ESCAPE FITNESS.

YOUR ESSENTIAL GUIDE TO
FUNCTIONAL TRAINING.

ESCAPE YOUR LIMITS.

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ESCAPE FITNESS EST. 1998.

TWO PASSIONS. ONE ETHOS.

With over 20 years' experience in the fitness industry, Escape Fitness has been at the forefront of functional fitness innovation, product design and rethinking modernized gym layouts to boost engagement and enhance the member experience.

The Escape story began with Richard Januszek, born in the UK just after World War II to Polish parents. An engineer by trade, Richard had a passion for designing products with a simple goal; to make things better.

At 15, Richard's eldest son Matthew, who was inspired by Arnold Schwarzenegger, started to lift weights. To encourage this interest, for Christmas in 1986, Richard converted part of the family garage into a gym.

Ever the innovator, Richard returned from work with a set of shiny stainless-steel bars featuring rotating handles to form what was probably the first dumbbell design to incorporate rotation handles. Following in his father's footsteps, Matthew recycled some old school desks to create a squat stand and bench for the garage gym.

These early ideas and innovations were just the start of what grew to become a hugely successful family business.

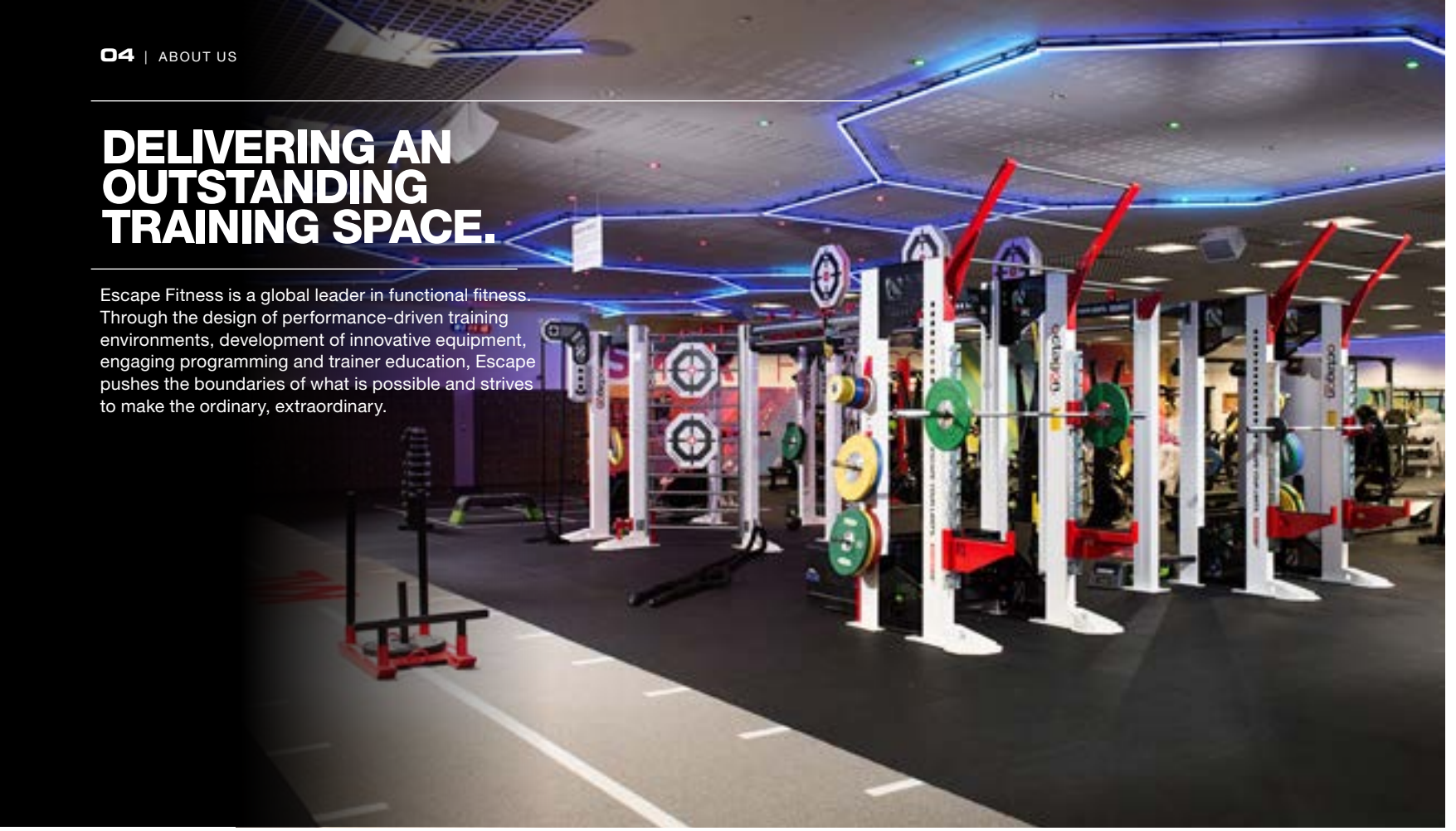
Escape Fitness is about partnerships, not meaningless business transactions. It's about building rapport with customers so they become a part of the family, helping shape ideas into a reality through experience, knowledge, innovative equipment, leading programming and expert training.

Two passionate people, one ethos – Escape Fitness - taking the ordinary, and making it extraordinary.

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DELIVERING AN OUTSTANDING TRAINING SPACE.

Escape Fitness is a global leader in functional fitness. Through the design of performance-driven training environments, development of innovative equipment, engaging programming and trainer education, Escape pushes the boundaries of what is possible and strives to make the ordinary, extraordinary.



CONCEPT TO COMPLETION.

Not all functional training spaces are created equal. To future-proof a functional environment requires expertise, knowledge and meticulous execution. Over the years, we have identified 7 key steps to success. These are outlined at the side of this page.

OUTSTANDING TRAINING SPACES.

Every Escape solution is custom-designed to optimise its space and provide an inspirational experience for both trainers and members. Our team creates functional playgrounds, indoors and outdoors, in dedicated spaces or as an integration into existing facilities.

DRIVING COMMUNITY.

Functional training can bring people together, and this sense of community is what keeps many people exercising. We create the perfect mix using the flexibility of the training style and the adaptability of our equipment to enable all abilities to train together.





PLANNING YOUR NEW FUNCTIONAL TRAINING SPACE?

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

SCAN FOR MORE INFORMATION.

TURN TO PAGE 191 FOR WARRANTIES

SEVEN STEPS TO SUCCESS IN YOUR SPACE.

STEP 1.

A VISION FOR THE CLUB.

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

STEP 2.

EQUIPMENT THAT MEETS YOUR MEMBERS' NEEDS.

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

STEP 3.

A BRILLIANT TRAINING ENVIRONMENT.

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

STEP 4.

KNOWLEDGEABLE, SKILLED AND CONFIDENT TRAINERS.

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

STEP 5.

PROGRAMMING THAT EXCITES MEMBERS.

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

STEP 6.

A BUZZ ABOUT WHAT YOU DO.

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

STEP 7.

CONSTANT EVOLUTION TO REMAIN ATTRACTIVE AND COMPETITIVE.

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

THE ESCAPE YOUR LIMITS PODCAST.

The Escape Your Limits podcast is a weekly free audio and video release that reveals the mental, physical and emotional ingredients involved in standing out above everybody else.

Every episode enables a hungry audience to discover why successful people keep going when most people stop, and what keeps them going day after day. It's not about shortcuts for dreamers; these people prove that constant hard work Fueled by the right frame of mind is what makes dreams a reality. With Escape Your Limits, we can all learn from specific, actionable experiences and entrepreneurs can share how to make success happen for anyone.

SCAN FOR MORE INFORMATION.

THE GUESTS.

- LEE HANEY – EP.47
- JIM STOPPANI – EP.65
- HARLEY PASTERNAK – EP.83
- FRANK ZANE – EP.94
- STEPHANIE ESTIMA – EP.194
- NICK MITCHELL – EP.122
- ASHLEY JAMES - EP.147
- ALEX HORMOZI – EP.154
- GABRIELLE LYON – EP.159
- OLIVER PATRICK - EP.269
- COREY CALLIET - EP.284
- MARTYN FORD - EP.295
- FLEX LEWIS - EP.296
- BILLY BLANKS - EP.297
- BRET CONTRERAS – EP.229



LISTEN ON ITUNES WATCH ON YOUTUBE

THE WORKOUT APP.

Now there's support for anyone working out with Escape's functional training equipment – in the gym, outdoors, at work or at home.



SCAN FOR MORE INFORMATION.



The workout app provides a pocket-sized training partner showcasing the best Escape products, and how to use them, at just the touch of a button.

Discover new ways to exercise using Escape equipment, with a few selected exercises for each item. Follow singles exercises, or take on a full workout to target strength, conditioning or total body benefits.

Available as a free download from the Apple and Android app stores.

FEATURES.

Exercise content is performed by Escape trainers and feature a wide range of functional tools including Corebags, Sandbags, Multi Grip Medballs, Bulgarian Bags, CMTs, GRIPRs, Plyosoft Boxes, Kettlebells, Bars and Plates, VERTBALLs, Battle Ropes, STRONGBOX and TIYR are all included.

