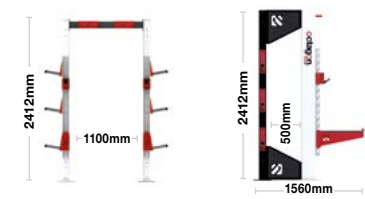


**OBHS101** Half BOX Frame and Attachments  
Half BOX attachments include:

- 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.





# HEAVY DUTY FRAMES FOR HEAVY DUTY LIFTING.



For more information and to  
watch the WOD BOX video, visit:  
[www.escapefitness.com/WOD-BOX](http://www.escapefitness.com/WOD-BOX)



**PLEASE NOTE:**  
Frame shown is custom made. Please contact your  
representative for more details.






# WOD BOX 248.

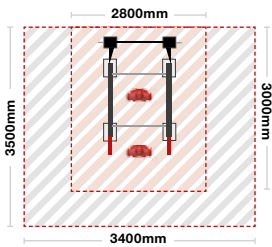
The all-in-one location for strength workouts, with enough facilities for two people to train simultaneously. Catch Racks, Extended Catch Rack Arms and Weight Horns are included, along with Catch Straps and locators for adjustable pins for use with resistance bands. A Wing and Pull-up Bar are also there for bodyweight exercises. Available with or without a Hub Storage Wall.



**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 and Wing exercises.

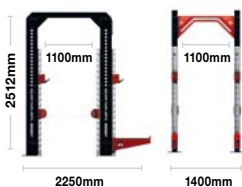
-  **2 USERS.** Can accommodate up to **2 users** working on the frame
-  Minimum working area for **2 users**.
-  Optimum space working area.



- 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.

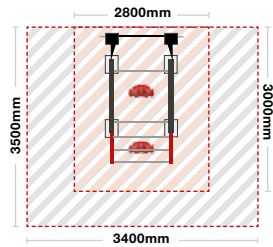
Adding an extra 30cm in height to the WOD BOX 248 makes the WOD BOX 279 our ultimate high performance strength station. That extra overhead clearance will be welcomed by the biggest lifters who want to power through to the top of their jerks and presses with supreme confidence. It includes all of the features of the WOD BOX 248, with the addition of a second Pull-up Bar with an extra fat grip. Available with or without a Hub Storage Wall.



**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
-  Minimum working area for **2 users**.
-  Optimum space working area.



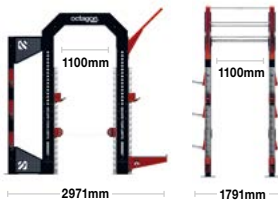
- OWOD279** WOD BOX 279
- OWODS279** WOD BOX 279 with Storage
- Octagon attachments include:
- 2 x Catch Rack Pairs
  - 1 x Extended Catch Rack Pair
  - 1 x Cross Beam
  - 6 x Weight Horns (with storage only)
  - 1 x Safety Strap Pair
  - 1 x Wing
- Other colour options available, please call for details.

**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.**

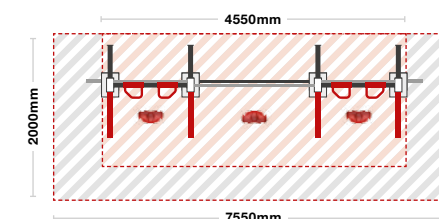
## USERS AND WORKING AREA.

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.

**9m<sup>2</sup>** Minimum working area for up to 3 users.

**15m<sup>2</sup>** Optimum working area

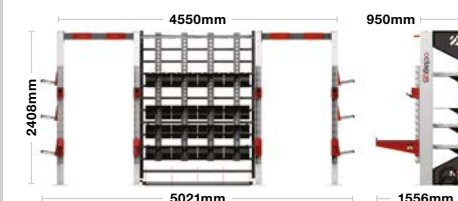


**OBHS201** Half Squad 2.0 Frame, 16 Storage Shelves,  
**OBHS202** Half Squad 2.0 Frame, 8 Storage Shelves  
Half Squad attachments include:

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

Other colour options available, please call for details.

## DIMENSIONS.





## OCTAGON HUB STORAGE.

The Octagon Hub Storage options provide storage that's versatile, unique and personal to the needs of your club. This solution will ensure your floorspace is maximised, with equipment kept safe, tidy and accessible.

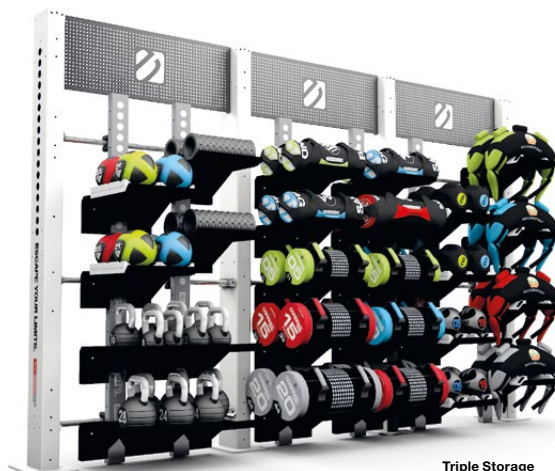


## UNIVERSAL SHELVING.

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 ten fully adjustable shelves that can be configured to best suit a club's requirements. Bespoke 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.



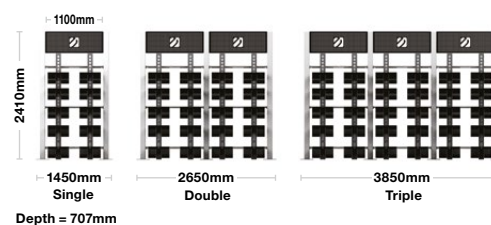
Triple Storage

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

See **page 41** for more information about RACK5 shelving.

Other colour options available, please call for details.

### DIMENSIONS.



OCTAGON.

# INTELLIGENT, INTEGRATED, INFINITE.



# OCTAGON BALL REACTION RANGE.

The versatility of the Octagon frame concept is now greater than ever. Easy to install and intuitive to use, these new attachments are specifically designed to integrate medicine ball workouts into the mix.

## LEG TARGET AND DOCK TARGET.

For precision, the Leg and Dock 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 Total Grip Medballs as they have just enough bounce to drop back into the user's hands for the next rep.



**OCE016** Dock Target  
**OCE017** Leg Target  
**SPECIFICATIONS.**  
**DockTarget:** Size 600mm x 850mm. Weight 11.5kg  
**Leg Target:** Size 600mm x 955mm. Weight 4.30kg

## WALL TARGET.

For power, mount a Wall Target lower down for fast rotational throws. You can install multiple targets at various heights on the same frame and use the Slamball for super-fast strikes against a target at close range. The shock absorbing properties of the Slamball will prevent it from rebounding towards the user.



**OCE013** Wall Target  
**SPECIFICATIONS.**  
**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 Total Grip Medball are among the medballs 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.

# 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.

## BOXING ARM.

**OCA007** Boxing Arm with Swivel



## TORSO TRAINER.

**OCA004** Torso Trainer



## DOCK BOXING BRACKET.

**OCA061** Dock Boxing Bracket with Swivel.



## FIXED DIP STATION.

**OCA016** Fixed Dip Station



## WING.

**OCA006** Wing



## ROPE PULLEY UNIT ATTACHMENT.

**OCA015** Rope Pulley (without Support Bracket)  
**OCA012** Support Bracket  
Rope Pulley needs to be ordered with the Support Bracket.



## EXTENDED CATCH RACK ARMS.

**OCA020** Extended Catch Rack Arms (pair)



# 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 it 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 programme.

**REGISTERED DESIGN.**

- AMB001 Ammo Box Storage
- AMB002 Ammo Box with Dividers
- AMB001C Ammo Box Dividers

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

Equipment sold separately.



**ADD DIVIDERS FOR EVEN MORE STORAGE PERFORMANCE.**  
The optional dividers get the most from the Ammo Box, breaking the large internal space down into four smaller sections. This makes equipment even easier to access, and enables you to create compartments for each type of equipment: perfect for when running a circuit of multiple training styles.

**DOES ALL OF THIS EQUIPMENT REALLY FIT IN AN AMMO BOX?**  
You bet! Despite its compact footprint, the Ammo Box has an amazing 216-litre capacity - enough for a huge amount of functional training kit.

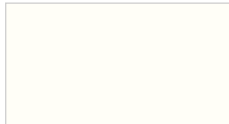




# STANDARD COLOUR OPTIONS.

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

**TRAFFIC WHITE**  
RAL9016



**ANTHRACITE GREY**  
RAL7016



**TRAFFIC RED**  
RAL3020



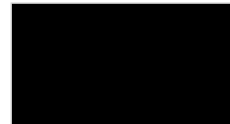
**YELLOW GREEN**  
RAL6018



**TRAFFIC ORANGE**  
RAL2009



**JET BLACK**  
RAL9005



**ALUMINIUM**  
RAL9006



**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 bespoke colours, for example to match your club's branding - please contact us for details.

**01**

**LEGS:**  
ALUMINIUM ■  
RAL9006

**ATTACHMENTS:**  
YELLOW GREEN ■  
RAL6018

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**02**

**LEGS:**  
ALUMINIUM ■  
RAL9006

**ATTACHMENTS:**  
SKY BLUE ■  
RAL5015

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**03**

**LEGS:**  
ALUMINIUM ■  
RAL9006

**ATTACHMENTS:**  
TRAFFIC RED ■  
RAL3020

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**04**

**LEGS:**  
ALUMINIUM ■  
RAL9006

**ATTACHMENTS:**  
ANTHRACITE GREY ■  
RAL7016

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**05**

**LEGS:**  
ANTHRACITE GREY ■  
RAL7016

**ATTACHMENTS:**  
YELLOW GREEN ■  
RAL6018

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**09**

**LEGS:**  
TRAFFIC WHITE ■  
RAL9016

**ATTACHMENTS:**  
YELLOW GREEN ■  
RAL6018

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**06**

**LEGS:**  
ANTHRACITE GREY ■  
RAL7016

**ATTACHMENTS:**  
SKY BLUE ■  
RAL5015

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**10**

**LEGS:**  
TRAFFIC WHITE ■  
RAL9016

**ATTACHMENTS:**  
SKY BLUE ■  
RAL5015

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**07**

**LEGS:**  
ANTHRACITE GREY ■  
RAL7016

**ATTACHMENTS:**  
TRAFFIC RED ■  
RAL3020

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**11**

**LEGS:**  
TRAFFIC WHITE ■  
RAL9016

**ATTACHMENTS:**  
TRAFFIC RED ■  
RAL3020

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**08**

**LEGS:**  
ANTHRACITE GREY ■  
RAL7016

**ATTACHMENTS:**  
ALUMINIUM ■  
RAL9006

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016



**12**

**LEGS:**  
TRAFFIC WHITE ■  
RAL9016

**ATTACHMENTS:**  
ALUMINIUM ■  
RAL9006

**CROSS BEAMS:**  
ANTHRACITE GREY ■  
RAL7016







OCTAGON.

## SANCTUARY FITNESS.

### BACKGROUND.

Sanctuary Fitness in Los Angeles is the brainchild of Zach Golden and Reid Warner. Their goal was to create a boutique studio with a focus on athletic performance, strength and muscle building, catering to everyone from beginners to seasoned members. A key ingredient of the experience is a Strength Zone featuring HIIT classes that combine functional movements with strength-focused training. Escape was asked to provide a full suite of equipment to support a programming concept based around a station-to-station flow through the 2,000 sq. ft. Strength Zone space.

### WHY ESCAPE?

What sets Escape apart from the other providers we talked to was their willingness to hear about our vision and accommodate the customisations we needed to make that vision a reality. The quality of the equipment is superb, but I know that if we did have any issues Escape would give us full support. Quite honestly, the experience has been so good that I want to keep Escape my secret rather than tell anyone else to use them!

**Zach Golden, CEO and Founder, Sanctuary Fitness. Los Angeles, USA.**

### THE PROJECT.

First-time visitors to the zone are immediately struck by the row of five Escape Octagon T1 frames. These pack a lot into a small footprint, working as stations for a variety of strength, bodyweight and resistance exercise. Freeweight work is supported by dumbbells neatly racked in a Cross Hub storage station, and there's a full range of Escape functional training tools, including TIYRs, Multipliyos, Corebags, Bulgarian Bags, GRIPRs, medballs and RACK5 storage units. The facility also includes an 850 sq. ft. cycling area equipped with the latest Stages SC3 indoor bikes from Stages Cycling.

### RESULTS.

Escape's bright, colourful products are the perfect complement for the facility's industrial-chic space. Feedback from members has been fantastic, with one online reviewer saying: "A variety of equipment and exercises keep me excited and coming back. It's like a fitness playground and you can't help but smile during class." The positive response translates into business results too. Sanctuary Fitness met all its revenue projections in its first quarter, class occupancy rates are excellent and the future looks bright despite the highly competitive and crowded Los Angeles marketplace.





## STUDIO.

Group exercise continues to be a huge attraction. It's bringing more and more people into clubs for the first time, and 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 now 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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# THE ESCAPE PLATFORM RANGE.



The STEP and RISER are set to revolutionise step classes, opening up new opportunities for creative programming that brings more people than ever into the studio.

It's a two-product platform solution, with both STEP and RISER working as independent stepping platforms or together for multiple configuration options.

Instructors now have a system around which they can develop and deliver multi-planar, three dimensional workouts that embrace step, plyometric, resistance and bodyweight exercises.



For more information and to watch the Escape Step video, visit:  
[www.escapefitness.com/new-products/step](http://www.escapefitness.com/new-products/step)



# THE EVOLUTION OF THE ESCAPE STEP SOLUTION.

The Escape STEP and RISER solution grew from the increasing success of exciting group exercise experiences. The growing popularity of this sector, combined with a lack of product innovation within it, led us to take on the challenge of creating a cornerstone step-based product for the group exercise space.



Group exercise health and fitness clubs around the world are discovering that group exercise is good for business. Despite requiring a relatively low level investment compared to servicing a similar number of people on the gym floor, it has a big impact on member satisfaction and retention.

The numbers speak for themselves. A recent study of 10,062 gym members found that group exercisers are 26% less likely to cancel than gym-only members. Then there's the sheer popularity of group exercise. A good example is that there are now more than 15 million people a week doing Zumba in 200,000 facilities across 180 countries.

Against this background, Escape committed itself to developing something that would enable clubs to deliver superb group experiences, in addition to our existing range of training tools that work great in the studio. The prospect of reinventing the step was too good an opportunity to miss. Some 25 years after this form of exercise emerged, the time was right for something to bring it out of the 80s and into the modern fitness environment.

## RECRUITING AN EXPERT TEAM.

To create the very best platform solution, Escape Fitness commissioned a team of experts to help navigate through the development process and assist in the innovation of a new platform to meet the needs of today's consumer.

The first addition to the team was Steve Barrett. Steve is an independent product development consultant who has been involved in the creation of unique, innovative products for the likes of Reebok, Adidas and other blue chip fitness brands.