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MARS 2.0 WORKOUT SCREENS.

Meet MARS (Multi-Activity Resource Station), the next generation of digital coaching. MARS breaks down barriers to participation for those that feel unsure of how to use functional equipment safely and effectively. Combining first-class education on all our equipment with innovative equipment, our range of MARS screens create an inclusive virtual coaching environment that everyone can enjoy on every visit.

NOT KNOWING WHERE TO START IN THE GYM PUT EXERCISERS OFF WITH OVER 29% SAYING NOT KNOWING HOW TO USE EQUIPMENT MADE THEM FEEL UNCOMFORTABLE.

(GYM GROUPS ONEPOLL 2022 SURVEY)

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FUNCTIONAL PACK.

Offer any time access to high quality quick and easy to access exercise and equipment instruction through a vibrant touchscreen. Unlock a huge selection of engaging fitness content f om over 600 individual exercises, 25 different pieces of equipment to over 45 full-on workouts.

Switch on and switch off content to create a resource library that mirrors the equipment available in your facility, delivering a highly bespoke workout experience for every user.

PACK INCLUDES:
MARS 31.5” screen mounted between 2x RACK5s with 1x 25” Steadyball, 1x 28.5” Steadyball, 3x Rollers, 8x Studio Kettlebells 8/16/24/32lb (two of each), 2x Corebags 11/22lb (one of each), 2x Medicine Balls 12/14lb (one of each), 8x STAKRBELLs 4x 4lb 4x 6lb (2 Sets), 5x GRIPRs 4.4/8.8/13.2/17.6/22lb (one of each), 3x CMT 2.2/4.4/8.8lb (one of each), 1x DECK 2.0 and 4x Core Mats

AMARSRACK5B MARS RACK5 Equipment Pack

SPECIFICATIONS:

SCREEN: **Size:** 30” (h) x 18” (w) x 2” (d).
Weight: 26.5lb.

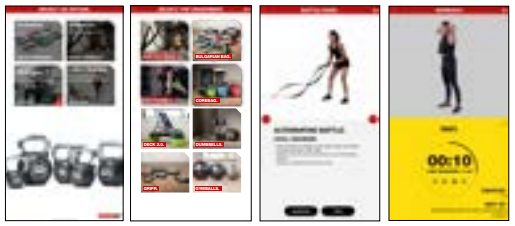
RACK: **Size:** 73” (h) x 73” (w) x 27.5” (d).
Weight: 165lb.

FUNCTIONAL SCREEN.

Experience vibrant visuals with the MARS 2.0 Functional Screen. Every exercise and workout video is brought to life, ensuring an immersive viewing experience that captivates the user and provides a seamless and intuitive workout experience.

With regular content updates , the MARS 2.0 Functional screen has the back of every user on every visit, enabling operators to provide a safe, supportive experience regardless of goals or ability.





MARS2B MARS 31.5” High-definition Android operated touchscreen with 3 year licence for software and 3 year warranty. Mountable on a frame, rack or wall.

SPECIFICATIONS:
Unit Dimensions: 30" (h) x 17.9" (w) x 2" (d)
Visible Screen Dimensions: 27.5" (h) x 15.5" (w)
Weight: 26.5lb.

Please speak to your sales representative about extending your content licence.

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STRENGTH PACK.

With a small footprint, the MARS Strength Station delivers a fully coached, self-contained, total body training solution designed to complement any training facility.

Jam packed with dumbbell-driven exercises and workouts, creating an always available safe and effective support service.

Every exercise is brought to life by a video demonstration and training tips to help users optimize each and every rep. Couple this advanced coaching aid with Escape's unique space-saving XRACK with Nucleus Dumbbells and say hello to the next generation strength training pod.

PACK INCLUDES:
MARS 21.5" screen mounted onto an XRACK with either:

NUCLEUS URETHANE.
Nucleus Urethane Dumbbell Set 2.5lb-25lb incs (10 pairs – 20 total) with XRACK2 or;
Nucleus Urethane Dumbbell Set 5lb-50lb in 5lb incs (10 pairs – 20 total) with XRACK2

NUCLEUS RUBBER.
Nucleus Rubber Dumbbell Set 2.5lb-25lb incs (10 pairs – 20 total) with XRACK2 or;
Nucleus Rubber Dumbbell Set 5lb-50lb in 5lb incs (10 pairs – 20 total) with XRACK2

ASTRSTA225P	MARS Strength Pack 2.5lb - 25lb Urethane Dumbbells
ASTRSTA225R	MARS Strength Pack 2.5lb - 25lb Rubber Dumbbells
ASTRSTA550P	MARS Strength Pack 5lb - 50lb Urethane Dumbbells
ASTRSTA550R	MARS Strength Pack 5lb - 50lb Rubber Dumbbells

SPECIFICATIONS:
SCREEN: **Size:** 21" (h) x 13" (w) x 2" (d). **Weight**: 10.4lb.
XRACK: **Size:** 70" (h) x 30" (w) x 27.5" (d). **Weight:** 119lb.

STRENGTH SCREEN.

Introducing the MARS Strength touchscreen, revolutionizing user interaction with its advanced interface. Delivering vivid and detailed visuals, MARS Strength emphasizes both innovation and reliability. Backed by a commitment to quality it ensures seamless and engaging user experience.





MARS215B	MARS 21.5" High-definition Android operated touchscreen with 3 year licence for software and 3 year warranty. Mountable on a XRACK or wall.

SPECIFICATIONS:
Unit Dimensions: 20.6" (h) x 12.8" (w) x 1.8" (d)
Visible Screen Dimensions: 18.7" (h) x 10.5" (w)
Weight: 10.4lb.

Please speak to your sales representative about extending your content licence.

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RECOVERY PACK.

A full active recovery station, warm-up, and mobility pack, which combines Escape's revolutionary MARS screen and Hyperice's Hypervolt Pro 2 percussion massage device. Integrating education and coaching via digital content provides virtual, one to one, coaching, 24 hours a day, empowering athletes of all abilities to use the equipment and technology safely and effectively.

21.5" TOUCHSCREEN.

MAT RACK HOLDER.

BRACKET FOR TETHERED HYPERVOLT GUN.

PACK INCLUDES:
MARS 21.5" screen mounted onto a RACK5 with Hypervolt Pro2 (bracket included),
1x 65cm Steadyball,
1x 1kg CMT, 1x Yoga Block,
1x Ridge Roller,
1x Core Mat, 1x Yoga Mat.

AMOBSTA MARS Recovery Pack includes MARS 21.5" High-definition Android operated touchscreen with 3 year licence for software and 3 year warranty.

SPECIFICATIONS:

SCREEN: SPECIFICATIONS:
Unit Dimensions: 20.6" (h) x 12.8" (w) x 1.8" (d)
Visible Screen Dimensions: 18.7" (h) x 10.5" (w)
Weight: 10.4lb.

RACK5: Size: 73" (h) x 27.5" (w) x23.5" (d).

STRENGTH.

The strength range stands out from the crowd, with options accessible to all abilities and a durability to withstand the toughest of strength sessions.

Its functionality, considered design and performance sets it apart, and helps your members achieve their goals. With complimentary pieces that complete sets, this range is fit for purpose, durable and practical, seamlessly integrating for a whole strength solution and big lifting experience.



DUMBBELLS 20
STORAGE RACKS AND SETS 26
BARBELLS 32
KETTLEBELLS 34
PLATES 40
BARS AND COLLARS 46
LIFT ZONE 48
BENCHES 50

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FREE WEIGHTS – AT THE CORE OF WHAT WE DO.

Functional and strength training has been at the core of our mission and workout philosophy since we embarked on this journey over 25 years ago.

We took a simple resistance training tool, built by my father when I was a teenager, and this became the central idea for our family business start-up, the formation of Escape Fitness and becoming the first company to develop an affordable SBX dumbbell for the UK fitness industry.

Having saved up to import into the UK, we hit our lucky break when a small start-up reached out to us with a problem; they had been let down by their supplier and urgently needed a set of dumbbells for their grand opening the next morning. Presented with the opportunity, we delivered that very same evening.

That small start-up went on to become one of the biggest fitness chains in Europe, and in turn, helped us to become one of the largest suppliers of commercial free weights in the world. Over 1100 tonnes shipped in the last 12 months alone proves that when you invest in an Escape product, you can guarantee your investment is in safe hands.

More than two decades later, we continue to solve problems for our customers and to design and build high quality functional free weight training equipment.

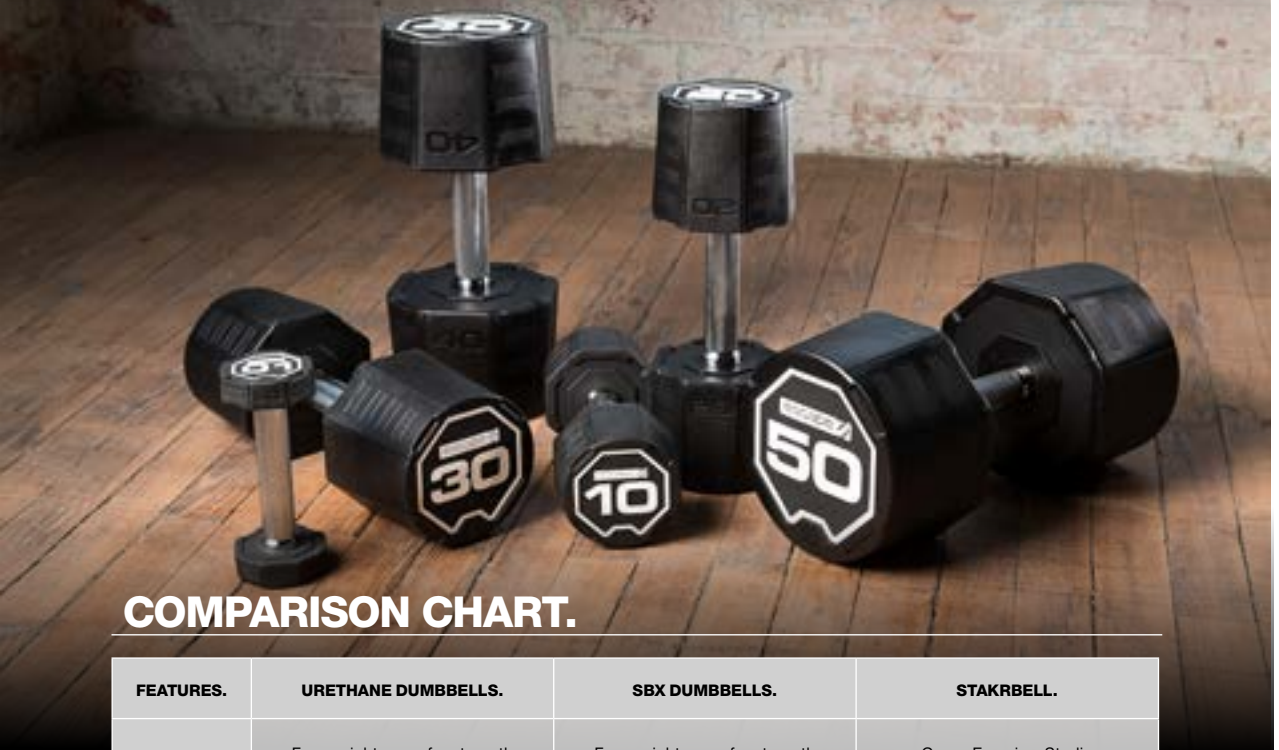
As one of the few fitness companies to own a dedicated manufacturing facility, we produce patented dumbbells and weight plates with complete control of the supply chain, from raw materials to shipping cartons. With no middle men, no trading agents and no additional costs built in, you can be assured you're getting the best possible price and quality on the market.

Matthew Januszek

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DUMBBELLS AND BARBELLS.

A pair, or set of dumbbells or barbells is an essential for any fitness goal or training space. To ensure users reap the full benefits of reps and sets, our materials have evolved over years using a special formula and a rigorous testing protocol to ensure we can boast the best on the market, setting a new benchmark for quality. Your investment is manufactured to the highest standards, and seamlessly integrates dumbbells and barbells with our racks and storage solutions, ensuring long-lasting craftsmanship and user satisfaction.



COMPARISON CHART.

FEATURES.	URETHANE DUMBBELLS.	SBX DUMBBELLS.	STAKRBELL.
USE	Free weight areas for strength training with increased versatility.	Free weight areas for strength training and traditional workouts.	Group Exercise, Studio or Consumer.
HEAD MATERIAL	Urethane	SBX	Cast Iron and Polyurethane
HANDLE	Hard Satin Chrome	Hard Satin Chrome	Ergonomically designed, polyurethane coated
LOCKING	Dual-lock plus	Dual-lock plus	-
WEIGHTS	2.5lb - 30lb (2.5lb increments) 30lb - 150lb (5lb increments)	2.5lb - 25lb (2.5 increments) 5lb - 125lb (5lb increments)	4lb - 6lb (can be stacked up to 20lb)
WARRANTY	5 years	3 years	1 year

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HOW TO CHOOSE.



URETHANE DUMBBELLS.

Durable to match the demands of high-use facilities, these dumbbells have a permanently-bonded, steelhead and dual lock construction. Featuring weight indications on top and on the sides, the unique head shape, round at the front face to an Octagon at the rear, gives the parallel faces for anti-roll benefits.

SBX DUMBBELLS.

The SBX dumbbells don't extend as high in weight range but still feature the same patented "Dual Lock Plus" process, hard satin chrome, splined press fit at three tonnes and are full penetration welded. In contrast to the urethane range, the SBX dumbbells cater more for low-to-medium use facilities.





STAKRBELL.

The STAKRBELL has a unique, flat design for space-saving efficiency, perfect of commercial or at-home use. The stackable weight options create an array of options whilst the non-roll design means these dumbbells will always remain where you place them.

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URETHANE DUMBBELLS.

With a permanently-bonded, steelhead and dual lock construction, this innovative dumbbell range even features weight indications moulded into top and sides of the weights. Seamlessly integrates with our Rigid Rack storage solutions.



APUDB225	2.5-25lb	Urethane Dumbbell Set 2.5lb incs (10 pairs – 20 total)
APUDB550	5-50lb	Urethane Dumbbell Set 5lb incs (10 pairs – 20 total)
APUDB575	5-75lb	Urethane Dumbbell Set 5lb incs (15 pairs – 30 total)
APUDB55100	55-100lb	Urethane Dumbbell Set 5lb incs (10 pairs, 20 total)
APUDB105125	105-125lb	Urethane Dumbbell Set 5lb incs (5 pairs, 10 total)
APUDB130150	130-150lb	Urethane Dumbbell Set 5lb incs (5 pairs, 10 total)

RACK SPECIFICATIONS.

RACKDB10	10 Pair Dumbbell Rack (as shown) Holds 10 pairs (up to 50lb pairs) SBX or Urethane Dumbbells (20 total)) Size: 77"* x 27.5" x 30". Weight 132lb.



SBX DUMBBELLS.

These SBX dumbbells still feature the same patented “Dual Lock Plus” process, splined press fit at three tonnes and are full penetration welded making them durable and a cost effective alternative to the Urethane range.



ARBDB225	2.5-25lb	SBX Dumbbell Set 2.5lb incs (10 pairs – 20 total)
ARBDB550	5-50lb	SBX Dumbbell Set 5lb incs (10 pairs – 20 total)
ARBDB575	5-75lb	SBX Dumbbell Set 5lb incs (15 pairs – 30 total)
ARBDB55100	55-100lb	SBX Dumbbell Set 5lb incs (10 pairs – 20 total)
ARBDB105125	105-125lb	SBX Dumbbell Set 5lb incs (5 pairs,10 total)

RACK SPECIFICATIONS.

RACKDB10	10 Pair Dumbbell Rack (as shown) Holds 10 pairs (up to 50lb pairs) SBX or Urethane Dumbbells (20 total)) Size: 77"* x 27.5" x 30". Weight 132lb.



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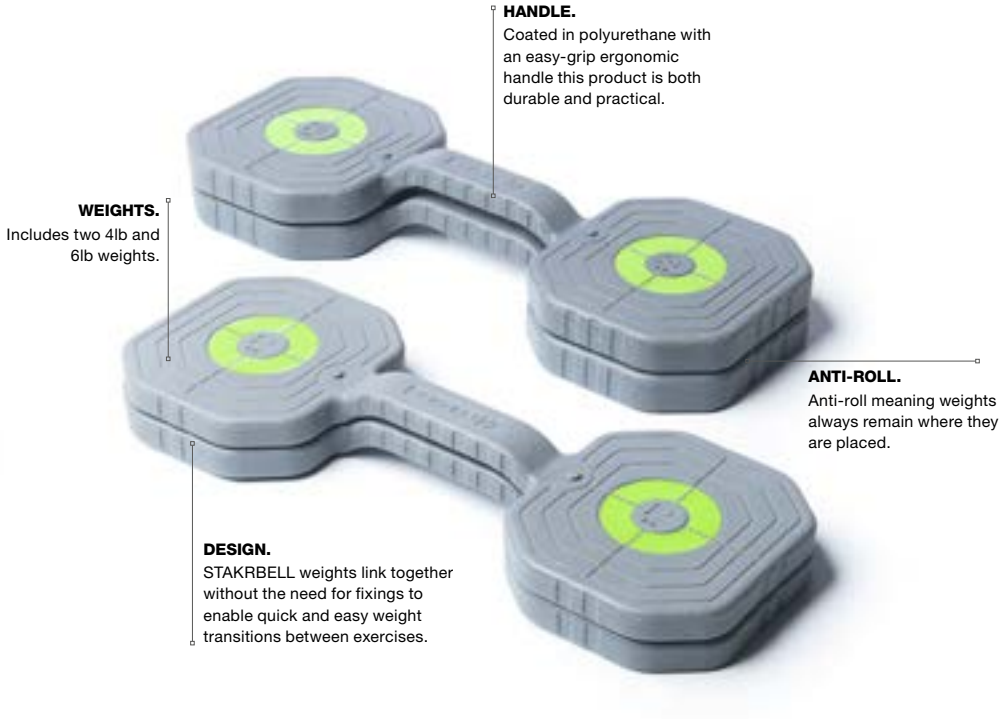
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STAKRBELL.