Our second appointment was the formation of a strategic partnership with Progressive Sports Technologies. They operate from the Sports Technology Institute at Loughborough University, the world's largest sports technology research group focused on mechanical and manufacturing engineering.

They have state-of-the-art laboratories and resources and long-term partnerships with leading brands including Nike, Puma, Adidas and Reebok.

## THE PRODUCT EMERGES.

The result of the collaborative approach is the STEP and RISER: a multi-configurable platform solution that can be used in step classes, bootcamps and for plyometric training. The ability to ramp the STEP allows for extensive programming options.

Key features of the STEP and RISER include:

- The widest stepping platform on the market.
- Dedicated points for using Resistance Tubes.
- Tread texture varies to accommodate increased grip or smooth torsion.
- A heat-welded top mat that will not come loose.
- Anatomical target zones for hands and feet.
- Unique secure locking system to keep platforms sturdy.
- Rubber stabilising blocks to prevent the STEP and RISER slipping and to provide extra cushioning.
- A secure stacking system ensuring space-efficient storage.

## ZUMBA PARTNERSHIP.

The team at Escape wanted to do more than launch a new product. By getting involved in programming around the STEP and RISER, a full solution including product and programming can be offered, and clubs can make the most of the STEP solution as soon as it lands in studios.

One of the ways Escape is ensuring it is the very best programming available is by partnering with global group exercise force Zumba. Zumba Step is an important part of the company's programming. It combines the toning and strengthening power of step with the fun fitness-party experience that Zumba is known for.





# 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.

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

**PATENT PENDING. REGISTERED DESIGN.**

- 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 1 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.

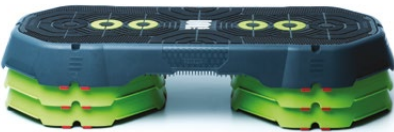
**01 STEP.**



**02 RISERS.**



**03 RISERS RAISING STEP.**



**04 RISERS RAISING STEP INTO INCLINE POSITION.**



# 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.



For more information and to watch the Escape Step video, visit: [www.escapefitness.com/uk/new-products/step](http://www.escapefitness.com/uk/new-products/step)

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

**SPECIFICATIONS.**

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

TURN TO PAGE 271 FOR WARRANTIES

STUDIO.





## 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 programmes.

### 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 (20.5cm) and high (25.5cm) 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 programme 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 258** 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.

EST-DECK Deck 2.0

#### SPECIFICATION.

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

### 01 LOW STEP.



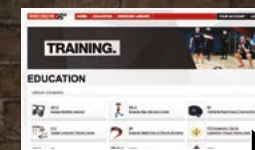
### 02 RAMP (8° INCLINE/DECLINE).



### 03 HIGH STEP.



# STEP, RAMP OR BENCH? YOU DECIDE.



#### PRODUCT TRAINING AVAILABLE.

For more information and to order your online Product Training Workshop, visit:

[www.escapefitness.com/training](http://www.escapefitness.com/training)



For more information and to watch the Deck 2.0 video, visit:

[www.escapefitness.com/new-products/deck](http://www.escapefitness.com/new-products/deck)





# URETHANE REP SET.

Made from hard-wearing urethane, this rep set is guaranteed to stay looking good and deliver long-lasting results.



**TECH SPEC.**

Manufactured from high-quality urethane which makes these rep sets long-lasting and durable. The urethane end caps on the Hollow Bar help protect studio floors from damage if sets are dropped from a height.

**DESIGN.**

Vibrant, engaging colours make weight identification quick and easy, meaning minimal time is wasted when changing loads between sets. The Hollow Bar is strong and will not bend, even when more advanced members use heavier loads.

**STORAGE.**

To keep the Urethane Rep Sets tidy and easily accessible for members, store them on one of our dedicated racks. Choose between the 30 Rep Set Rack (ESC300RACKS) or a 10 Rep Set Rack (PARSR02).

- EST-PURWSET** Urethane Rep Set
  - 2 x 1.25kg Urethane Plates – Pink
  - 2 x 2.5kg Urethane Plates – Green
  - 2 x 5kg Urethane Plates – Blue
  - 2 x 30mm Rep Set Clamp Collars with protective rubber inserts
  - 30mm Hollow Bar with urethane end caps to help protect flooring
- EST-RRS10** 10kg Rubber SBX Rep Set Plate - Pair
- EST-REPB** Rep Set Bar
- EST-RRSCC** SBX Rep Set Clamp Collar - Pair

- 01. ESC300RACKS** 30 Rep Set Rack – Holds 30 Sets
- 02. PARSR02** Rep Set Rack Oval Frame Holds 10 Sets

**RACK SPECIFICATIONS.**  
**ESC300RACKS:** Size 1425mm x 760mm x 1730mm.  
**PARSR02:** Size 1600mm x 630mm x 760mm.

**Rep Sets not included with racks.**

01



**10KG RUBBER PLATE AVAILABLE.**  
The 10kg Rep Set Plate can be ordered separately to provide additional resistance.

02



STUDIO.



# URETHANE ECO REP SET.

The Urethane Eco Rep Set gives facilities an opportunity to bring extra environmental credentials to their offering, as it's made from 93% recycled material.



**PATENT PENDING.** **REGISTERED DESIGN.** **ECO FRIENDLY.**

**TECH SPEC.**

The plates are made via a unique manufacturing process, where discarded engine blocks are recycled into small shot beads and then blended with resin and urethane. The end result is a great combination of durability and environmental performance.

**DESIGN.**

The sleek, satin black urethane finish looks great and is tough and durable. It's kind to polished floors, which makes it an ideal choice for use in Group X studios. Bright green bar ends and clamp collars add a splash of colour.

**STORAGE.**

To keep the Urethane Eco Rep Set in pristine condition and easily accessible for members, store them on a 10 Rep Set Rack (PARSR02).

<b>ECOSSET</b>	Urethane Eco Rep Set
2 x 1.25kg Urethane Eco Plates	
2 x 2.5kg Urethane Eco Plates	
2 x 5kg Urethane Eco Plates	
2 x 30mm Rep Set Clamp Collars	
30mm Hollow Bar with urethane end caps to help protect flooring	
<b>EST-REPB</b>	Rep Set Bar
<b>EST-RRSCC</b>	SBX Rep Set Clamp Collar - Pair
<b>PARSR02</b>	Rep Set Rack Oval Frame Holds 10 sets
<b>RACK SPECIFICATIONS.</b>	
<b>PARSR02:</b> Size 1600mm x 630mm x 760mm.	
<b>Eco Rep Sets not included with rack.</b>	



**WHAT'S 'ECO' ABOUT THE ECO REP SET?**

The unique process we use to manufacture the Eco Rep Set plates uses minimal urethane and 100% recycled steel. It also consumes less energy than traditional manufacturing methods – and ensures suitability for end-of-life recycling.



STUDIO.



# SBX™ REP SET.

This rep set is ideal for the studio, with bright colours that help to make lifting non-intimidating. When you want to get groups lifting together, this is the perfect choice.



TECH SPEC.

SBX rubber is a unique mix that delivers a material that is durable and resilient, but more affordable than urethane.

DESIGN.

The SBX Rep Set is a great place to start to get people involved in Group X classes – it's bright, engaging and provides everything members will need for an effective load-based workout.

STORAGE.

To keep the SBX Rep Sets in the very best condition and easily accessible for members, store them on one of our dedicated racks. Choose the 30 Rep Set Rack (ESC300RACKS), or a 12 Rep Set Rack (PARSR02), which also stores the 10kg SBX Rep Set Plate.

- SBXREPSET** SBX Rep Set
- 2 x 1.25kg SBX Plates – Pink

2 x 2.5kg SBX Plates – Green

2 x 5kg SBX Plates – Blue

2 x 30mm Rep Set Clamp Collars with protective rubber inserts

30mm Hollow Bar with urethane end caps to help protect flooring

- EST-RRS10** 10kg SBX Rep Set Plate - Pair

**EST-REPB** Rep Set Bar

**EST-RRSCC** SBX Rep Set Clamp Collar - Pair

- 01. ESC300RACKS** 30 Rep Set Rack – Holds 30 Sets

**02. PARSR02** Rep Set Rack Oval Frame Holds 12 Sets

- ESCPAD** Rubber Protector Feet for Racks

- RACK SPECIFICATIONS.**
- ESC300RACKS:** Size 1425mm x 760mm x 1730mm.

**PARSR02:** Size 1600mm x 630mm x 760mm.

Rep Sets not included with racks.



Rubber feet not included.



**10KG RUBBER PLATE AVAILABLE.**  
The 10kg Rep Set Plate can be ordered separately to provide additional resistance.



# TRAINING PLACES.

BACKGROUND.

The luxury Training Places villa on the Mediterranean island of Ibiza provides fitness breaks of the highest standard. Equipped with five bedrooms, pool and rooftop training space, Training Places shape everything to suit their guests. From nutritious menus to bespoke training programmes that combine workouts at the villa with cycling, scuba diving and other activities, each break has the perfect ingredients.

THE PROJECT.

The rooftop fitness space caters for all areas of performance: functional, Olympic lifting, strength and freeweights, stretch and core, combat and cardiovascular. A great view over Ibiza Town is complemented by stylish products from Escape, including a TIYR, Quad Sled, Corebags, Kettlebells, Medballs, GRIPRs, Bulgarian Bags and Jump Ropes. Centre-stage is an Octagon QUAD frame, with Monkey Bars, Dip Station and Pull-up Bars for bodyweight exercises, and facilities for Olympic lifting.

RESULTS.

The rooftop space is a stunning place to train, providing guests with a truly unique and rewarding fitness experience. It's somewhere people just love to be, and they often take pictures and share them across their social media. Training Places gives gyms, studios and personal trainers the ability to bring their own clients and members for a fitness break, with all the logistics taken care of. There are also scheduled bespoke breaks for individuals, couples and small groups of friends. Either way, everyone who stays at the Training Places villa and uses the rooftop fitness space values both the unique setting and access to a fantastic range of innovative training tools.

TESTIMONIAL.

Escape has given us the training tools we need to meet all our guests' fitness needs, from those who want to focus on health and wellbeing to those wanting performance and high intensity fitness. Our guests love the equipment and I know that Escape will continue to bring out innovative new products. I also know they have great customer service and will be there if I need support to maintain my rooftop space as a quality destination.

*Will Priestley, founder of Training Places.*





# URETHANE HANDWEIGHTS AND RACKS.

These handweights are made from hard-wearing polyurethane and designed to be durable, impact absorbing and scratch resistant, meaning they will stay looking great for longer.



**TECH SPEC.**  
Urethane is comfortable on the hands and impact absorbing, so members can keep up their effort right until the last rep. The most durable handweight in our range.

**DESIGN.**  
These handweights have a triangular head so they are ideal for performing burpees, press-ups and rows with a stable foundation.

**STORAGE.**  
Keep the Urethane Handweight safe and tidy with the Space-Saver Handweight Rack (ESC26RACKS), which holds 16 pairs, or the Handweight Rack (ESC28RACKS), which holds 18 pairs.

EST-PHW1	1kg	PU Handweights – Pair – Grey/Purple
EST-PHW2	2kg	PU Handweights – Pair – Grey/Green
EST-PHW3	3kg	PU Handweights – Pair – Grey/Blue
EST-PHW4	4kg	PU Handweights – Pair – Grey/Grey
EST-PHW5	5kg	PU Handweights – Pair – Grey/Black

- 01. ESC26RACKS Handweight Rack holds 16 Pairs Urethane Handweights
- 02. ESC28RACKS Handweight Rack Silver holds 18 Pairs Urethane Handweights

**RACK SPECIFICATIONS.**  
ESC26RACKS: Size 1535mm x 744mm x 860mm. Weight 41kg.  
ESC28RACKS: Size 1970mm x 660mm x 880mm. Weight 74.5kg.

Handweights not included with racks.



# STUDIO HANDWEIGHTS AND RACK.

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



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

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

**STORAGE.**  
Safely store your Studio Handweights on the Handweight Rack (ESC28RACKS), which holds 18 pairs.

EST-VH1	1kg	Studio Handweight – Pair – Pink
EST-VH2	2kg	Studio Handweight – Pair – Green
EST-VH3	3kg	Studio Handweight – Pair – Blue
EST-VH4	4kg	Studio Handweight – Pair – Grey
EST-VH5	5kg	Studio Handweight – Pair – Black

ESC28RACKS Handweight Rack Silver holds 18 Pairs Studio Handweights

**RACK SPECIFICATIONS.**  
ESC28RACKS: Size 1970mm x 660mm x 880mm. Weight 74.5kg.

Handweights not included with racks.







# 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 Kettlebell Rack, which comfortably holds a pair of each kettlebell weight.
- 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.  
Product training available: see **page 250** to find out more.

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



STUDIO.

# STUDIO KETTLEBELLS SET AND RACK.

If you opt for the Studio Kettlebell Set and Rack option, the Horizontal Rack is included, which holds a pair of each weight – 4kg, 8kg, 12kg, 16kg, 20kg.



<b>EST-SKS2</b>	Studio Kettlebell Set 4-20kg x 2 and ESC20RACK
<b>ESC20RACK</b>	Kettlebell Rack
<b>ESCPAD</b>	Rubber Protector Feet for Racks
<b>RACK SPECIFICATIONS.</b> Size 426mm x 558mm x 1470mm. Weight 42kg.	

Rubber Feet not included.



# 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 1220mm regardless of resistance level.

**STORAGE.**  
Keep your studio accessories tidy – use the Ammo Box to store this equipment (see **page 160**).

EST-PT1	Power Tubes Level 01 – Pink
EST-PT2	Power Tubes Level 02 – Green
EST-PT3	Power Tubes 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 160**).

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

# TRAINING BARS.

Training bars add weight and resistance to bodyweight exercises and are an effective introduction to weight training.



**DESIGN.**  
The Training Bars are the same length and diameter, regardless of weight – 1250mm x 32mm. A sleek, eye-catching design adds an outstanding experience to Group X sessions.

**EXPERT TIP.**  
Use these Training Bars to offer dynamic and lively group training classes to develop coordination and to mimic different movements like rowing and pressing.

**STORAGE.**  
Keep Training Bars tidy – use the Training Bar Rack (ESC18RACKS) to store your Training Bars and make them easily accessible for members.

EST-TB3	3kg Training Bar – Pink
EST-TB4	4kg Training Bar – Green
EST-TB5	5kg Training Bar – Blue
ESC18RACKS	Training Bar Rack
ESCPAD	Individual Rubber Feet for Racks
<b>RACK SPECIFICATIONS.</b> Size 1133mm x 715mm x 1180mm. Weight 38kg.	
<b>Training Bars sold separately.</b>	



Rubber Feet not included.



# PRO BOUNDER.™

Specially manufactured for commercial use, the Pro Bouncer is safe, strong and fun. It features rubber bungees in place of steel springs for ultimate member safety and a smooth rebounding workout. Light enough to carry around your club, but durable enough for the demands of a busy gym, the Pro Bouncer adds bounce to any workout.