The STAKRBELL has a unique, flat design for space-saving efficiency, perfect for commercial or at-home use. The stackable weight options create an array of options whilst the non-roll design means these dumbbells will always remain where you place them.

Pair STAKRBELL with either DECK 2.0 or Step Platform Solution to create a complete, independent workout station.

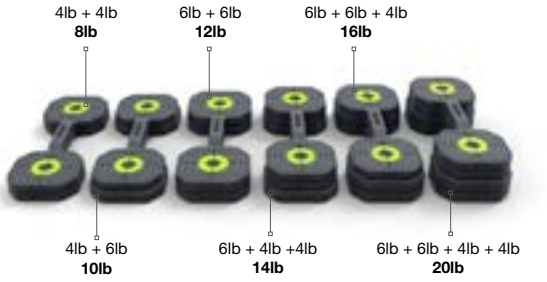


HANDLE.
Coated in polyurethane with an easy-grip ergonomic handle this product is both durable and practical.

WEIGHTS.
Includes two 4lb and 6lb weights.

ANTI-ROLL.
Anti-roll meaning weights always remain where they are placed.

DESIGN.
STAKRBELL weights link together without the need for fixings to enable quick and easy weight transitions between exercises.



ASTAKR46	STAKRBELL 4lb and 6lb x2 4lb - 13.9" (L) x 5.05" (D) x 1.04" (H) x2 6lb - 14.4" (L) x 5.3" (D) x 1.3" (H) Total weight per set 20lbs

STORAGE.
The STAKRBELLs are designed to fit inside the integrated storage space in DECK 2.0 to create a space saving solution that keeps training spaces free of clutter.



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STORAGE RACKS.

Great storage maximises floorspace, opening the door to the best possible member experience. Faced with a fixed overhead of running a facility in terms of cost per square foot or square metre, freeing up as much space as possible for training is vital.

The Escape Rigid Rack range has been created to provide a slimmer, subtler storage option to ensure the right fit, whatever the need.



COMPARISON CHART.

FEATURES.	VERTICAL RACK.	XRACK 2.0.	RIGID RACKS.
MATERIAL	Carbon Steel	Carbon Steel	Carbon Steel
SIZE	W: 27.5" x D: 27.5" x H:68"	W: 30" x D: 27.5" x H:70"	10 Pair Rack W: 77" x D: 27.5" x H: 30 15 Pair Rack W: 77" x D: 27.5" x H: 45"
WEIGHT	73lb	119lb	10 Pair Rack - 132lb 15 Pair Rack - 176lb
HOLDS	Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb).	Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb).	10 Pair Rack (Holds 10 pairs 20 total) 15 Pair Rack (Holds 15 pairs 30 total)
WARRANTY	2 Years	5 Years	2 Years

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HOW TO CHOOSE.



VERTICAL RACK.

The Vertical Dumbbell Rack conveniently organizes your Escape dumbbells and delivers a space-saving alternative to a horizontal rack.



XRACK 2.0.

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



RIGID RACKS.

The Rigid Racks are designed to be a lighter weight, more discreet and slimline rack option to minimize both material and cost.

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DUMBBELL SETS WITH VERTICAL RACK.

Combine your dumbbell set with the Vertical Dumbbell Rack which conveniently organizes your Escape dumbbells and delivers a space-saving alternative to a horizontal rack. Providing easy accessibility, it maximizes floor space with minimal fuss.



URETHANE DUMBBELL SETS WITH VERTICAL RACK.

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

SBX DUMBBELL SETS WITH VERTICAL RACK.

ARBDB225V	2.5-25lb	SBX Dumbbell Set RACKVDB 2.5lb incs (10 pairs – 20 total)
ARBDB550V	5-50lb	SBX Dumbbell Set RACKVDB 5lb incs (10 pairs – 20 total)

RACK SPECIFICATIONS.

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

DUMBBELL SETS WITH XRACK 2.0.

Add angular style and practicality to your dumbbell storage solution by opting to pair your dumbbell set with the bold XRACK 2.0. Maximize vertical storage options with style whilst still making a visual impact.



URETHANE DUMBBELL SETS WITH XRACK 2.0.

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

SBX DUMBBELL SETS XRACK 2.0.

ARBDB225X	2.5-25lb	SBX Dumbbell Set XRACK2 2.5lb incs (10 pairs – 20 total)
ARBDB550X	5-50lb	SBX Dumbbell Set XRACK2 5lb incs (10 pairs – 20 total)

RACK SPECIFICATIONS.

XRACK2	XRACK 2.0 (as shown) Holds 20 Dumbbells (10 pairs up to a maximum weight of 50lb). Size: 30" x 27.5" x 70". Weight 119lb.

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XRACK WITH MARS SCREEN.

The Strength Station combines Escape's unique space-saving XRACK with Nucleus Dumbbells with the digital coaching solution, MARS.



PACK INCLUDES:
MARS 21.5" screen mounted onto an XRACK with either:

NUCLEUS URETHANE.
Nucleus Urethane Dumbbell Set 2.5lb-25lb incs (10 pairs – 20 total) with XRACK2 or;
Nucleus Urethane Dumbbell Set 5lb-50lb in 5lb incs (10 pairs – 20 total) with XRACK2

NUCLEUS RUBBER.
Nucleus Rubber Dumbbell Set 2.5lb-25lb incs (10 pairs – 20 total) with XRACK2 or;
Nucleus Rubber Dumbbell Set 5lb-50lb in 5lb incs (10 pairs – 20 total) with XRACK2

ASTRSTA225P	MARS Strength Pack 2.5lb - 25lb Urethane Dumbbells
ASTRSTA225R	MARS Strength Pack 2.5lb - 25lb Rubber Dumbbells
ASTRSTA550P	MARS Strength Pack 5lb - 50lb Urethane Dumbbells
ASTRSTA550R	MARS Strength Pack 5lb - 50lb Rubber Dumbbells

SPECIFICATIONS:
SCREEN: **Size:** 21" (h) x 13" (w) x 2" (d). **Weight**: 10.4lb.
XRACK: **Size:** 70" (h) x 30" (w) x 27.5" (d). **Weight:** 119lb.

DUMBBELL SETS WITH RIGID RACK.

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



URETHANE DUMBBELL SETS WITH RIGID RACK.

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

SBX DUMBBELL SETS WITH RIGID RACK.

ARBDB550R	5-50lb	SBX Dumbbell Set RACKDB10 5lb incs (10 pairs – 20 total)
ARBDB575R	5-75lb	SBX Dumbbell Set RACKDB15 5lb incs (15 pairs – 30 total)
ARBDB5100R	5-100lb	SBX Dumbbell Set RACKDB10/15 5lb incs (20 pairs – 40 total)

RACK SPECIFICATIONS.

RACKDB10	10 Pair Dumbbell Rigid Rack (as shown) Size: 77" x 27.5" x 30". Weight 132lb.
RACKDB15	15 Pair 3 Shelf Dumbbell Rigid Rack Size: 77" x 27.5" x 45". Weight 176lb.

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URETHANE BARBELLS.

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



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

KNURL.
Precise and defined knurl.

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

TOP DOWN NUMBERING.
Weight indicators visible from your take off and grip positions.

APUBB2060	20-60lb	Urethane Barbell Set 10lb incs (5 Barbells)
APUBB70110	70-110lb	Urethane Barbell Set 10lb incs (5 Barbells)
APUBB20110	20-110lb	Urethane Barbell Set 10lb incs (10 Barbells)



RACKBB5

URETHANE BARBELL SETS WITH RIGID RACK.



RACKBB10

URETHANE BARBELL SETS WITH RACK.

APUBB2060R	20-60lb	Urethane Barbell Set RACKBB5 (5 Barbells)
APUBB70110R	70-110lb	Urethane Barbell Set RACKBB5 (5 Barbells)
APUBB20110R	20-110lb	Urethane Barbell Set RACKBB10 (10 Barbells)

RACK SPECIFICATIONS.

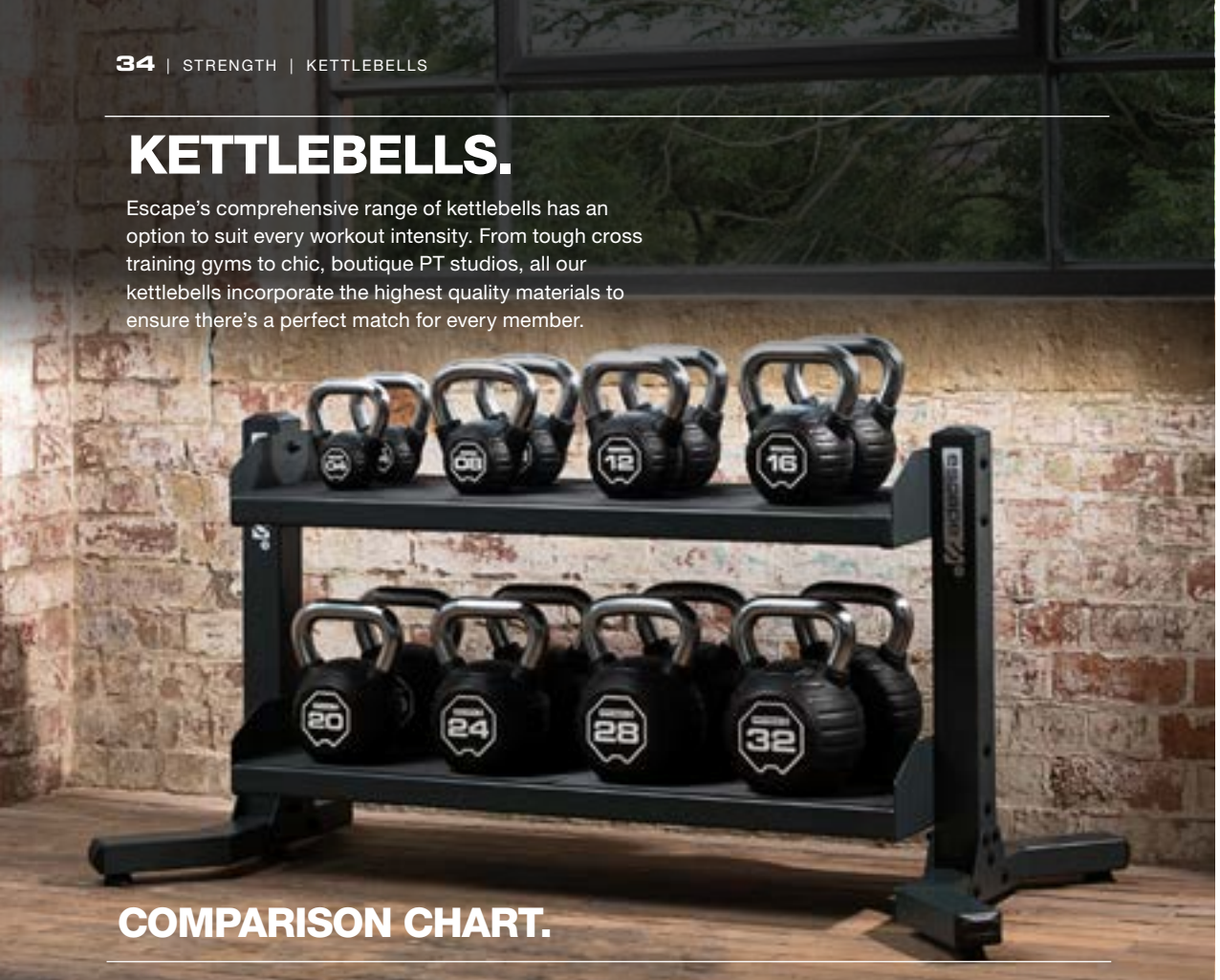
RACKBB5	5 Barbell Rigid Rack (single sided) Size: 46"* x 27.5" x 45". Weight 68lb.
RACKBB10	10 Barbell Rigid Rack (as shown) Size: 46"* x 27.5" x 45". Weight 79lb.

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KETTLEBELLS.

Escape's comprehensive range of kettlebells has an option to suit every workout intensity. From tough cross training gyms to chic, boutique PT studios, all our kettlebells incorporate the highest quality materials to ensure there's a perfect match for every member.



COMPARISON CHART.

FEATURES.	COMPETITION PRO KETTLEBELLS 2.0.	SBX KETTLEBELLS.	STUDIO KETTLEBELLS.
USE	Kettlebell sport lifting, cross training	Free weight areas for strength training and traditional workouts	Studio workouts, group training
BELL MATERIAL	Carbon steel with hollow core	Rubber covered cast iron core	Vinyl dip with a cast iron core
HANDLE	Cast stainless steel with a satin chrome finish	Hard satin chrome patented handle to bell connection	Cast iron
FEATURE	Powder coated and engraved weight indicators	Textures and grooves across the kettlebell allow for more dynamic grip options	Vinyl coating and colors
TOLERANCE	+/- 2%	+/- 2%	+/- 3%
WEIGHTS	8-32kg in 4kg increments (equivalent to 18lb-70lb in 8lb increments)	10lb, 15lb, 20lb, 25lb, 35lb, 45lb, 50lb and 60lb	8lb-40lb in 8lb increments
WARRANTY	2 years	3 years	1 year

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COMPETITION PRO KETTLEBELLS 2.0.

The heavy-duty choice for clubs and members who take their lifting seriously. Uniform size and industry standard color coding to meet competition standards. Cast stainless steel handles won't rust, and extra-tough powder coating with engraved weight indicators ensure life-long visibility.



SBX KETTLEBELLS.

The innovative SBX kettlebell range offers a high level of practicality that lasts. Textures and grooves allow for more grip options with dynamic feedback when shifting weight, while the hard satin chromed and salt tested handles ensure longevity.



STUDIO KETTLEBELLS.

Gentle on your grip as well as your flooring. The cast iron bell is vinyl dipped with bright colors so you can easily organize your collection by weight. Durable and versatile, these best-selling, effective weights start at 4lbs, making them a great entry-level option.



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COMPETITION PRO KETTLEBELLS 2.0.



CKB208	8kg/18lb	Competition Pro Kettlebell 2.0 – Purple
CKB212	12kg/26lb	Competition Pro Kettlebell 2.0 – Blue
CKB216	16kg/35lb	Competition Pro Kettlebell 2.0 – Yellow
CKB220	20kg/44lb	Competition Pro Kettlebell 2.0 – Gray
CKB224	24kg /53lb	Competition Pro Kettlebell 2.0 – Green
CKB228	28kg/62lb	Competition Pro Kettlebell 2.0 – Orange
CKB232	32kg/70lb	Competition Pro Kettlebell 2.0 – Red

TRAIN03 Kettlebell Product Training Workshop

COMPETITION KETTLEBELL SETS WITH RIGID RACK.

Maximize floor space with these cost-effective Rigid Racks. Made from affordable, lightweight steel with feet that can be turned inwards to stand rack units next to each other. Designed to be practical and discreet whilst minimizing material and cost.



CKB8322R	8-32kg/ 18-70lb	x2 Competition Kettlebell Set RACKKB2 8lb incs (14 Kettlebells total)

TRAIN03 Kettlebell Product Training Workshop

RACK SPECIFICATIONS.

RACKKB2 Rigid Kettlebell Rack
Holds 14 Competition Kettlebells
Size: 62"* x 27.5" x 30". Weight 117lb.

Kettlebells sold individually.

SBX KETTLEBELLS.



ARBKB10	10lb	SBX Kettlebell
ARBKB15	15lb	SBX Kettlebell
ARBKB20	20lb	SBX Kettlebell
ARBKB25	25lb	SBX Kettlebell
ARBKB35	35lb	SBX Kettlebell
ARBKB45	45lb	SBX Kettlebell
ARBKB50	50lb	SBX Kettlebell
ARBKB60	60lb	SBX Kettlebell
ARBKB1060	10-60lb	SBX Kettlebell Set (6 Kettlebells total)

TRAIN03 Kettlebell Product Training Workshop

Kettlebells sold individually.

SBX KETTLEBELL SETS WITH RIGID RACK.

The Kettlebell Rigid Rack is a 2-shelf rack option, the Rigid Rack efficiently tucks away against a flat surface, safely storing the kettlebells to free up the gym floor space.



ARBKB10602R	10-60lb	SBX Kettlebell Set x2 RACKKB2 (as shown) (16 Kettlebells total)

TRAIN03 Kettlebell Product Training Workshop

RACK SPECIFICATIONS.

RACKKB2 Rigid Kettlebell Rack
Holds 16 SBX Kettlebells
Size: 62"* x 27.5" x 30". Weight 117lb.

Kettlebells sold individually.

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STUDIO KETTLEBELLS.

These durable Studio Kettlebells are gentle on your grip as well as your flooring. Exceptionally well-designed, the cast iron bell is vinyl dipped with bright colors so you can easily organise your collection by weight.



AVKB04	4lb	Studio Vinyl Kettlebell - Green
AVKB08	8lb	Studio Vinyl Kettlebell - Blue
AVKB12	12lb	Studio Vinyl Kettlebell - Red
AVKB16	16lb	Studio Vinyl Kettlebell - Gray
AVKB20	20lb	Studio Vinyl Kettlebell - Black
AVKB24	24lb	Studio Vinyl Kettlebell - Green
AVKB28	28lb	Studio Vinyl Kettlebell - Blue
AVKB32	32lb	Studio Vinyl Kettlebell - Red
AVKB36	36lb	Studio Vinyl Kettlebell - Gray
AVKB40	40lb	Studio Vinyl Kettlebell - Black
TRAIN03		Kettlebell Product Training Workshop

Kettlebells sold individually.

KETTLEBELL RACKS.