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

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

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

**EST-REBOU** Pro Bouncer  
**SPECIFICATION.**  
Size 1160mm x 310mm. Weight 10kg.



To see more about this innovative space, visit  
[www.escapefitness.com/case-studies/harbour-club-notting-hill](http://www.escapefitness.com/case-studies/harbour-club-notting-hill)



STUDIO.

## HARBOUR CLUB NOTTING HILL.

**BACKGROUND.**  
The David Lloyd name is synonymous with quality. With a string of nearly one hundred clubs around the country, clients have fallen for the David Lloyd look in a big way. But Notting Hill Harbour Club breaks the mould. It's one of David Lloyd's three Harbour Clubs – there's no house style here, and every opportunity to innovate. So when Escape got involved in transforming the Notting Hill Harbour Club functional zone, they did just that.

**THE PROJECT.**  
Quickly establishing a good relationship, the Notting Hill team was quick to seize the opportunity to do something new with their fitness space. Together, they discounted the option of refitting the Club in the David Lloyd style, and seized on the opportunity to create a unique new space, complete with new equipment.

**RESULTS.**  
Escape carried out a full redesign, installing storage, an HTS frame and BOA Rail with punchbags, supplemented by Bulgarian Bags and Core Momentum Trainers. Escape worked with the Harbour Club to train the trainers to use their CMTs and Bulgarian Bags effectively, and to deliver the Escape Fitness MOVE IT programme for tailored high intensity training. Because it's such an all-inclusive programme, with something to inspire and motivate people at every fitness level, it's a great fit for Notting Hill Harbour Club's clientele.

**WHY ESCAPE?**  
We wanted to create an environment that would change the way members trained – and change our members' expectations of what effective training felt like. That's why we turned to Escape. We knew they could supply the latest equipment, and we knew our clientele would love their brand. We've already had some great feedback.  
**Aleksejs Koselevs, Personal Trainer.**





# INCLINED PLYOSOFT BOX.

It started out as a bespoke training tool, created in partnership with Best's Bootcamp. Now the 'Best's Box' is available to everyone as the Inclined Plyosoft Box. Doubling up as a plyometric station and weight training bench, the dual-purpose design is perfect for full-on studio workouts.

TECH SPEC.

The main box can be used on its own for plyometric exercises, where a soft construction contributes to user safety. The wedge piece attaches firmly with Velcro, providing a backrest for bench work. It's easy and fast to switch between the two settings, making it the ideal base for workouts with the fun and variety that's required for great studio and boutique experiences.

DESIGN.

The Inclined Plyosoft Box can be used at a height of 35cm or 50cm, so it can be set-up depending on the user's ability or the nature of the exercise being performed. We've also designed it to be compact enough so that everyone in a studio workout can have their own box.

EXPERT TIP.

Combine a number of Inclined Plyosoft Boxes with a few functional tools to create your own unique studio programming. Start with some Octagon Dumbbells, throw in a few additional tools such as medballs and dumbbells, and you're all set.

REMOVEABLE BACKREST.

When most plyo boxes are used as a bench they only allow the user to lie totally flat. But the Velcro-attached wedge section of the Inclined Plyosoft Box also enables bench work on an incline, so trainers and users can target certain muscles more precisely.

04 HIGH INCLINE.



01 LOW INCLINE.



02 INCLINE STEP.



03 PLYOMETRICS OR STEP.



CLUB BRANDING.

Your Inclined Plyosoft Box can be branded with your club logo - please contact us or your Escape representative for details of this custom option.

PLYOINC1 Inclined Plyosoft Box

SPECIFICATIONS.

Size 1133mm x 715mm x 1180mm. Weight 38kg.



## BEST'S BOOTCAMP.

BACKGROUND.

Scott Best and his team had a clear vision for Best's Bootcamp in London's Charing Cross, based on a stylish aesthetic and a desire to make the most of their space. The vision included group training that would blend platform-based exercises with the use of a range of functional training tools. A unique multi-functional platform was required, along with storage to enable members to reach out and grab the equipment they need.

THE PROJECT.

The studio's headline feature is the Best's Box - a safe, soft, mobile system for plyometric work and use as a weights bench. Escape took Best's initial ideas and came up with the design, which is a two-piece platform that offers great versatility. To fit in with a sleek design aesthetic, Escape also installed Cross Hub racking for space-efficient storage of the Escape product range including kettlebells, medicine balls and dumbbells.

RESULTS.

Best's Bootcamp has brought a fresh new feel to London's boutique scene. With a 360-degree trainer-cam, full studio lighting, and a resident DJ mixing new music - every day - Best's Bootcamp really ups the ante. Above all, Best's takes a highly personalised approach. Members get lots of hands-on attention from some of London's top trainers in tough but achievable workouts within a high energy, motivational atmosphere.

WHY ESCAPE?

We chose Escape because they are market leaders in the equipment they design and the functional equipment they supply. The Best's Box is a unique, market-leading design and it's got a multi-dimensional purpose. Every time they use it, people come up with something new to do. We've all used a plyo box before, but this is in a different class. People love the different heights and the soft cushioning is a really big plus.

Lee Drabble, Managing Director.





# B-BOX.

Fast transitions between sets are critical during workouts incorporating several training styles into each session. The B-BOX delivers an all-in-one training bench, plyo platform and equipment storage unit. It gives users instant access to the tools they need to maintain the pace during dynamic group sessions.



**CLUB COLOURS.**  
The B-BOX drawers are available in different colours to match your brand. See page 162 for standard colour options.

**TECH SPEC.**  
Based on the Rebel Box, which has proven itself in thousands of sessions at 1Rebel, the B-BOX features the same steel construction for long-term strength and performance. It's topped with a vinyl covered foam pad for comfort.

**DESIGN.**  
Integrated into the design is rack shelving for six pairs of Escape Classic Steel Dumbbells. Two storage drawers take care of the other pieces of kit you want to use in workouts based around the box, such as Medballs, Resistance Tubes, Jump Ropes and GRIPRs.

**EXPERT TIP.**  
Storage for six pairs of dumbbells of varying weights means you can accommodate users of different abilities in a single session. You can also mix up a workout with a blend of cardio, strength and power exercises requiring a range of weights.

**PLEASE NOTE:** For B-BOX codes and prices please contact your sales representative.  
**SPECIFICATIONS.**  
Size 1337mm x 463mm x 401mm. Weight 57.5kg empty.



# 1REBEL.

**BACKGROUND.**  
High-end, stylish boutique health clubs with a polished, urban finish, 1Rebel have set the benchmark for boutique clubs in London. After the outstanding success of the first 1Rebel club at St. Mary Axe, the second club in Broadgate Circle opened just nine months later. One of the club's awesome programmes is Reshape, and from its inception the aim was to base workouts around an innovative platform solution.

**THE PROJECT.**  
When 1Rebel founders identified the need for a multi-functional workout station, they asked Escape to help with the design and manufacturing. The result is the Rebel Box, a unique piece of equipment that can be used as a plyometric box or weights bench. It features storage for six pairs of dumbbells, as well as storage drawers for Medballs and Resistance Tubes.

**RESULTS.**  
The Rebel Box is the centrepiece of functional workouts that demand physical and mental intensity, bringing substance and results in fitness to the very heart of London. The cool equipment and interior is matched by lighting and pumping music that motivates participants throughout the highly intense Reshape sessions.

**WHY ESCAPE?**  
After James and I came up with the concept and idea of the Rebel Box, we could only think of one company who could bring our vision to conclusion, and within a very tight schedule. We have worked with Escape on many a project but none more important than this. The Rebel Box is a revolution in terms of design and simplicity, along with ensuring the customer has a slick and seamless interaction with high intensity training.

*Kevin Yates, Director and Investor, 1Rebel.*





## 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.



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

## TRAINING GLOVES.

Gloves for pad or bag work need to be specially designed for the training environment and not the ring. That's why we created our range of Training Gloves and Punch Mitts. 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.

ANTIMICROBIC

### 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.

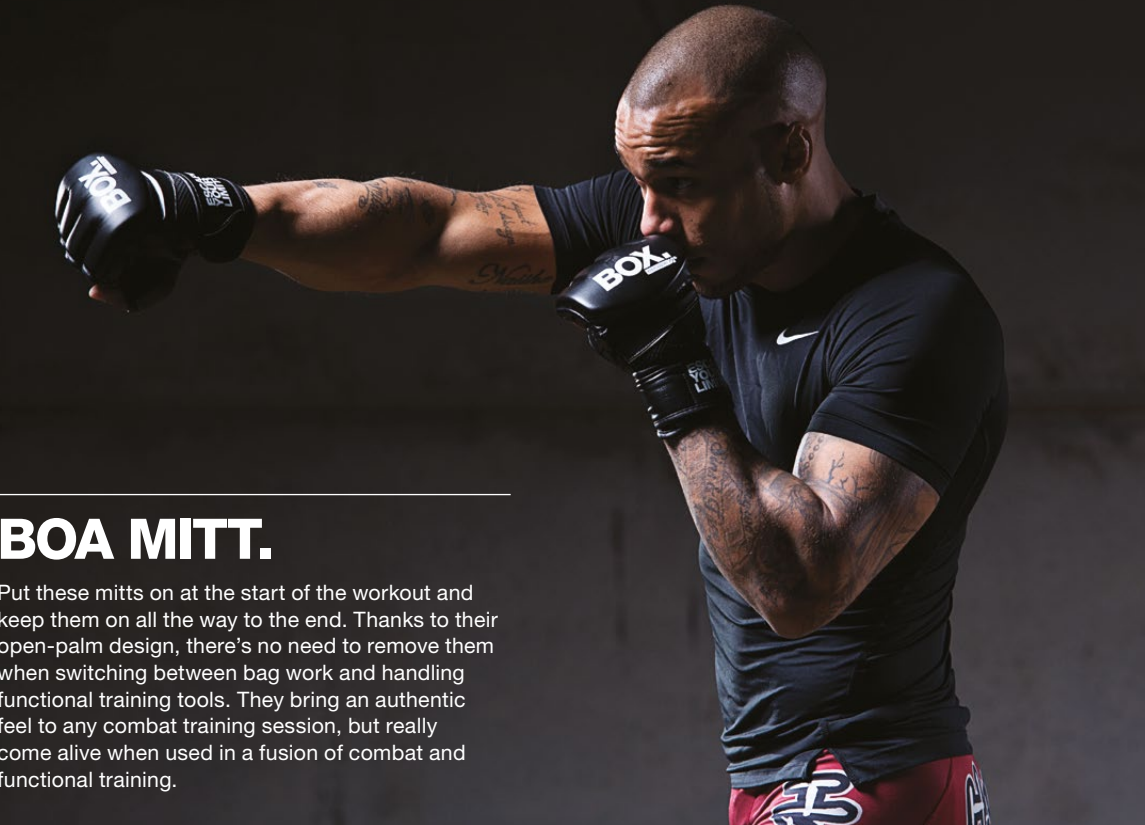
### EXPERT TIP.

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.

<b>EBOX-MM</b>	12oz	Punch Mitts – Green
<b>EBOX-TG8G</b>	8oz	Training Gloves – Green
<b>EBOX-TG10R</b>	10oz	Training Gloves – Red
<b>EBOX-TG12B</b>	12oz	Training Gloves – Black







# BOA MITT.

Put these mitts on at the start of the workout and keep them on all the way to the end. Thanks to their open-palm design, there's no need to remove them when switching between bag work and handling functional training tools. They bring an authentic feel to any combat training session, but really come alive when used in a fusion of combat and functional training.

**TECH SPEC.**  
At a weight of 8oz per mitt, these are noticeably lighter than regular boxing gloves at 12-16oz, and put hands into a more natural position than gloves. So as well as being great for blended combat/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/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.



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

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

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

**EBOX-CHJP** Curved Hook and Jab Pads – Pair

**SPECIFICATION.**  
Size 80mm x 200mm.

**DUAL-DENSITY PALM PADS AND WRIST SUPPORT.**



**EASY CLEAN, HYGIENIC TECHNOLOGY.**





**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.



**D1 TOUGH GTEX SURFACE.**

**D2 CORE STABILITY CELLS.**

**D3 HIGH-DENSITY OUTER FOAM.**



### TECH SPEC.

The core of the Thai Bag comprises dense rebonded foam, identical to the Escape Focus Pro Punchbag. This premium quality material has been selected from several options for its ability to maintain its shape and protect users during heavy workout routines.

### 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.

**THAI01** Thai Bag  
Size 1650mm x 350mm. Weight 70kg.

**PBSWC** Punchbag Swivel and Chains





# PRO PUNCHBAG.

Our Pro Punchbag is for the biggest hitters, larger in diameter and shorter in length than our other bags. It's the classic formula that's perfect for specialist boxing clubs and other facilities where bags take maximum punishment. The foam filling means it won't sag, maintaining its shape even after taking the most extreme abuse.



**TECH SPEC.**  
The double-layered canvas is made from GTEX, a synthetic leather material that is incredibly tough and resilient, yet also forgiving to users' hands.

**DESIGN.**  
Core stability cells work with the outer foam to help maintain the bag's shape. They also contribute to a realistic feel – serious boxers get a sensation that's very close to real fight conditions.

**EXPERT TIP.**  
Choose this bag if you want to give your members a realistic, serious boxing experience. The high density outer foam is designed to stay in place, which is a dramatic improvement over inferior alternatives that sag over time.

EPPBV3	Pro Punchbag - black Size 450mm x 1200mm. Weight 41kg.
PBSWC	Punchbag Swivel and Chains

# FOCUS PRO™ PUNCHBAG.

Narrower and longer than the Pro Punchbag, the Focus Pro is a great all-round bag. The increased vertical surface area and number markings make it perfect for technique drills and punch combinations, giving the user a visual target to aim for.



**TECH SPEC.**  
The flexibility of the central 'spine' of this bag is crucial. Just as a human torso flexes when it is punched, so too do our Pro and Focus Pro Punchbags.

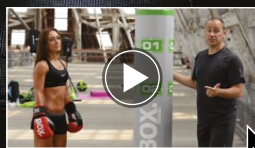
**DESIGN.**  
The GTEX surface features target zones that are vital for serious boxers who want to improve their accuracy and develop their coordination in punch combinations.

**EXPERT TIP.**  
To reduce the risk of injury to users, it is advisable to choose a punchbag that will retain its shape. The Focus Pro Punchbag has been designed specifically to retain its shape at all times.

FHPBV3	Focus Pro Punchbag Size 350mm x 1300mm. Weight 65kg.
PBSWC	Punchbag Swivel and Chains
<b>REPLACEMENT CARABINER HOOKS.</b>	
CARA001	Carabiner Hook 8mm
CARA002	Carabiner Hook 10mm



# NO NEED FOR WALL FIXINGS: THIS BAG WORKS ANYWHERE.



To watch the Freestanding Punchbag instruction video, visit:  
[www.escapefitness.com/video](http://www.escapefitness.com/video)

## 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 750mm x 1820mm. Weight 72kg.

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

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







# UPPERCUT PRO™ PUNCHBAG.

Our Uppercut Pro Punchbag has had a makeover but it's still as tough as ever. This 3-in-1 bag means users can simultaneously work on punching technique, hand-eye coordination and perfecting those all-important uppercuts.