The Kettlebell Rigid Rack is a 2-shelf rack option, the Rigid Rack efficiently tucks away against a flat surface, safely storing the kettlebells to free up the gym floor space.



RACKKB2	Rigid Kettlebell Rack Holds up to 4 sets of 8-40lb. 20 Studio Kettlebells Size: 62"* x 27.5" x 30". Weight 117lb.

DUMBBELL AND KETTLEBELL SETS WITH RIGID RACK.

Keep dumbbells and kettlebells stored safely but easily accessible with our racks. For the complete storage solution, we have selected some rack combinations based on our bestsellers.



AKB1060PU550R	5-50lb Urethane Dumbbells 5lb incs, (10 pairs, 20 total), 10-60lb SBX Kettlebell Set (8 Kettlebells total) RACKKD
AKB1060RB550R	5-50lb SBX Dumbbells 5lb incs, (10 pairs, 20 total), 10-60lb SBX Kettlebell Set (8 Kettlebells total) RACKKD
AKB10452PU550R	5-50lb Urethane Dumbbells 5lb incs, (10 pairs, 20 total), 10-45lb SBX Kettlebell Set x 2 (12 Kettlebells total) RACKKD.
AKB10452RB550R	5-50lb SBX Dumbbells 5lb incs, (10 pairs, 20 total), 10-45lb SBX Kettlebell Set x 12 Kettlebells total) RACKKD.
RACK SPECIFICATIONS.	
RACKKD	Rigid Kettlebell and Dumbbell Rack Holds up to 10 Dumbbell pairs and 12 Kettlebells. Size: 77"* x 27.5" x 45" (as shown)

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PLATES.

Whatever your lifting needs – technique, training or competition – our comprehensive collection of plates means there's a solution for you. Enhancing the essential functionality of each plate without taking away from its primary purpose. Bright and engaging colors 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.



COMPARISON CHART.

FEATURES.	URETHANE GRIP PLATES.	RUBBER GRIP PLATES.	ELITE URETHANE BUMPER PLATES.	RUBBER BUMPER PLATES.
USE	Heavy use, strength training spaces	Demanding training environments, Olympic lifting, cross training	Heavy use facilities, Olympic lifting, cross training	Olympic lifting
MATERIAL	Urethane, Cast Iron, Stainless Steel core	Cast Iron, Rubber, Stainless Steel core	Urethane, Cast Iron, Machined Steel core	Solid Rubber, Stainless Steel core
WEIGHTS/ THICKNESS	2.5lb - 0.8" 5lb - 0.9" 10lb - 1.1" 25lb - 1.6" 35lb - 1.7" 45lb - 1.7"	2.5lb - 0.8" 5lb - 0.95" 10lb - 1.2" 25lb - 1.6" 35lb - 1.7" 45lb - 1.7"	10lb - 1" 25lb - 1" 35lb - 1.5" 45lb - 2" 55lb - 2.5"	10lb - 1.37" 25lb - 1.37" 35lb - 1.81" 45lb - 2.28"
DUROMETER RATING (HARDNESS*)	80°	68 – 75	89°	-
INTERNAL DIAMETER	2"	2"	2"	2"
WEIGHT TOLERANCE	+/- 10%	+/- 10%	+/- 2%	+/- 2%
WARRANTY	7 years	1 year	3 years	1 year

*The higher the hardness rating the less bounce.

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HOW TO CHOOSE.

URETHANE GRIP PLATES.

Designed with cut-outs to allow you to separate plates and prevent them locking together. Made from hardwearing Urethane, with side numbering for easy weight identification, these plates have stainless steel centers and optional laser engraving or text PU filling for custom branding options.



RUBBER GRIP PLATES.

There is a lot of choice when it comes to buying bumper plates for your facility. The Rubber Grip Plates are great all-rounders, with a simple no-fuss design. These plates are versatile and durable, built to last, lift after lift.



ELITE URETHANE BUMPER PLATES.

Outstanding durability, tight weight tolerances and low-bounce performance set these plates apart for the ultimate Olympic lifting experience. Inbuilt grip inserts and grip lips, enhanced vibrant colors and clear weight numbers make these plates appealing and accessible.



RUBBER BUMPER PLATES.

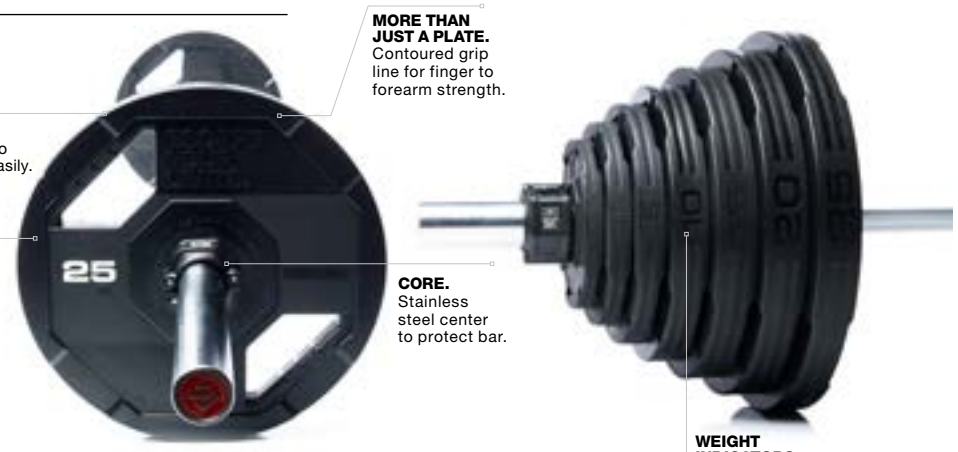
These rubber bumper plates are impact absorbing and scratch resistant. The design of these back-to-basics bumper plates might seem simple in aesthetics but they are an effective way of bulking out any barbell set up.



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URETHANE GRIP PLATES.



MORE THAN JUST A PLATE.
Contoured grip line for finger to forearm strength.

HANDLES.
Anti locking grip to separate plates easily.

NUMBERING.
Contrast numbering for fast weight identification.

CORE.
Stainless steel center to protect bar.

WEIGHT INDICATORS.
Easy weight identification on a bar or rack.

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

URETHANE GRIP PLATE SETS.

APUGD2452	2.5-45lb	Urethane Grip Discs (2 of ea)
APUGD2454	2.5-45lb	Urethane Grip Discs (4 of ea)

RUBBER GRIP PLATES.



HANDLES.
Anti locking grip to separate plates easily.

NUMBERING.
Molded numbering for weight identification.

CORE.
Stainless steel center to protect bar.

MORE THAN JUST A PLATE.
Contoured grip line for finger to forearm strength.

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

GRIP PLATE SETS WITH WEIGHT TREE.

URETHANE GRIP PLATES RACK SET.

APUGD2454R	2.5-45lb	Urethane Grip Disc (4 of ea) WTREE2

RACK SPECIFICATIONS.

WTREE2	Weight Tree Holds up to 28 plates. 4 plates per pin. Size: 27.5" x 27.5" x 52" Max load 490lb. Weight 47lb.

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HARD-WEARING.
Urethane over a steel core shrugs off impacts to stay looking new for longer.

CORE.
Durable machined steel center to protect bar.

GRIPPABLE.
Grippable ridge and finger castellations to make them easy to pick up and handle, whether vertical or horizontal.



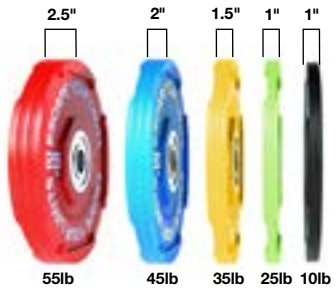
GRIPPABLE.
Grippable ridge and finger castellations to make them easy to pick up and handle, whether vertical or horizontal.

HIGH-STRENGTH.
High-strength rubber shrugs off impacts to stay looking new for longer.

CORE.
Strong stainless-steel pressed center.

ELITE URETHANE BUMPER PLATES.

For the best Olympic lifting experience, try Elite plates. Durable and 'low bounce' thanks to the Urethane, and especially tight weight tolerances, these plates deliver on every lift.



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

RACK SPECIFICATIONS.

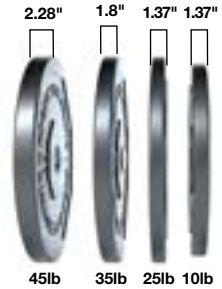
OTR001 Toast Rack
Holds 2x complete sets of Elite Bumper Plates
Size: 43" x 12" x 12". Weight 59.5lb.

Plates sold individually.



RUBBER BUMPER PLATES.

These high-strength plates shrug off impact with minimal bounce and are molded with weight indicators. They may have a simple design, but are built to last, lift after lift.



ARBBP10	10lb	Rubber Bumper Plate
ARBBP25	25lb	Rubber Bumper Plate
ARBBP35	35lb	Rubber Bumper Plate
ARBBP45	45lb	Rubber Bumper Plate

RACK SPECIFICATIONS.

OTR001 Toast Rack
Holds 2x complete sets of Rubber Bumper Plates
Size: 43" x 12" x 12". Weight 59.5lb.