- TECH SPEC.**  
Precise construction and tough materials ensure this bag won't split or break down with use.
- DESIGN.**  
The oversized design of this 3-in-1 bag offers the ultimate destination to practise a variety of punches. It can be included in functional circuits for conditioning or with serious boxers to work on a variety of techniques at a single punchbag station.
- EXPERT TIP.**  
Team the Uppercut Pro Punchbag with either the Pro or Focus Pro Punchbag to provide members with everything they need to get the most out of their boxing-style training sessions.

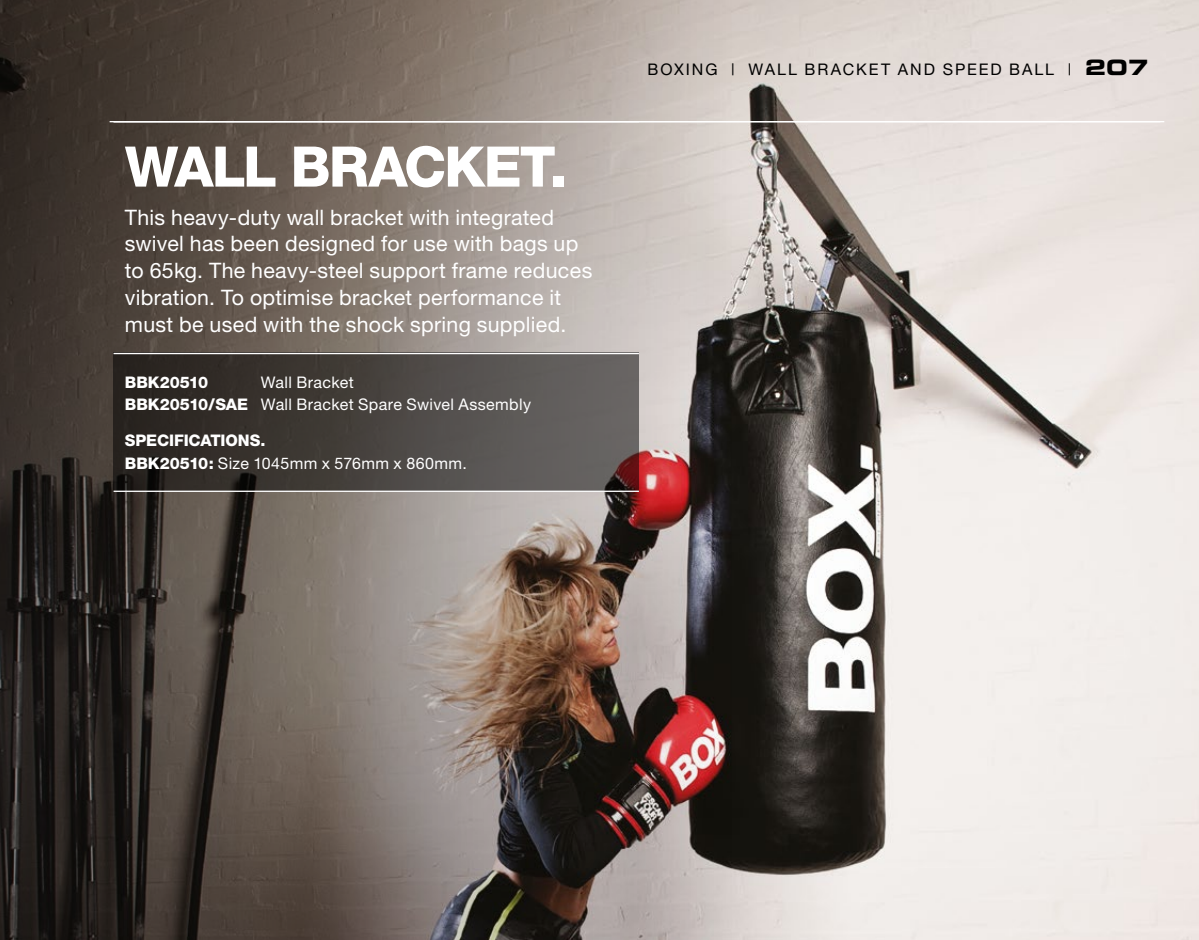
<b>EBOX-UCPB</b>	Uppercut Pro Punchbag Size 370mm x 1040mm. Weight 32 kg.
<b>PBSWC</b>	Punchbag Swivel and Chains



# WALL BRACKET.

This heavy-duty wall bracket with integrated swivel has been designed for use with bags up to 65kg. The heavy-steel support frame reduces vibration. To optimise bracket performance it must be used with the shock spring supplied.

<b>BBK20510</b>	Wall Bracket
<b>BBK20510/SAE</b>	Wall Bracket Spare Swivel Assembly
<b>SPECIFICATIONS.</b>	
<b>BBK20510:</b> Size 1045mm x 576mm x 860mm.	



# SPEED BALL AND PLATFORM.

Escape's Speed Ball Platform is durable enough to withstand the demands of heavy use club environments. Heavy-steel support bars prevent vibration associated with lighter platforms.

- TECH SPEC.**  
The swivel mechanism is essential to the experience of using the Speed Ball: ours is precision engineered using high quality precision thrust and roller bearings.
- DESIGN.**  
Changing the height of the platform is easy, so it can be quickly set at the optimum position for each user.
- EXPERT TIP.**  
Hitting a speedball requires a different technique to punchbag work. The hands will be in a more open position and kept close to the ball in order to generate more speed.

<b>BBK20500</b>	Speed Ball Platform Size 600mm x 460mm x 870mm.
<b>BBK20500/SA</b>	Speed Ball Platform Spare Swivel
<b>EBOX-SB</b>	Speed Ball





# LEATHER JUMP ROPE.

Thicker and heavier for a gruelling upper body workout. This rope will take pride of place in the workouts of boxers and martial arts athletes.

DESIGN.	TECH SPEC.	TESTING.
A heavier and thicker rope – the Leather Jump Rope is perfect for specialist combat and boxing gyms.	The weight of the rope means the user has to work the upper body and the arms, which gets the heart racing.	The Leather Jump Rope is stress tested to 50,000 rotations to ensure maximum durability.



EST-SRL Leather Jump Rope - Length 3m

# 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.	EXPERT TIP.	TESTING.
A lightweight rope that is a true all-rounder – ideal for PTs who are on the go or for incorporating into group training sessions.	A great tool to improve endurance, coordination and timing. Up the speed as technique improves.	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 CrossFitters to perfect double-unders due to its roller-bearing handles and ultra-lightweight rope.

DESIGN.	EXPERT TIP.	TESTING.
Designed with passionate CrossFitters in mind, this ultra-thin rope is ideal for perfecting double-unders.	Use jump ropes with members or clients who want to tone up and build muscle. This exercise provides a complete body workout.	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



BOXING.



For more information and to watch the Jump Rope video, visit:  
[www.escapefitness.com/new-products/jump-ropes](http://www.escapefitness.com/new-products/jump-ropes)



## 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.

MATS	212
ROLLERS	220
GYM BALLS	222
BOSU®	225
AIR STABILITY DISC	225
DUAL ACTION PUMP	225



# MATS.

Our range of mats has been expertly designed and constructed, offering the greatest possible experience to a user – seasoned pro or absolute beginner alike. They are versatile, hard-wearing and hygienic.



## COMPARISON CHART.

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

# HOW TO CHOOSE.



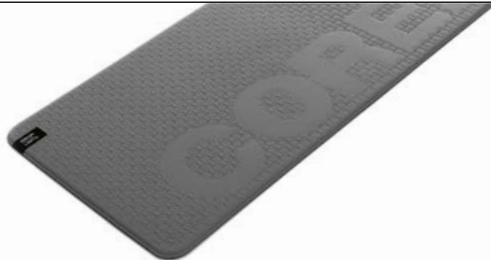
## 01 YOGA MAT.

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



## 02 ECO YOGA MAT.

This Eco Yoga Mat has a safe and grippy surface, and is produced with the environment in mind. Latex foam, anti-slip base.



## 03 CORE MAT.

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



## 04 FLEX MAT.

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



## 05 MULTI MAT.

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



## 06 COMBAT MAT.

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

FLEXIBILITY.





## YOGA MAT.

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

### TECH SPEC.

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

### DESIGN.

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

### STORAGE.

Store the Yoga Mats on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 217) to keep your studio mats in top condition.

**YMAT01** Yoga Mat – Black

### SPECIFICATION.

Size 1830mm x 610mm x 4mm.



Eyelets for hanging on Escape's mat storage racks.

## ECO YOGA MAT.

Our Eco Yoga Mat is toxin-free so has good environmental credentials. This is primarily a yoga mat but, given its premium look and feel, can be used for other stretching-based work too.



### TECH SPEC.

Toxin-free construction helps protect the environment from hazardous chemicals. Latex foam, anti-slip base.

### DESIGN.

Offers the user a safe and stable foundation on which to enjoy and develop their yoga with a sure grip-surface.

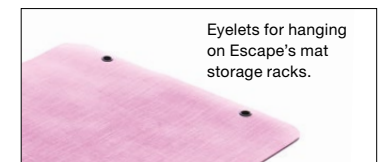
### STORAGE.

Store the Eco Yoga Mat on the Freestanding Mat Storage Rack or the RACK5 Mat Attachment (page 217) to keep your studio mats in top condition.

**EST-EYMAT** Eco Yoga Mat – Pink

### SPECIFICATION.

Size 1830mm x 610mm x 4mm.



Eyelets for hanging on Escape's mat storage racks.

## YOGA BLOCK AND STRAP.

### YOGA BLOCK.

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

### YOGA STRAP.

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

**EST-YOGB** Yoga Block – Pink  
**EST-YOGS** Yoga Strap – Black

### SPECIFICATIONS.

**EST-YOGB:** Size 220mm x 140mm x 75mm.

**EST-YOGS:** Size 1710mm.





## CORE MAT.

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

### TECH SPEC.

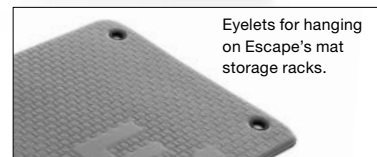
Welded and laminated foam and PVC cover is easy-to-clean and has eyelets for safe and hygienic storage.

### DESIGN.

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

### STORAGE.

Store the Core Mat on the Freestanding Mat Storage Racks or the RACK5 Mat Attachment (page 217) 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 217) to keep your studio mats in top condition.



**EST-FMGRY** Flex Mat – Anthracite

### SPECIFICATION.

Size 1840mm x 610mm x 10mm.

## FREESTANDING MAT STORAGE.

These sleek multi-mat storage racks are suitable for all Escape mats with eyelets, keeping them safe, dry and tidy when not in use.

01

### FREESTANDING MAT STORAGE RACK

Store up to 140 mats with this stylish storage solution.



#### 01. ESC6RACKS Freestanding Mat Storage Large

This rack can store up to:

96 x Yoga Mats, 140 x Eco Yoga Mats,  
48 x Core Mats or 48 x Flex Mats.

#### 02. RACK5B5

RACK5 Mat Attachment (RACK5 sold separately)

This rack can store up to:

65 x Yoga Mats, 65 x Eco Yoga Mats,  
25 x Core Mats or 25 x Flex Mats.

### SPECIFICATIONS.

**ESC6RACKS:** Size 2014mm x 710mm x 744mm. Weight 46kg.

**RACK5B5:** Size 400mm x 110mm x 356mm

### ESCPAD

Rubber Protector Pad for Racks

02

### RACK5 MAT ATTACHMENT

Can easily be attached to the RACK5 (sold separately) or mounted on to a wall. For more information on the RACK5 see page 40.



### PLEASE NOTE:

Racks are shown storing the Flex Mat, Core Mat and the Eco Yoga Mat. Rubber Feet not included.



# MULTI MAT.

A long-lasting, hard-wearing stretch mat. Available in two sizes, 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.



# COMBAT MAT.

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

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

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

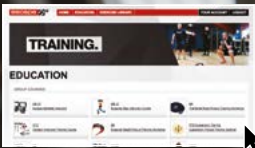
**EXPERT TIP.**  
Develop an international-standard judo area, as this mat's dimensions are the same as the international standard for judo mats. It is a great choice for all ability levels.

- COMBAT2** Combat Mat – Red
- SPECIFICATION.**  
Size 2000mm x 1000mm x 40mm.



FLEXIBILITY.





**PRODUCT TRAINING AVAILABLE.**  
For more information and to order your  
online Product Training Workshop, visit:  
[www.escapefitness.com/training](http://www.escapefitness.com/training)



# 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 but still 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 wipe down.

**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** Ultraflex Soft Roller – Purple (whilst stocks last)  
**SPECIFICATION.**  
Size 460mm x 140mm.



# UBERSOFT ROLLER.

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

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

**FLOORING.**  
Use the Ubersoft Roller on Escape Flexi-Soft flooring for a comfortable rolling experience (see **page 243**).

**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.

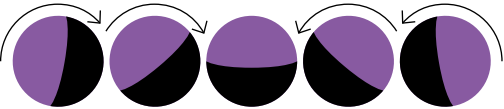


FLEXIBILITY.



# STEADYBALL.™

Designed specifically for core stability and balance work. The unique, safe and stylish two-tone Steadyball has self-levelling technology which means it won't roll away.



**TECH SPEC.**

Our balls are made from anti-burst foam PVC, so there is little risk of sudden deflation. Plus they're fully tested with a safe maximum user weight of 110kg.

**FLOORING.**

Use the Steadyball on Escape Flexi-Soft flooring to protect hands and knees, and to keep the ball in top condition (see page 243).

**STORAGE.**

Keep Steadyballs tidy with the STAKR™ Rings or the 9 Ball Storage Rack.

- EST-GB55 55cm Steadyball – Purple
- EST-GB65 65cm Steadyball – Green
- EST-GB75 75cm Steadyball – Blue



# GYM BALL STORAGE.

The 9 Ball Rack is a robust steel tube storage solution that can hold your Steadyballs safely. Or when you're short of space, STAKR™ Rings provide the perfect storage solution.



- EST-GBSR STAKR Rings
- 9GBR 9 Ball Storage Rack

**RACK SPECIFICATION.**  
Size 1750mm x 1300mm x 1300mm.

Steadyballs sold separately.

FLEXIBILITY.



## DURA-BALL PRO.

The Dura-Ball Pro is a great all-round ball that's perfect for stretching, and core stability, abdominal and flexibility work.

<b>DURA45</b>	45cm Dura-Ball Pro – Blue
<b>DURA55</b>	55cm Dura-Ball Pro – Red
<b>DURA65</b>	65cm Dura-Ball Pro – Black
<b>DURA75</b>	75cm Dura-Ball Pro – Silver

All Dura-Ball Pros have a 500kg burst resistance.



## MAX BALL.

The Max Ball has been specifically designed for strength training. The dimpled, non-slip surface prevents the ball from slipping when using heavy weights.