Plates sold individually.



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BARS.

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

★★★★★ = High
★★★★★ = Low

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

POWER BAR.

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



POWER02 44lb Power Bar

WOD BAR.

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



WOD001 44lb WOD Bar

CURL BAR.

A great strength training tool. Keeps your wrists at the perfect angle when performing reps in comfort and safety.



CURL01 20lb Olympic Curl Bar

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OLYMPIC BAR HOLDER AND COLLARS.

Intelligent space-saving storage solution for up to nine Olympic bars placed vertically, maximizing floor space and utilizing a tiny footprint and a range of collars which have been expertly developed and rigorously tested to ensure your plates remain secure at all times, no matter the intensity of the lifting.



01. BARH9 Olympic Bar Holder
Holds up to 9 bars.
Size: 19.5" x 19.5" x 10". Weight 39.6lb.

02. WODC01 2" WOD Collar – Black – Pair
Internal Diameter 2". Weight 7 oz/0.2 kg.

03. SA7113 2" Olympic Spring Collar – Each
Internal Diameter 2". Weight 99 oz/2.8 kg.

04. KAMCOL2 2" Olympic Clamp Collar – Red – Pair
Internal Diameter 2". Weight 6 oz/0.17 kg.

01

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LIFT PLATFORMS.

Elevate your workout space with our heavy-duty lifting platform, the Lift Zone. Designed to fit seamlessly with the Octagon range, it offers superb shock absorption to protect your fl oring when dropping bumper plates. Compatible with single, double, or freestanding frames, this grippy and portable platform is easy to assemble.



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INTEGRATED LIFT PLATFORMS.

SINGLE LEG LIFT PLATFORM.

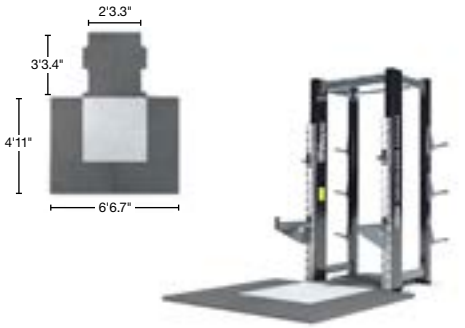
Integrates with the Octagon (as shown) and Quad Frame.



LIFTPLAT5 Integrated Lift Zone - Single Bolted Leg

DOUBLE LEG LIFT PLATFORM.

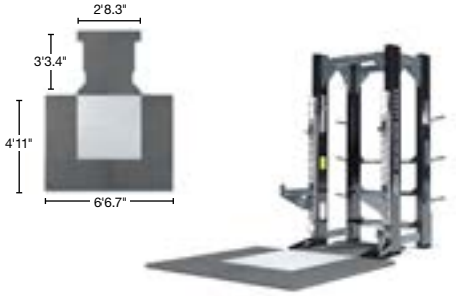
Integrates with the Half Box (as shown) and Half Squad.



LIFTPLAT6 Integrated Lift Zone - Double Bolted Leg

FREESTANDING LEG LIFT PLATFORM.

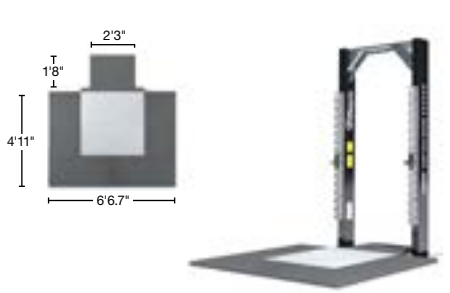
Integrates with the Freestanding Octagon, Half Squad and Squat Hub (as shown).



LIFTPLAT7 Integrated Lift Zone - Freestanding Leg

MONO LEG LIFT PLATFORM.

Integrates with the Mono (as shown).



LIFTPLAT8 Integrated Lift Zone - MONO Bolted Leg

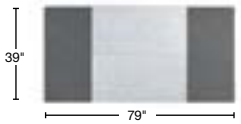
FREESTANDING PLATFORMS.

Designed to handle the demands of rigorous training, our stand alone platforms are ideal if you are wanting to create dedicated lifting areas around your gym.

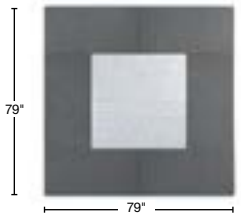
LIFTPLAT3 Lift Zone Basic Small
LIFTPLAT4 Lift Zone Basic Large

SPECIFICATIONS.
Basic Small: 79" x 39" x 1.5".
Basic Large: 79" x 79" x 1.5".

LIFTPLAT3.



LIFTPLAT4.



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STRONGBOX.

This revolutionary, all-in-one workout bench will appeal to design conscious gyms who want to attract, and retain members. A next-level training bench, plyo platform and equipment storage unit, STRONGBOX not only demands attention, but speeds up transitions and enhances safety, storing equipment, including Nucleus Dumbbells, neatly to hand.

Using the same steel construction, STRONGBOX's ergonomically designed octagon-shaped back pads allow clearance for exercises while your back remains supported. With an adjustable back rest and a high-density urethane pad to accommodate weighted step ups, this is a dedicated, permanent station that keeps members in one place, for an entire workout.



PLEASE NOTE:
Accessories sold separately.

STRBOX2V2	STRONGBOX
ASTRBDB	STRONGBOX with Dumbbells Includes: 6x Rubber Dumbbells 5lb-30lb
ASTRBEP	STRONGBOX with Equipment Pack Includes: 6x Rubber Dumbbells 5lb-30lb, 1 x 20lb and 25lb Rubber Kettlebell, 1 x 11lb VERTMINI, 1 x 17.6lbs GRIPR, 1 x Resistance Tube 02 Green

SPECIFICATIONS.
Size: 51" x 20" x 20". Weight: 198lb empty.

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SIX LEVEL INCLINE.
Fully adjustable back pad.

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

BACK PADS:
Octagon-shaped back pads provide range of motion clearance.

DUMBBELL PROTECTORS.
Urethane encased dumbbells protectors.

HOOKS.
Hooks to attach bands for resistance-focused movements.

WHEELS:
Wheels to make the box easily portable, for storage or workout.

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

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ADJUSTABLE BENCH.

A staple of strength training and more, the Adjustable Bench is one of the most versatile workout stations available. Seven levels of incline/ decline on the backrest and three on the seat make for a variety of options and flexibility for users to target any area of the body.



ADJBEN2 Adjustable Bench

SPECIFICATIONS.
Size: 52" x 16" x 23". Weight 81.5lb.

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DECK 2.0.

With 16 configurations across Step, Ramp and Bench modes, DECK 2.0 is perfect for step, circuits, BODYPUMP™ or Bootcamp workouts, enabling the creation of multiple full body workouts from one training bench. An ideal training tool in 1-on-1 or group environments, pair the DECK 2.0 with our space-saving STAKRBELL dumbbell options and you have a winning combination.

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

ANATOMIC HOT SPOTS.
Targets help guide users to where their hands and feet should be on every rep.

EQUIPMENT STORAGE.
The perfect space for a full set of STAKRBELL and resistance bands, creating a fully equipped workout station

STAKRBELLS.
The STAKRBELLs tucks away seamlessly in the integrated storage space forming a self-contained training solution.
See page 19.

EST-DECK DECK 2.0

TRAIN12 DECK 2.0 Product Training Workshop

SPECIFICATIONS.
Size: 48” x 14” x 8” (flat), 38” (extended). Weight 28.7lb.

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STEP PLATFORM SOLUTION.

Use a single STEP for classic step exercises, raise the height with RISERs for more challenge, or create an inclined platform for extra stepping options or bench work. Versatility is guaranteed and it's easy to switch between configurations mid-workout.

Both platform and riser are made from polypropylene that's strong yet allows a little 'give' to protect joints, whilst the anti-slip properties of the top mat and stabilizing blocks mean even rapid movements can be performed safely.

STEP.



RISERS RAISING STEP.



RISERS RAISING STEP INTO INCLINE POSITION.





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.

REGISTERED
DESIGN.

STEP01	x1 STEP
STEP03	x3 STEPs Pack
STEP04	x1 STEP and x2 RISERs
STEP05	x1 STEP and x4 RISERs
STEP07	STEP Club Pack (x3 STEPs and x6 RISERs)

SPECIFICATIONS.
STEP01: Size: 42" x 17.5" x 4" Weight 13.7lb.

THE ESCAPE RISER.

The Escape RISER increases the height of the STEP platform or is 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.

The riser is inexpensive, and yet extremely versatile. Incorporate it into strength work to increase the distance to floor and therefore the depth and range of motion, enhancing the muscle recruitment.



STEP02	x1 RISER
STEP06	x6 RISER Pack

SPECIFICATIONS.
STEP02: Size: 17" x 17" x 4" Weight 4.1lb.

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OCTAGON.

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

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

THE OCTAGON FRAME RANGE 58
T1 TOWER 60
HIT HUBS 64
HTS 74
OCTAGON 80
SQUAT FRAMES 82
BOXING FRAMES 88
ATTACHMENTS 92
FRAME DESIGN 98

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THE OCTAGON FRAME RANGE.