<b>MAXBAL55</b>	55cm Max Ball – Anthracite
<b>MAXBAL65</b>	65cm Max Ball – Gold

All Max Balls have a 750kg burst resistance.



## BOSU® AND STORAGE RACK.

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

**RACK5** Holds 5 BOSU® Pro Balance Trainers

### SPECIFICATIONS.

**RACK5:** Size 1850mm x 600mm x 700mm. Weight 75kg.

**BOSUs sold separately.**



## 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



## 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.	TECH SPORT.	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	Functional, indoor or outdoor areas	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	10mm	12mm	10mm	8mm, 10mm, 12mm
PRODUCT SIZE	Rolls from 1.25m x 10m	7mm or 9mm pad with 3mm PU layer	3mm granules	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	100% EPDM granules and high strength PUR binders	Polypropylene	Recycled rubber (80%) and EPDM (20%)	Recycled rubber (80%) and EPDM (20%)
COLOURS	6 base colours with white lines	Available in a range of 20+ colours	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	Professional install required	DIY install 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 4 colours	Available in a range of 4 colours
RECOMMENDED INSTALLATION	Professional install required	DIY install or professional install	DIY install or professional install	DIY install or professional install	DIY install 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.

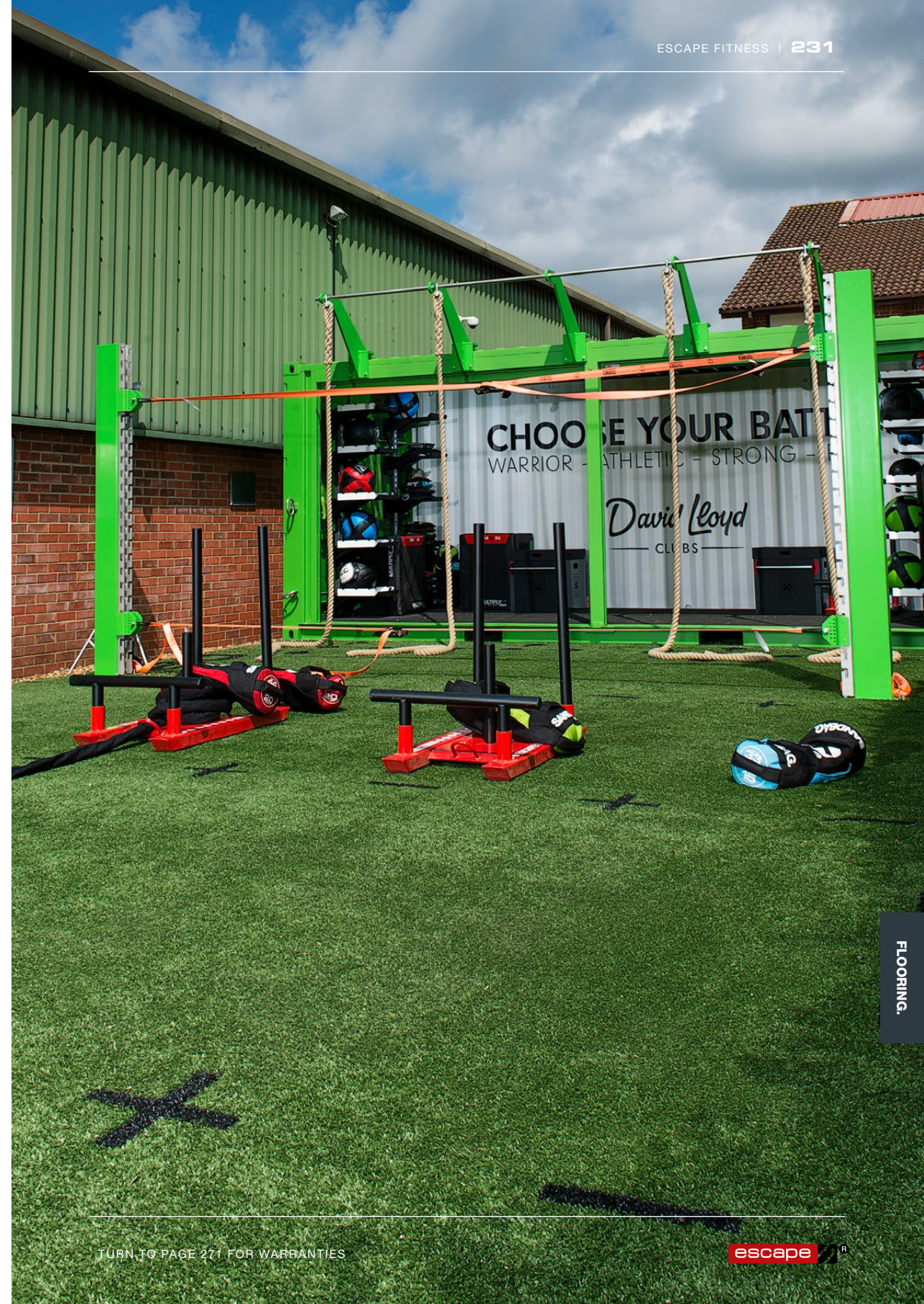
Available in six standard colours: black, green, orange, red, slate and tan. Escape can create bespoke zones and layouts.

### 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.

<b>STURFB</b>	Shockturf - Black	■
<b>STURFG</b>	Shockturf - Green	■
<b>STURFO</b>	Shockturf - Orange	■
<b>STURFR</b>	Shockturf - Red	■
<b>STURFS</b>	Shockturf - Slate	■
<b>STURFT</b>	Shockturf - Tan	■

Please call for markings options and installation details.







## 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, Energy Gym 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.

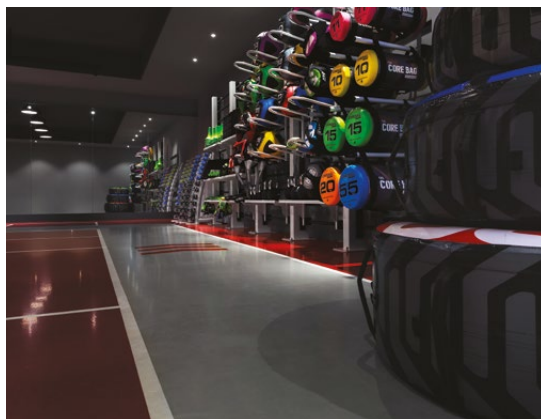
### DESIGN.

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.



## TECH SPORT.

Designed for endurance, this surface is perfect for functional zones. The range of 20 fade-resistant colours allows you to get amazingly creative, and line markings like ladders and target zones can also be added.

### TECH SPEC.

This multi-use flooring is tough, long-lasting and a cost effective option that allows for shrinkage and expansion, eliminating splitting. If there is a need, then localised repair can easily be carried out.

### USAGE.

Use indoors or out as the EPDM textured surface is non-slip, even when wet. Due to its structure, it is easy to clean as dirt cannot seep into joints, making it incredibly hygienic.

### INSTALLATION.

This semi-fluid system is mixed and poured on site, which means you can adjust the thickness to suit individual requirements. It provides a durable, seamless, highly-elastic and flexible alternative to traditional flooring systems.

Please call for prices, colour 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.

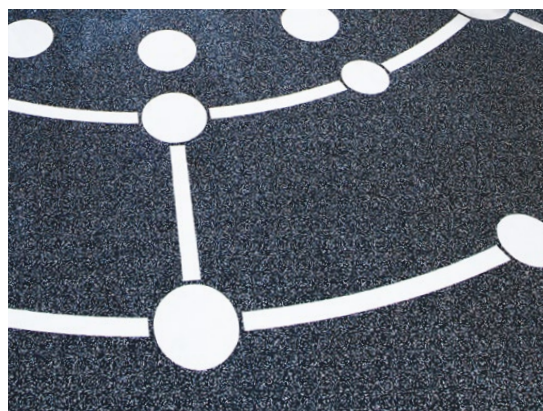
### USAGE.

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](http://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.

<b>GRASS10</b>	1.5m x 10m Speed Track
<b>GRASS12</b>	1.5m x 12m Speed Track
<b>GRASS15</b>	1.5m x 15m Speed Track
<b>GRASS20</b>	1.5m x 20m Speed Track
<b>GRASS25</b>	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](http://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.

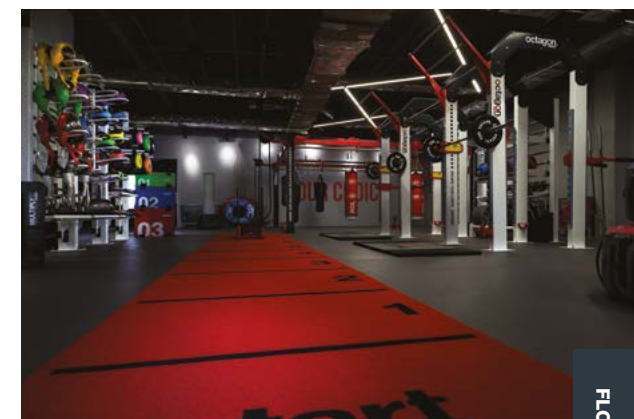
Facilities do not have to install a permanent track to benefit from speed training. The Portable Speed Track can be easily rolled out, used for training sessions and packed away after use.

### DESIGN.

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

<b>PORTST10</b>	1.5m x 10m Portable Speed Track
<b>PORTST12</b>	1.5m x 12m Portable Speed Track
<b>PORTST15</b>	1.5m x 15m Portable Speed Track
<b>PORTST20</b>	1.5m x 20m Portable Speed Track
<b>PORTST25</b>	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.	EVERROLL BLACK LINE.
Aerobic studios	10mm	8mm	–
Indoor cycling studios	10mm	8mm	–
Cardiovascular areas	10mm	8mm	–
Boxing studios	10mm	8mm	–
Free weight areas	10mm	10mm	12mm
Heavy free weight areas	–	12mm	–
Main gym areas	10mm	8mm	10mm
Indoor play areas	–	10mm	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.





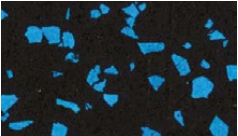
# EVERROLL® CLASSIC.

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.

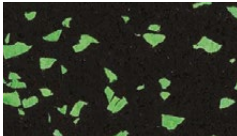
- MAT500** 8mm High Density
- MAT501** 10mm High Density
- MAT502** 12mm High Density

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

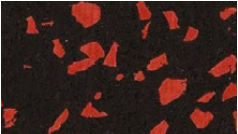
COLOUR OPTIONS.



Blue Fleck



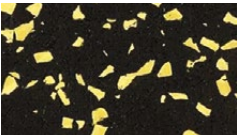
Green Fleck



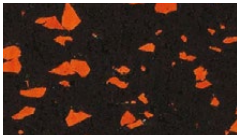
Red Fleck



Charcoal Fleck



Yellow Fleck



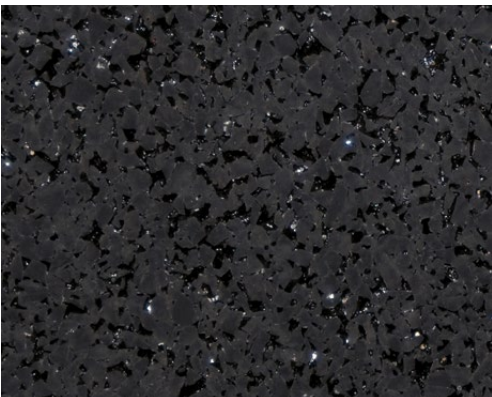
Orange Fleck

# EVERROLL® BLACK LINE.

Suitable for all light applications throughout the gym, this durable, medium-density matting offers entry-level protection and shock absorption.

- MAT506** 10mm Medium Density – Black Fleck
- MAT507** 12mm Medium Density – Black Fleck

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



Black 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.

- 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.



THE SHOCK PAD SYSTEM  
FITS UNDERNEATH YOUR  
EVERROLL FLOORING.



**INTEGRATED  
LIFTING  
PLATFORM.**

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

**MADE IN EUROPE**

TECH SPEC.

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

PROTECTIVE.

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

INSTALLATION.

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

EVERROLL WEIGHT LAYER 43MM.

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

43MM SPECIFICATION.

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

EVERROLL WEIGHT LAYER 27MM.

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

27MM SPECIFICATION.

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

For Classic colours see **page 240**.  
Please call for Stone colour options and installation details.







## FLEXI-TUF.

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

### USAGE.

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

### DESIGN.

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

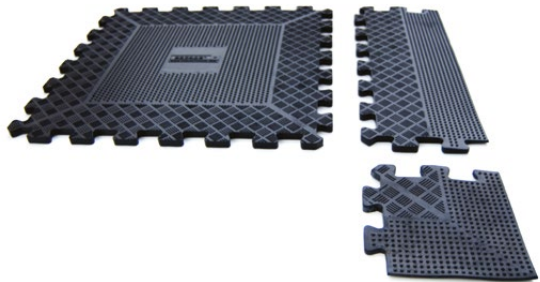
### INSTALLATION.

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

<b>MATFT12</b>	Flexi-Tuf Floor Tile
<b>MATES12</b>	Flexi-Tuf Edge Strip
<b>MATCB12</b>	Flexi-Tuf Corner Piece

### SPECIFICATION.

<b>MATFT12:</b>	Size 500mm x 500mm x 12mm.
<b>MATES12:</b>	Size 500mm x 190mm x 12mm.
<b>MATCB12:</b>	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.

<b>MAT510S</b>	Flexi-Soft Foam Coloured Tile
<b>MAT511S</b>	Flexi-Soft Foam Coloured Edge Strip
<b>MAT512S</b>	Flexi-Soft Foam Coloured Corner

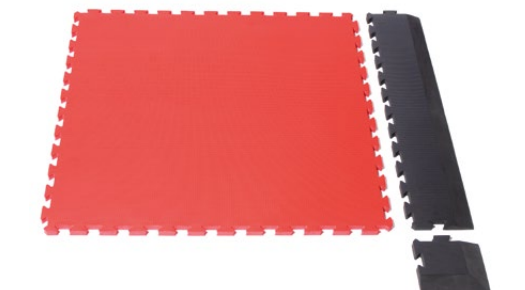
### SPECIFICATION.

<b>MAT510S:</b>	Size 1000mm x 1000mm x 20mm.
<b>MAT511S:</b>	Size 1000mm x 185mm x 20mm.
<b>MAT512S:</b>	Size 185mm x 185mm x 20mm.



### AVAILABLE IN FOUR COLOURS.

			
Blue.	Red.	Grey.	Black.







## 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 242](#).

### PROTECTIVE.

A good base support with an element of cushioning.

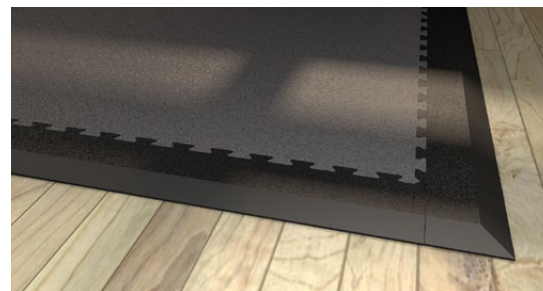
- MAT510** Flexi-Hard Foam Coloured Tile  
**MAT511** Flexi-Hard Foam Coloured Edge Strip  
**MAT512** Flexi-Hard Foam Coloured Corner

### SPECIFICATION.

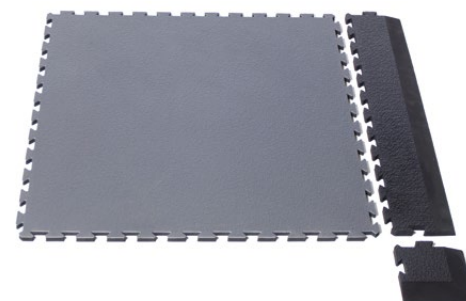
**MAT510:** Size 1000mm x 1000mm x 20mm.

**MAT511:** Size 1000mm x 185mm x 20mm.

**MAT512:** Size 185mm x 185mm x 20mm.



### AVAILABLE IN FOUR COLOURS.



## 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 104](#) 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.

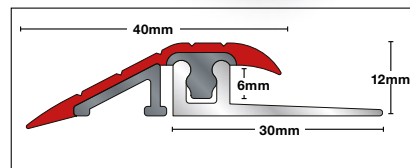
- 01. EFCSPRINT** Sprint Everyday Floor Cleaner (5 litre)  
**02. EFCPOWER** Power Floor Cleaner (5 litre)

**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)



01

02

03



## UNIVERSITY OF GEORGIA.

### BACKGROUND.

University of Georgia (UGA) comprises 17 schools and colleges attended by more than 36,000 students. There is huge interest in fitness among the student body and the faculty, which has fuelled extensive renovations and improvements to UGA's Ramsey Student Center. Part of this programme was the transformation of an underused martial arts studio into a new functional training room, as a positive response to the growing demand for functional training.

### THE PROJECT.

The project was a partnership between UGA, Escape distributors Advantage Sport & Fitness of Ithaca, New York, and Escape's UK-based gym design team. The impressive new facilities include frames and racks from Escape's Octagon range: BOX and HTS frames, and Hub Storage Walls. Escape training tools available for users include Sandbags, Bulgarian Bags, Slamballs, Kettlebells, Corebags, Plyosoft Boxes, TIYRs, a Quad Sled, Battle Ropes and Medballs.

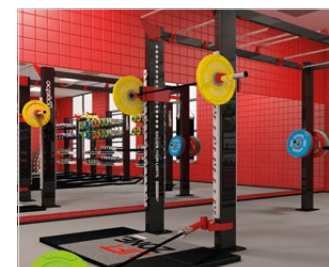
### RESULTS.

One of the success factors in this project was that UGA thought hard about the programming they wanted to offer, and then chose equipment to make it possible. This helped them meet their goals of increasing patronage and improving the user experience. The functional training room is a world class facility used for PT sessions and group classes; an amazing destination that inspires users to get moving in more ways than ever before.

### WHY ESCAPE?

Students are excited by the opportunity to get in the functional training room, and when they do they rave about how much fun it is. We are ecstatic to continue to get more and more students in the room and experience all it has to offer.

**Scottie Gray, Assistant Director for Fitness and Wellness, University of Georgia**





## 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.

After attending our workshops and courses, coaches and trainers say that they are able to add more value to their club members. Individual PT workouts and group sessions are created and delivered to a higher standard, with members getting more fitness benefits and having a great time too.

The Escape Training solutions are available in three ways:

### OPTION ONE – PRODUCT TRAINING WORKSHOPS.

Option one is a Product Training Workshop that ensures trainers are familiar with a type of product, whether it's kettlebells, SMR rollers and so on. These REPs accredited workshops are cost effective, yet full of information that will enhance any trainer's ability to run one-to-one and group sessions with clients.

### OPTION TWO – INSTRUCTOR TRAINING COURSES.

Option two is a one-day or two-day Instructor Training Course that goes into more detail about the products and training styles, with information about creating workouts with varying movements, reps, times and sets.

### OPTION THREE – CLUB PROGRAMMES.

Option three is In-Club Programming and support via the online portal to further enable trainers to deliver exciting programmes and workouts. The programme models are designed to attract a variety of members and target all areas of fitness.

Customers can enter the system at any level and after consultation with Escape Training we can suggest the best development programme for your training team, based on achieving better results for your members and your bottom line. It all adds up to highly beneficial opportunities for trainers to come away more confident and capable in helping members to get more from their gym time than has ever been possible. This in turn ensures gyms and clubs see better return on their investment in products and in their training staff.

PRODUCT TRAINING WORKSHOPS	250
INSTRUCTOR TRAINING COURSES	251
IN CLUB GROUP PROGRAMMING	252
ESCAPE YOUR LIMITS APP	260
TIME 2 TRAIN APP	262



# 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.



## BATTLE ROPE – ONLINE PRODUCT TRAINING.

- Benefits of the Escape Battle Rope.
- Where to integrate Battle Rope training.
- Battle Rope exercises.

TRAIN01



## BULGARIAN BAG – ONLINE PRODUCT TRAINING.

- Introduction to the Bulgarian Bag.
- Benefits of the Bulgarian Bag.
- Foundation and essential exercises.

TRAIN02



## KETTLEBELL – ONLINE PRODUCT TRAINING.

- Kettlebells explained.
- The Swing and the Clean.
- Kettlebell workouts.

TRAIN03



## MEDICINE BALLS – ONLINE PRODUCT TRAINING.

- Benefits of power training with medballs.
- Key considerations.
- Medball training and exercises.

TRAIN04



## TIYR – ONLINE PRODUCT TRAINING.

- Get the most from your TIYR.
- Individual and partner exercises.
- TIYR challenges.

TRAIN05



## GRIPR – ONLINE PRODUCT TRAINING.

- Introduction to the GRIPR.
- Benefits of the GRIPR.
- GRIPR exercises and workouts.

TRAIN06



## PLYOMETRICS – ONLINE PRODUCT TRAINING.

- Benefits of plyometrics.
- Why should we use plyometric exercises?
- Stabilisation, eccentric and concentric exercise.

TRAIN07



## COREBAG – ONLINE PRODUCT TRAINING.

- Benefits of the Corebag.
- Fundamental and compound movements.
- Corebag workouts.

TRAIN08



## SMR ROLLERS – ONLINE PRODUCT TRAINING.

- Benefits of SMR.
- How to perform SMR.
- The myofascial release positions.

TRAIN09



## SANDBAG – ONLINE PRODUCT TRAINING.

- Benefits of the Sandbag.
- Fundamental and compound movements.
- Sandbag workouts.

TRAIN10



## CMT – ONLINE PRODUCT TRAINING.

- Benefits of the CMT.
- CMT programming.
- Long range and end range exercises.

TRAIN11



## DECK 2.0 – ONLINE PRODUCT TRAINING.

- Key Deck 2.0 features.
- Safety features of the Deck 2.0.
- Deck 2.0 exercises.

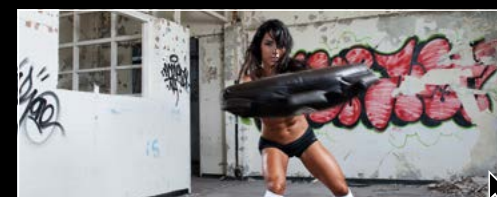
TRAIN12

# 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 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 Spin.
- The Arm Throw.
- The Swing and Catch.
- Using the Bulgarian Bag in training sessions.
- Bulgarian Bag workouts.
- Time: 8 hours.
- REPs CPD Points: 8.



BBI01 Bulgarian Bag - Instructor Training Course



## KETTLEBELLS – INSTRUCTOR TRAINING COURSE.

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



EKI01 Kettlebells - Instructor Training Course

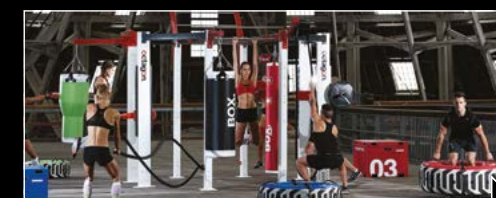


## OLYMPIC WEIGHTLIFTING – INSTRUCTOR TRAINING COURSE.

- History of Olympic Lifting.
- Introduction to Olympic Lifting.
- The Clean.
- The Jerk.
- The Snatch.
- Squat and Romanian Deadlift.
- Weightlifting workouts.
- Time: 8 hours.
- REPs CPD Points: 16.



OWI01 Olympic Weightlifting - Instructor Training Course



## OCTAGON – 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.
- REPs CPD Points: 8



OCT Octagon - Instructor Training Course





## IN-CLUB GROUP PROGRAMMING.

The demand for brilliant group training experiences is growing fast. At the same time, functional training tools are often under-used in clubs. That's why we've created a solution: group training programmes that activate the equipment by showing members how to use it effectively, and that deliver amazing experiences focused on achieving their best ever fitness results.

### WHY GO GROUP FUNCTIONAL?

Group functional training actually achieves two things at once. First, every group training programme should include instruction in the proper use of functional equipment. Second, for a challenging, fun, varied and results-focused workout experience, nothing quite matches a great functional workout in a group environment.

Members who get into this style of training are more likely to feel fully engaged with fitness – and with the club and trainers making it happen for them.

### WHO CREATES PROGRAMMING FOR YOUR CLUB?

A big challenge for clubs is that programme development is often left to one or two members of the training team. That's all right initially, but when these trainers leave the club it can be difficult to maintain the programme, so member satisfaction is affected.

Escape has the solution: complete packages of trainer instruction and workout programming designed to ensure consistent delivery over the long term. Regardless of changes in personnel, the programming stays in place, owned by the club and designed to be run by any competent instructor.



### YOUR READY-TO-RUN 'BUSINESS IN A BOX' GROUP TRAINING SOLUTIONS

Everything you need is included, accessible online on the Escape Training portal and in an impressive set of binders presented in a smart box:

- Comprehensive instruction manuals for trainers.
- Videos and coaching notes of ready-to-run workouts and individual exercises.
- Instruction specific to each type of equipment, including relevant Product Training Workshops.
- Marketing materials to help you promote the programmes to members.

These packages give your club tools that enable you to get the programmes up and running fast, and include many months of scheduling. They ensure consistency of delivery, even when several trainers are involved, and will help members to achieve their best ever results.

These programmes personalise functional training for members. They get intense periods of instruction from trainers and the best workouts they've ever had.

With three unique programmes in Escape's suite - HIIT THE DECK, MOVE IT and BATTLE FIT - now every base is covered for every club and member.



### CORE PRINCIPLES OF ESCAPE'S PROGRAMMES

When you invest in programming it needs to be there for consistent delivery over the long term. To do this, there are a few essential features of Escape's functional group programming:

**Flexible.** By offering you a suite of programming styles, you can select which ones suit your brand and are right for your target audiences.

**Expandable.** Trainer education resources will enable all your trainers to deliver the programmes. This means you can grow the frequency of classes, either on a single site or across multiple locations.

**Progressive.** All of the programmes can be shaped to suit people fairly new on their fitness journey, and change with them as they develop their ability and needs.

**Varied.** Variety is essential for ultimate member satisfaction, which is why each programme includes multiple different workouts to keep people coming back.

**Fun!** Most people need a sense of fun to keep them motivated. So we include teamwork, partner drills, tests and challenges to create a real buzz during the workout.

**MOVE IT.**

**BATTLE FIT.**

**HIT THE DECK.**

Read all about our training programmes on **pages 254-259.**



## MOVE IT.<sup>®</sup> 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 whilst developing total body, functional strength and endurance.



To watch the MOVE IT promo video visit:

[www.escapefitness.com/training/move-it](http://www.escapefitness.com/training/move-it)

### 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.

#### As shown to right\*:

- 01 MOVE-IT Packaging
- 02 Programme Manuals, Workouts and Exercise Library
- 03 Online Exercise Library
- 04 Marketing Material

\*For illustrative purposes only.

Full list of what you will receive on right hand page.

01



02



03



04



### WHAT'S INCLUDED?

There are instruction manuals for trainers, 30-minute workouts, 45-minute workouts, warm-up and cool down exercises, bonus workouts, product-specific workshops, fitness tests, and an exercise library covering all of the workout components.

### 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 (videos with coaching notes).
- 24 workouts of 30 minutes (videos with coaching notes).
- 24 workouts of 45 minutes (videos with coaching notes).
- Warm-up and cool down exercises (videos with coaching notes).
- 30 Bonus Workouts (templates with coaching notes).
- 6 Fitness Tests (templates with coaching notes).
- 7 Product Training Workshops (online access to workshop materials including videos).
- Marketing materials (posters, flyers and social media content for you to use).

**MIB001** MOVE IT Training Programme

**MIB100** MOVE IT Face to Face Training - Two Day Course

Additional face-to-face Product Training Workshops:

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

### MOVE IT EQUIPMENT PACKS.

As well as the training/programming itself, clubs can also buy packs with the right equipment for MOVE IT, including Corebags, Core Momentum Trainers, Bulgarian Bags, Kettlebells and Slamballs.

#### MOVE IT EQUIPMENT PACKS.

**MIBP14** Up to 12 Users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 6 x CMTs
- 2 x Ridge Rollers
- 6 x Sandbags
- 2 x Speed Ladders
- 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

**MIBP20** 13-18 Users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 9 x CMTs
- 9 x GRIPRs
- 2 x Ridge Rollers
- 8 x Sandbags
- 2 x Speed Ladders
- 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

**MIBP30** 19-30 Users – MOVE IT Equipment Pack

- 10 x Adjustment Hurdles
- 12 x CMTs
- 12 x GRIPRs
- 2 x Ridge Rollers
- 12 x Sandbags
- 4 x Speed Ladders
- 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

Another recommended product to include with MOVE IT is the TRX and this can be purchased separately - see page 44.



# 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.



To watch the **BATTLE FIT** promo video visit:

[www.escapefitness.com/training/battle-fit](http://www.escapefitness.com/training/battle-fit)



## 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.

## As shown to right\*:

**01** BATTLE-FIT Packaging

**02** Workout Cards

**03** Online Exercise Library

**04** Marketing Material

\*For illustrative purposes only.

Full list of what you will receive on right hand page.



## 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).
- How-to Guide (binder and online pdf).
- Exercise Library (videos with coaching notes).
- Terminology Card (to explain the military terminology used in **BATTLE FIT**).
- **26** workouts of 35 minutes (videos with coaching notes).
- **5** Operational Fitness Tests (videos with coaching notes).
- **6** Product Training Workshops (online access to workshop materials including videos).
- Marketing materials (posters, flyers and social media content for you to use).

**BFB01** BATTLE FIT Training Programme

**BFB100** BATTLE FIT Face to Face Training - Day Course  
Additional face-to-face Product Training Workshops:

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

## BATTLE FIT EQUIPMENT PACKS.

As well as the training/programming itself, clubs can also buy packs with the right equipment for **BATTLE FIT**, including Battle Ropes, Slamballs, Core Momentum Trainers and TIYRs.

## BATTLE FIT EQUIPMENT PACKS.

**BFBP01** Up to 12 users – BATTLE FIT Equipment Pack

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

**BFBP02** 13-18 Users – BATTLE FIT Equipment Pack

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



# 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.



To watch the HIIT THE DECK promo video visit:  
[www.escapefitness.com/training/hiit-the-deck](http://www.escapefitness.com/training/hiit-the-deck)



# HIIT THE DECK.

escape fitness

## 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.

## As shown to right\*:

- 01 HIIT THE DECK Packaging
- 02 Programme Manuals, Workouts and Exercise Library
- 03 Online Exercise Library
- 04 Marketing Material

\*For illustrative purposes only.

Full list of what you will receive on right hand page.



## 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 Manual (binder and online pdf).
- Operations Guide (binder and online pdf).
- Exercise Library (videos with coaching notes).
- 6 exercise-to-music workouts of 45 minutes for large group programming (videos, coaching notes and ready-to-download music).
- 10 workouts of 20 minutes for small group programming (videos with coaching notes).
- 6 workouts for personal training (videos with coaching notes).
- 18 specialist boutique studio workouts covering lower, upper and total body (videos with coaching notes).
- The Deck Time Trial (video and template document).
- Marketing materials (posters, flyers and social media content for you to use).

**PLEASE NOTE:** HIIT THE DECK will be available Autumn 2017 for online delivery and as a one-day face-to-face course. For codes and prices please contact your sales representative.

## HIIT THE DECK EQUIPMENT PACKS.

As well as the training/programming itself, clubs can also buy packs that include the Deck 2.0 and additional equipment including Resistance Tubes, GRIPRs, Bulgarian Bags and Octagon Dumbbells.

## HIIT THE DECK CLUB EQUIPMENT PACKS

<b>HTDBB1</b> Beginners Pack	
▪ 1 x DECK	▪ 2 x 2.5kg Octagon Dumbbells
▪ 1 x Resistance Tube Level 2	▪ 2 x 7.5kg Octagon Dumbbells
▪ 2 x 4kg GRIPR	▪ 1 x 5kg Bulgarian Bag
<b>HTDBA1</b> Advanced Pack	
▪ 1 x DECK	▪ 2 x 10kg Octagon Dumbbells
▪ 1 x Resistance Tube Level 3	▪ 2 x 15kg Octagon Dumbbells
▪ 2 x 6kg GRIPR	▪ 1 x 8kg Bulgarian Bag

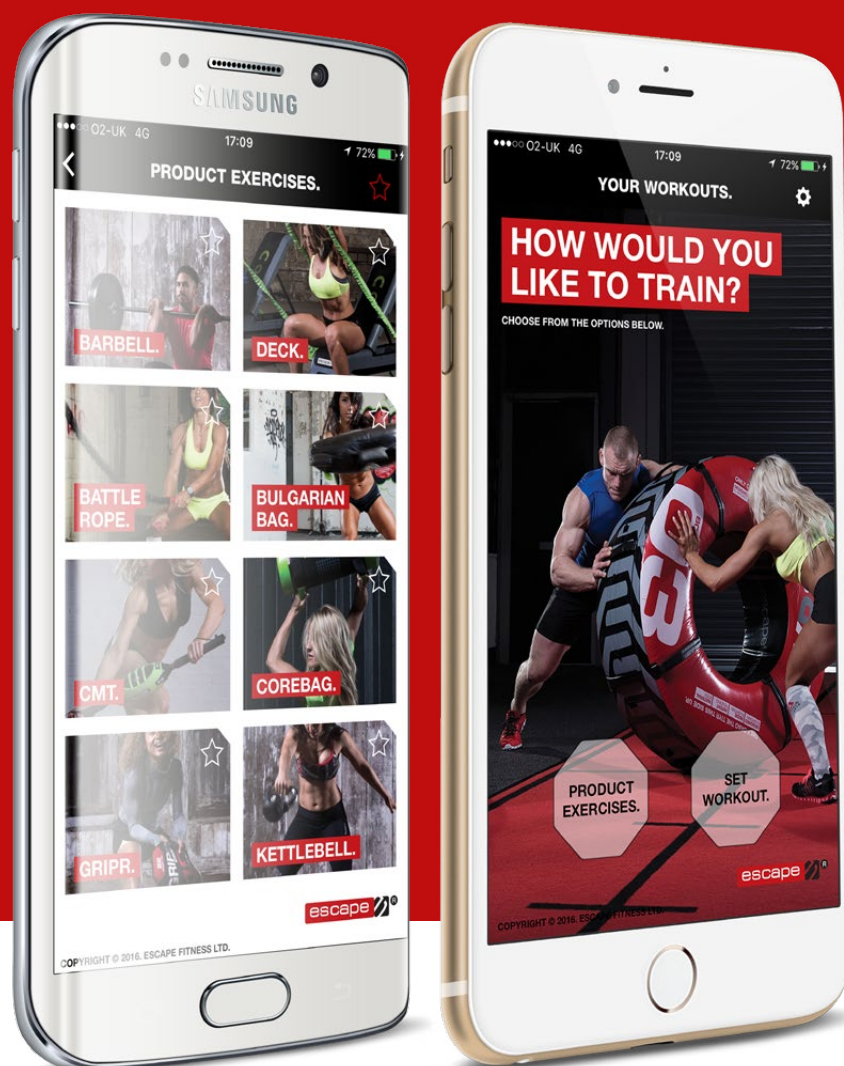
Storage to be selected following confirmation of quantity of equipment.



## THE ESCAPE YOUR LIMITS APP.

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

Available as a free download for Apple IOS and Android, the Escape Your Limits app has been designed to provide the gym goer, personal trainer or at-home enthusiast access to key workouts and exercises to help them get the most out of their Escape Fitness equipment. It demonstrates how to perform specific exercises, and provides workouts to achieve core improvement, strength, HIIT and weight loss goals.



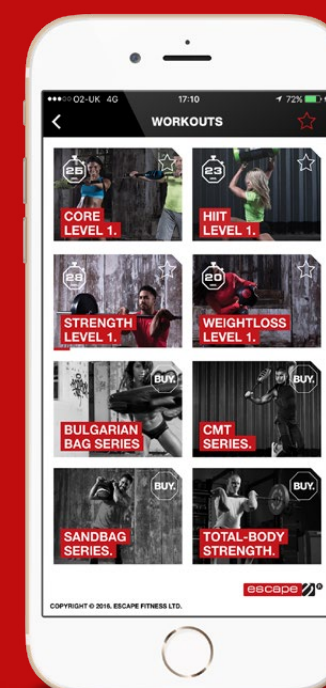
### FEATURES OF THE ESCAPE YOUR LIMITS APP.

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 and TIYR are all included. Additional exercise options and workout routines beyond those offered for free can be purchased in-app.



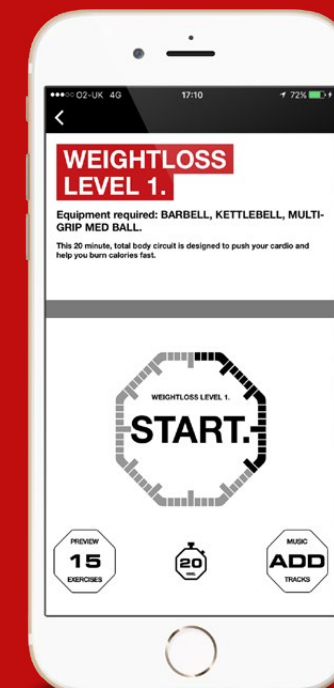
#### EXERCISES.

Escape Master Trainers help you perfect your technique with four exercises per product.



#### WORKOUTS.

Each workout brings together different equipment and exercises for variety and motivation.



#### TIMER.

The timer calculates your work and rest times for you – start the clock and away you go.

DOWNLOAD FREE ON THE  
APP STORE AND GOOGLE PLAY:





## GET YOUR HIIT TIMINGS PERFECT WITH THE TIME2TRAIN APP.

The Time2Train app is an easy-to-use way for PTs and members alike to track progress during workouts. With the four most useful metrics included, it's the ideal training partner for every workout.

For PT sessions, HIIT, circuits, athletics, cross training, bootcamps and more, it's a great way to add data, motivation or competition to workouts.



### TIME2TRAIN FEATURES THESE ESSENTIAL FITNESS METRICS:



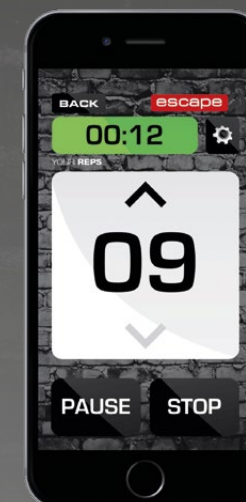
STOPWATCH TIMER.



COUNTDOWN TIMER.



TABATA TIMER.



REP COUNTER.

DOWNLOAD TIME2TRAIN FREE FROM THE APP STORE





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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. the FunXtion Experience Station, storage racks etc. Escape Fitness do not accept any liability for loss or damage incurred or suffered by the Customer as a result of inaccuracies made by them in the Order process. Accurate measuring is essential. To avoid the possibility of mistakes, use Escape Fitness's site survey service (see following details).

**MEASURING AND SURVEYS.**

When ordering large/heavy equipment or flooring, it is important that accurate measurements of the relevant area are supplied to ensure equipment will fit and can be used safely. Accurately measuring access points, corridors, lifts, stairs, and their height is equally important to ensure smooth delivery and installation. Escape Fitness offers a free site survey for those Customers who place an Order for both Goods and installation (expressed as a credit on the final invoice). The survey takes account of all these factors as well as the suitability of the product for a particular location. This service is also available for 'supply only' orders at a cost of £150+ VAT.

**DAMAGES AND DELIVERY DISCREPANCIES.**

All deliveries must be checked as soon as received and before the delivery note is signed as any discrepancy or damage in the consignment must be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the delivery note. If a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 01733 313535 with full details of the Goods ordered and the damage or discrepancy identified. At its sole discretion, Escape Fitness will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the delivery note or similar device operated by the carrier.

**CANCELLATIONS AND RETURNS (NOT APPLICABLE TO CUSTOMISED, BESPOKE AND SPECIAL ORDER GOODS).**

Once a quotation is accepted by the Customer placing an Order, Escape Fitness will issue an order confirmation. The customer may amend or cancel the Order within 14 days of the Order confirmation and provided the Order has not been dispatched. A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs. Escape Fitness reserves the right to reduce the above fee, in its sole discretion when the amendment sought by the Customer is de minimis or there are other exceptional circumstances justifying the same. Where Goods have been dispatched, the Customer may return some or all of the Goods for up to 14 days after receipt (as recorded by the carrier) provided that the goods are returned to the supplier at the Customer's cost and in new and unused condition with all the original labels and packaging intact. A fee of 20% of the Order value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by Escape Fitness's Customer Service Department.

**NON-RETURNABLE ITEMS.**

Unless Goods are damaged or faulty, any customised, bespoke, made-to-measure order equipment or flooring cannot be returned once an Order for confirmation has been issued. Items such as floor mats, gloves, mitts etc cannot be returned once dispatched for hygiene reasons.

**PRODUCT MEASUREMENTS.**

All sizes, weights and measurements are approximate. All products in Escape Fitness's functional range are subject to a tolerance of up to +/- 20%.

**UK SALES.**

**For UK sales direct from Escape please contact us as follows:**

- 1. **Freephone:** 0800 458 5558
- 2. **Website:** www.escapefitness.com
- 3. **Email:** sales@escapefitness.com
- 4. **Post:** Eastwood House, The Office Village, Cygnet Park, Hampton, Peterborough, PE7 8FD.

**When placing an order by post or email, the Customer should:**

- 1. Quote the product code, product description, quantity required, price, VAT and carriage costs.
- 2. Include their unique purchase order number (for account customers this must have been authorised by an appropriate signatory).
- 3. Print the name, department and position of the person placing the order.
- 4. Confirm the method of payment.
- 5. Provide the full postal delivery address.

NB Customers' purchase orders are only accepted from pre-approved Customers or account holders.

**PAYMENT.**

Customers may use the credit/debit cards shown.



Card payments are required for orders from non-account Customers.

**NON UK SALES.**

Please contact your local distributor for information on pricing and how to place your order.

**FEEDBACK.**

Escape Fitness believes in continuously improving its products and services. It can only do this by listening to its Customers. If you have a comment to make please contact Escape Fitness's Customer Services Team on:

**Telephone:** 01733 313 535

**Email:** aftersales@escapefitness.com

**Or alternatively write to:**

Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG.



# TERMS AND CONDITIONS.

## 1. THE CONTRACT.

- 1.1 In these Terms and Conditions ("Conditions"), Escape Fitness Limited or one of its group of companies, is the Supplier and you are the Customer.
- 1.2 Upon receipt of a written Quotation, accompanied by these Conditions, (and where design and/or installation is requested; a Programme of Works), the Customer may offer to purchase the Goods and/or Services by signing, dating and returning the copy of these Conditions supplied with the Estimate or Quotation to the Supplier, or by submitting a purchase order. The Supplier will accept the offer by sending to the Customer an Order Confirmation at which time a binding contract will exist between the parties and the Customer may not amend or cancel the Order without the Supplier's written consent.
- 1.3 The Customer acknowledges that it has not relied on any statement, promise or representation made, or given by or on behalf of, the Supplier which is not set out in these Conditions. Any samples, drawings, descriptive matter or advertising issued by the Supplier and any descriptions or illustrations of the Goods or Services contained in catalogues or brochures are issued or published for the sole purpose of giving an approximate idea of the Goods and Services described in them. They do not form part of the Contract nor have any contractual force. These Conditions apply to the Contract to the exclusion of any other terms that the Customer seeks to impose or incorporate, or which are implied by trade custom, practice or course of dealing. Where the Customer re-sells the Goods, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts these Conditions. No variation of these Conditions shall be effective unless expressly agreed in writing by the Suppliers authorised signatory.
- 1.4 These Conditions apply to the supply of both Goods and Services except where application to one or the other is specified.
- 1.5 The Supplier reserves the right to change these Conditions at any time. The amended Conditions will take effect on the 30th day following the date upon which the amended Conditions are sent to the Customer. The placing of further Orders after the amendment date and before the effective date shall signify the Customer's acceptance to be bound by the latest Conditions.

## 2. PAYMENT.

- 2.1 The price of the Goods and Services shall be the price set out in the Estimate or Quotation (the latter of which shall be valid for 30 days) or the price stated in any effective Supply Agreement. Prices are quoted net of VAT. VAT is payable by the Customer at the prevailing rate as indicated upon the Estimate, Quotation or Pro-Forma Invoice. Prices are subject to change on not less than 30 days notice.
- 2.2 Payment for the Goods and Services shall be made in full at the time the Order is placed to the Supplier's bank account detailed in the Quotation. For Customers who have a credit account with a sufficient credit limit, Goods shall be paid for in accordance with their credit account terms. Time for payment shall be of the essence of the Contract. VAT Invoices are issued when the Goods are dispatched.
- 2.3 Interest is payable to the Supplier on overdue amounts at the rate of 4% per annum above Barclay's Bank base rate accruing on a daily basis from the due date until the date of actual payment of the overdue amount.
- 2.4 The Customer shall pay all amounts due under the Contract in full without any deduction or withholding except as required by law and the Customer shall not be entitled to assert any credit, set-off or counterclaim against the Supplier in order to justify withholding payment of any such amount in whole or in part.

## 3. GOODS AND SERVICES.

Orders are accepted for Goods and Services by the Supplier strictly subject to availability and to these Conditions.

## 4. CUSTOMISED, BESPOKE AND MADE-TO-ORDER GOODS.

- 4.1 In respect of any Order for customised, bespoke or special order Goods (flooring, frames, the FunXtion Experience Station, racks, etc), the Customer may not amend or cancel an Order once accepted (including positioning of equipment where installation is involved). It is imperative that all Customer requirements are fully and accurately conveyed to the Supplier prior to acceptance of the Order. The Supplier accepts no liability for costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Customer or any sub-contractor, agent or third party employed by the Customer arising out of any delay in delivery or installation of the Goods where such delay is caused by inaccuracies of whatever nature in the Customers Order. To avoid such inaccuracies, the Supplier recommends a site survey of the installation premises. Surveys cost £150 + VAT for flooring and £199 + VAT for Equipment and the liability to pay the Survey Fee arises on submission of the relevant Request Form. The site Survey Fee will be waived when the Customer places an Order for installation and the Escape Fitness in-house installation team carry out the Survey. Where Customers do not proceed with the installation for whatever reason, the site Survey Fee shall be invoiced and payable in accordance with clause 2.2 above.
- 4.2 All designs created in respect of any installation are subject to clause 11 below so that the Customer may not use such designs or any designs that the Supplier believes breach the Supplier's Intellectual Property Rights unless a separate contract for the purchase of a licence to use the designs is negotiated and entered into. This clause 4.2 shall survive termination of the Contract howsoever determined.
- 4.3 To the extent that any element or component of the Goods (e.g. line markings, bench upholstery) are to be manufactured in accordance with colour and/or design specifications supplied by the Customer, the Customer shall indemnify the Supplier against all liabilities, costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Supplier in connection with any claim made against the Supplier for actual or alleged infringement of a third party's intellectual property rights arising out of or in connection with the Supplier's use of that component. This clause 4.3 shall survive termination of the Contract howsoever determined.
- 4.4 The Supplier reserves the right to amend the Specification of the Goods if required so to do by the manufacturer or any applicable statutory or regulatory body.
- 4.5 Where Contracts involve installation and the Customer's installation area does not comply strictly with the Working Conditions Specification ("Specification") detailed in the Programme of Works, the installation shall be delayed until such time as the Customer is compliant with the Specification and the Customer shall be liable to the Supplier for all costs and expenses incurred by the delay. Without prejudice to the generality of this clause; time when appointed contractors are unable to perform the Contract ("Downtime") shall be payable to the Supplier at the rate of £176.00 per man per day (based on an 8 hour day) plus full reimbursement of all travel, accommodation and other expenses properly incurred in anticipation of performance of the Contract and which cannot otherwise be recouped from the relevant provider by the Supplier (Wasted Costs).

## 5. CARRIAGE.

Carriage is payable by the Customer in respect of each Order. Carriage charges are unaffected by the number of instalments in which the Goods are delivered.

## 6. DELIVERY.

- 6.1 Delivery lead times vary according to the Goods Ordered. If Goods will not be delivered on the "Estimated Delivery Date" detailed on the Order Confirmation, the Customer will be advised of the intended delivery date as soon thereafter as reasonably practical. Any date quoted for delivery of the Goods is approximate only and time of delivery is not of the essence. The Supplier shall not be liable for any delay in delivery of the Goods that is caused by events beyond its control nor the Customer's failure to provide the Supplier with adequate delivery instructions or any other instructions that are relevant to the supply of the Goods.
- 6.2 Customised, bespoke and special order Goods have varying manufacturing lead times (provided by the manufacturer as at the date of the Supplier's Order) which will be notified to the Customer as the Estimated Delivery Date. It will take up to a further 7 days for the Goods to be delivered to the Customer once the Goods are delivered to the Supplier. It is the Customer's responsibility to ensure any planned installation date takes account of these times. A firm delivery date will be notified to the Customer once the Goods are under the care and control of the Supplier.
- 6.3 Delivery of the Goods shall be completed once the Goods arrive at the exterior access point of the delivery address. The Customer's signature recorded on the Delivery Note (or similar device operated by the carrier) shall be conclusive evidence of the quantities dispatched and delivered.
- 6.4 It is the responsibility of the Customer to ensure that appropriate arrangements are in place to:
  - (a) accept delivery of the Goods on the Delivery date; and
  - (b) where there are large/heavy Goods; provide adequate manpower to unload the Goods from the pallet(s) upon delivery and dispose of any transit packaging supplied; and
  - (c) for Orders involving installation; arrange to store the Goods pending installation in climatic conditions that will emulate the climate of the area in which the flooring or equipment will be installed and in accordance with the storage instructions (if any) supplied upon delivery.
- 6.5 If the Customer fails to accept or take delivery of the Goods in accordance with clause 6.4 above, then, save where such failure or delay is caused by a Force Majeure Event or by the Supplier's failure to comply with its obligations under this Contract, delivery of the Goods shall be deemed to have been completed at 9.00 am on the day after the Delivery Date notified by the Supplier. The Supplier shall store the Goods until actual delivery takes place, and charge the Customer for all related costs and expenses (including insurance) incurred in this respect. A Force Majeure Event means an event beyond the control of a party (or any person acting on its behalf), which by its nature could not have been foreseen by such party (or such person), or, if it could have been foreseen, was unavoidable, and includes, without limitation, acts of God, storms, floods, riots, fires, sabotage, civil commotion or civil unrest, interference by civil or military authorities, acts of war (declared or undeclared) or armed hostilities or other national or international calamity or one or more acts of terrorism or failure of energy sources.

## 7. INSTALLATION.

- 7.1 The Supplier shall install the flooring or equipment in accordance with the Contract.
- 7.2 Where installation is delayed under clause 4.5 above, the Supplier may at its own discretion

- (a) perform or assist the Customer to perform the work required to make the Customer installation area compliant with the Specification and the Customer shall be liable only for the additional costs associated with such works at the Wasted Costs rates specified in clause 4.5 above; or
  - (b) delay the installation in accordance with clause 4.5 above and claim the Wasted Costs thereof; or
  - (c) cancel the installation and refund to the Customer the sum equivalent to 50% of the cost of installation (as per the Quotation), provided always that the Suppliers' Wasted Costs are first paid in full (at the rates quoted in clause 4.5 above). In the event that deduction of the Wasted Costs leaves less than 50% of the cost of installation, then the Supplier shall repay the balancing sum only.
- 7.3 In the event that the Customer changes a confirmed installation date less than 48 hours before the planned start time, the Customer shall be liable for the Supplier's Wasted Costs as detailed in clause 4.5 above.

## 8. TITLE AND RISK.

- 8.1 The risk in the Goods shall pass to the Customer on completion of delivery.
- 8.2 Title to the Goods shall not pass to the Customer until the Supplier has received payment in full (in cash or cleared funds). Until title passes, the Customer shall hold the Goods on a fiduciary basis as the Supplier's bailee, store the Goods separately from all other Goods held by the Customer and maintain the Goods in new condition and keep them insured against all risks for their full retail price on the Supplier's behalf from completion of delivery.
- 8.3 In the event that the Customer proves unable, for whatever reason, to pay in full for the Goods, the Customer hereby irrevocably authorises the Supplier or its agents to enter the Customer's premises or the premises where the Goods are stored and take possession of the Goods supplied. If any Goods which become subject to this clause 8.3 are sold or hired out by the Customer to any third party before payment is made to the Supplier, then all monies received from such third party transactions are the property of, and will be claimed by the Supplier in satisfaction of and to the extent only of the unpaid Invoices.

## 9. CANCELLATIONS, AMENDMENTS AND RETURNS.

- 9.1 Once an Order is placed by the Customer, the Supplier will issue an Order Confirmation. Orders may only be amended or cancelled if;
  - (a) the Customer formally notifies the Supplier in writing by email to [aftersales@escapefitness.com](mailto:aftersales@escapefitness.com) or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough, Cambridgeshire, PE2 6SG; and
  - (b) the notification is received within 14 days of the date of the Order Confirmation; and
  - (c) no Goods have been dispatched.
 A fee of 10% of the Order value (net of VAT) will be charged to cover administration costs in such cases. The Supplier reserves the right to reduce the above fee, in its sole discretion, when the amendment sought by the Customer is "de minimis" or there are other exceptional circumstances justifying the same.
- 9.2 Where Goods have been dispatched, the Customer may return some or all of the Goods within 14 days after delivery (as recorded by the Carrier) provided that the Customer follows the procedure notified by the Customer Services Department who may be contacted free on 0800 458 5558 or 01733 313535 or in writing at [aftersales@escapefitness.com](mailto:aftersales@escapefitness.com) or Customer Services Department, Escape Fitness Limited, Units 11-14 Tresham Road, Orton Southgate, Peterborough,



Cambridgeshire, PE2 6SG . The Goods must be returned to the Supplier at the Customers cost and in a new and unused condition with all original labels and packaging intact. A fee of 20% of the returned Goods value (net of VAT) will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by the Suppliers Customer Services Department.

**10. DAMAGES AND DELIVERY DISCREPANCIES.**

10.1 When signing for a delivery, the Customer is accepting that the correct number of parcels has been delivered and the Goods have not been damaged in transit. All deliveries must therefore be checked as soon as received and BEFORE the Delivery Note is signed as any discrepancy in the consignment MUST be notified to Escape Fitness immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the Delivery Note. If the order is incorrect or damaged, the Customer should either refuse the consignment or record the discrepancy or damage on the Delivery Note. It is the Customer's responsibility to ensure that the actions above are followed BEFORE SIGNING as mistakes cannot be rectified once the Goods have been signed for.

10.2 If damage or a discrepancy is identified, the Customer should telephone Escape Fitness's Customer Services Department free on 0800 458 5558 or 01733 313535 with full details of the Goods Ordered and the damage or discrepancy identified. At its sole discretion, the Supplier will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the Delivery Note or similar device operated by the carrier. The Customer should only return Goods following the procedures outlined by the Supplier at the time of the report.

**11. INTELLECTUAL PROPERTY RIGHTS.**

The Customer acknowledges that all intellectual property rights in the Goods and/or Services (e.g. product design, flooring design, gym design), whether registered or unregistered and including all applications for and renewals or extensions of such rights, and all similar or equivalent rights or forms of protection in any part of the world including all patents, rights to inventions, utility models or prototypes, copyright and related rights, trademarks, service marks, trade, business and domain names, belong to or are used by Supplier under licence. The Customer agrees that it shall not use the same unless a licence to use them has been granted within a contract for the provision of Goods and/or Services to be supplied by the Supplier

**12. PRODUCT DESCRIPTIONS.**

The Supplier endeavours to ensure that the product images, descriptions, weights and measurements which appear in any Supplier literature are fair and accurate. The Supplier accepts no responsibility for any error or omissions either to the Customer or at all. The Supplier reserves the right to discontinue or change the specification and/or the design of a product without prior notice. Colour, packaging and product specification may vary according to manufacturing changes, tolerances and availability.

**13. WARRANTIES AND LIMITATION OF LIABILITY.**

13.1 Nothing in these Conditions excludes or limits liability for;

- (a) death or personal injury caused by the negligence of the Supplier, or
- (b) fraudulent misrepresentation or any other liability that the Supplier may not otherwise exclude or limit under applicable law.

13.2 The Supplier warrants that the Goods supplied to the Customer under this Contract shall be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements for not less than the period of the manufacturer's warranty period.

13.3 The Supplier shall not be liable for the Goods' failure to comply with the warranty in clause 13.2 if:

- (a) the Customer makes any further use of such Goods after notifying the Supplier of a defect; or
  - (b) the defect has arisen as a result of the Customer's failure to follow the Supplier's oral or written instructions as to the storage or care of the Goods or (if there are none) good trade practice; or
  - (c) the defect has arisen as a result of the Supplier following any drawing, design or specification supplied by the Customer; or
  - (d) the Customer alters or repairs the Goods without the prior written consent of the Supplier; or
  - (e) the defect arises as a result of fair wear and tear, wilful damage, negligence, or the use of the Goods for a purpose other than the purpose declared or in abnormal use conditions; or
  - (f) the Goods differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.
- 13.4 Except as provided in this clause 13; the Supplier shall have no liability to the Customer in respect of the Goods' failure to comply with the warranty set out in clause 13.2 or otherwise.
- 13.5 Subject to clause 13.1 above, the Supplier shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with the Conditions for any economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred by the Customer arising out of or in connection with the provision of the Goods and Services supplied in respect of this Contract.
- 13.6 Notwithstanding the above and subject to clause 13.1, the Supplier's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable by the Customer for the Goods in respect of one incident or series of incidents attributable to one cause.
- 14. GENERAL.**
- 14.1 These Conditions, including the documents referred to herein, supersede all prior representations, understandings, agreements and contracts between the Customer and the Supplier relating to the supply of Goods and Services and sets forth the entire agreement and understanding between the Customer and the Supplier.
- 14.2 Nothing in this Contract is intended to, or shall be deemed to, constitute a partnership or joint venture of any kind between any of the parties, nor constitute any party the agent of another party for any purpose. No party shall have authority to act as agent for, or to bind, the other party in any way.
- 14.3 A person who is not a party to the Contract shall not have any rights under or in connection with it.
- 14.4 The Customer may not assign or sub-contract any of the rights or obligations imposed by this Contract unless agreed to in writing by the Supplier.
- 14.5 The Supplier reserves the right to transfer, assign, novate or sub-contract the benefit of the whole or part of any of its rights or obligations under these Conditions or any related contract to any third party.
- 14.6 No delay or failure by the Supplier to exercise any powers, rights or remedies under this Contract will operate as a waiver of them nor will any single or partial exercise of any such powers, rights or remedies preclude any other or any further exercise of them. To take effect any waiver must be in writing and signed by an authorised signatory of the Supplier.
- 14.7 This Contract, and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims), shall be governed by, and construed in accordance with, English law, and the parties irrevocably submit to the exclusive jurisdiction of the courts of England and Wales.

# GENERAL WARRANTY INFORMATION.

All Escape Fitness products are warranted to be free from defects in materials and workmanship. This warranty is non transferrable and extends only to the original Customer. The products are additionally warranted to comply with all applicable statutory and regulatory requirements. The warranty commences on the date of delivery to the Customer (as recorded by the carrier), and subject to the Exclusions section herein, is valid for not less than the period stated in the full product warranty schedule found at. [www.escapefitness.com](http://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](mailto: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](http://www.escapefitness.com/uk/warranties) for full product warranty schedule.





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*David Lloyd*

MULTIPLY

MULTIPLY

MULTIPLY

MULTIPLY



# ESCAPE YOUR LIMITS:

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