Escape offers multiple configurations of frames, all which can be further customized with innovative storage solutions and optional attachments to create the ultimate training environment.

From compact, corner solutions that bring to life underutilized areas through to eye-catching centerpieces that demand attention, our range offers unrivalled flexibility.

Here are some options to get your started.

MADE IN BRITAIN



T1 TOWER.

A versatile, entry-level frame great for small areas. Available off the shelf or fully customizable.



WALL-BASED FRAMES.

Fully customizable, modular HIT HUBs with attachments and integrated storage solutions.



HTS.

A versatile frame with integrated storage and bridge design to maximize floor space.



CORNER.

A tucked-away, training and storage solution that optimizes every inch of space.



OCTAGON.

The ultimate freestanding or bolt-down frame for a totally loaded, multi-station training experience.



SQUAT.

A must-have, versatile frame for any club looking to support a serious strength training program.



BOXING.

Fixed frame or incorporating Escape's unique BOA Rail technology for ultimate training flexibility.



CUSTOM.

Design your bespoke training environment with Escape's interconnecting modular frame and attachment system.



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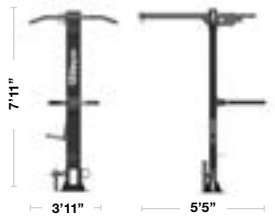
T1 TOWER.

Available as an off-the-shelf or a customizable frame, this compact, freestanding, 'entry-level' unit is designed to be the smallest of our range, and also the most affordable. It offers a multitude of exercise options and delivers a highly inclusive exercise experience, ideal for both the fitness beginner through to the seasoned athlete.



TYPE 01.

DIMENSIONS.



ATTACHMENTS.

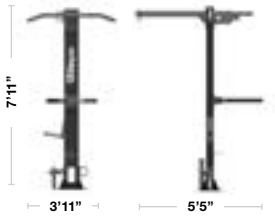
- x1 Boxing Arm and Swivel.
- x1 Pull-Up Station.
- x1 Fixed Dip Station.
- x1 Claw Step.
- x2 Battle Rope Eye.
- x1 Torso Trainer.
- x1 Bar Holder.
- x1 Weight Horn.

OFPOT04 T1 Tower, Type 01
Bolt Down with Boxing

PLEASE NOTE:
Frame does not include Bar, Battle Rope, punchbag, plates or TRX.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Boxing Arm and Swivel.
- x1 Crux Rope Pulley.
- x1 Pull-Up Station.
- x1 Fixed Dip Station.
- x1 Claw Step.
- x2 Battle Rope Eye.
- x1 Torso Trainer.
- x1 Weight Horn.



OFPOT05 T1 Tower, Type 02
Bolt Down with Boxing and Rope Pulley

PLEASE NOTE:
Frame does not include Bar, Battle Rope, punchbag, plates or TRX.

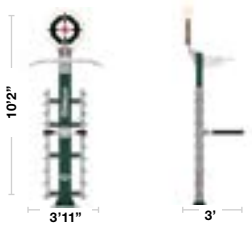
TURN TO PAGE 191 FOR WARRANTIES

T1 TOWER.



TYPE 03.

DIMENSIONS.



ATTACHMENTS.

- x1 Pull-Up Station.
- x1 Fixed Dip Station.
- x1 Claw Step.
- x1 Target.
- x2 Holster (holds 10 pairs of Dumbbells).

FCD05515-02O T1 Tower, Type 03
Bolt Down with Holster
for Dumbell Storage



PLEASE NOTE:
Frame does not include Dumbbells.

TYPE 04.

DIMENSIONS.



ATTACHMENTS.

- x1 Adjustable Weight Stack.
- x1 Crux Rope Pulley.
- x1 Pull-Up Station.
- x1 Fixed Dip Station.
- x1 Battle Rope Eye.
- x1 Torso Trainer.
- x1 Bar Holder.
- x1 Weight Horn.

FCD05515-2N T1 Tower, Type 04
Bolt Down with Rope
Pulley and Cable Stack.



PLEASE NOTE:
Frame does not include Bar,
Battle Rope or plates.

TYPE 05.

DIMENSIONS.



ATTACHMENTS.

- x1 Adjustable Weight Stack.
- x1 Pull-Up Station.
- x1 Fixed Dip Station.
- x2 Battle Rope Eye.
- x1 Torso Trainer.
- x1 Bar Holder.

FCD05515-02M T1 Tower, Type 05
Bolt Down with
Cable Stack



PLEASE NOTE:
Frame does not include Bar,
Battle Rope, plates or TRX.

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HIT HUBS.

Bring any training area to life with our expertly designed HIT HUB. Forming part of our Octagon range, the HIT HUB benefits from a modular design that links bays to create the perfect frame that blends in with your space.

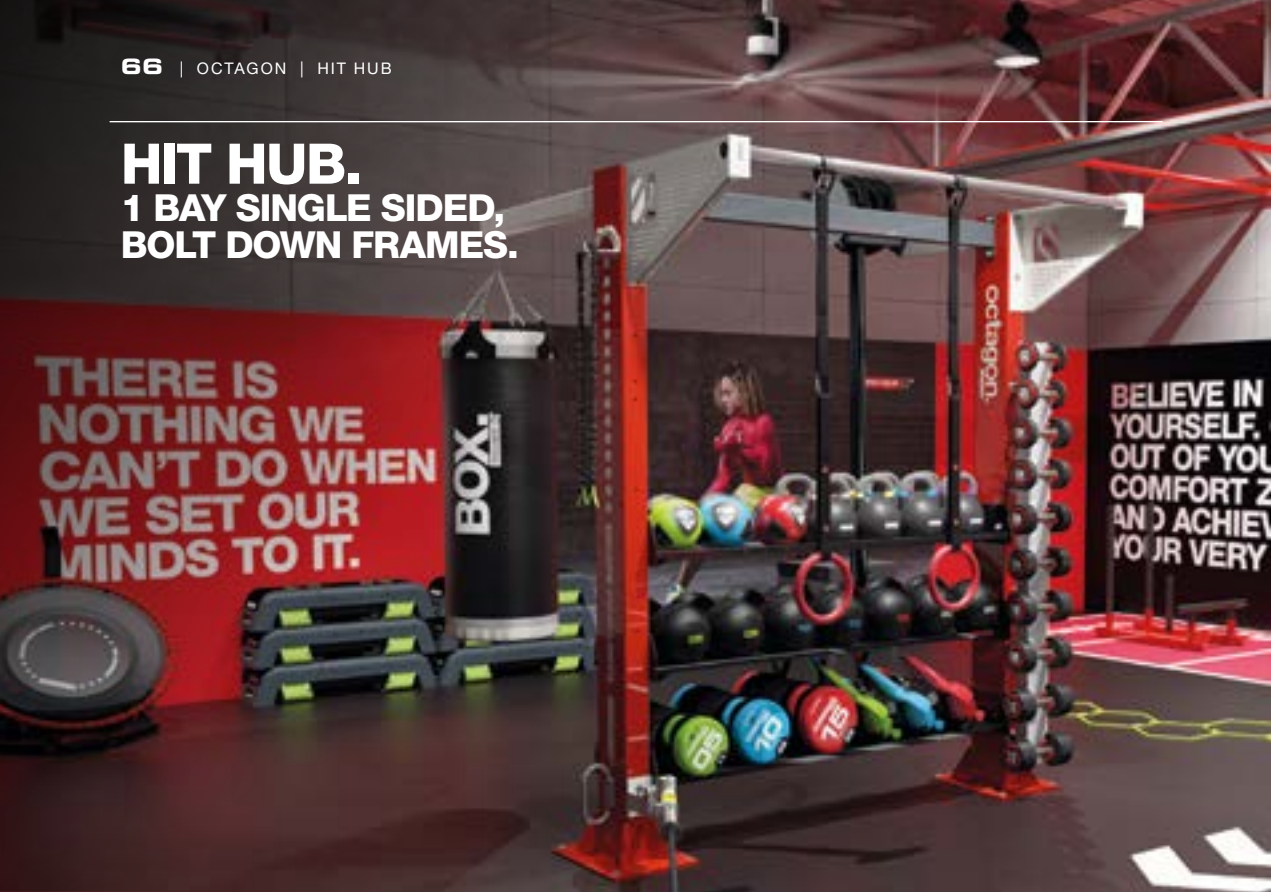
Available as single or double sided, bolt down or freestanding, with the option to add storage solutions, the HIT HUB offers a multitude of configurations.

Single sided is ideal for maximizing limited or underused floor space whilst double sided provides zoned divisions, doubling the exercise stations, perfect for group exercise.

HIT HUB - THE MOST VERSATILE FRAME EVER MADE.

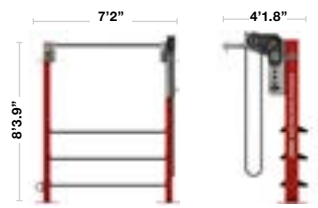
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HIT HUB.
1 BAY SINGLE SIDED, BOLT DOWN FRAMES.



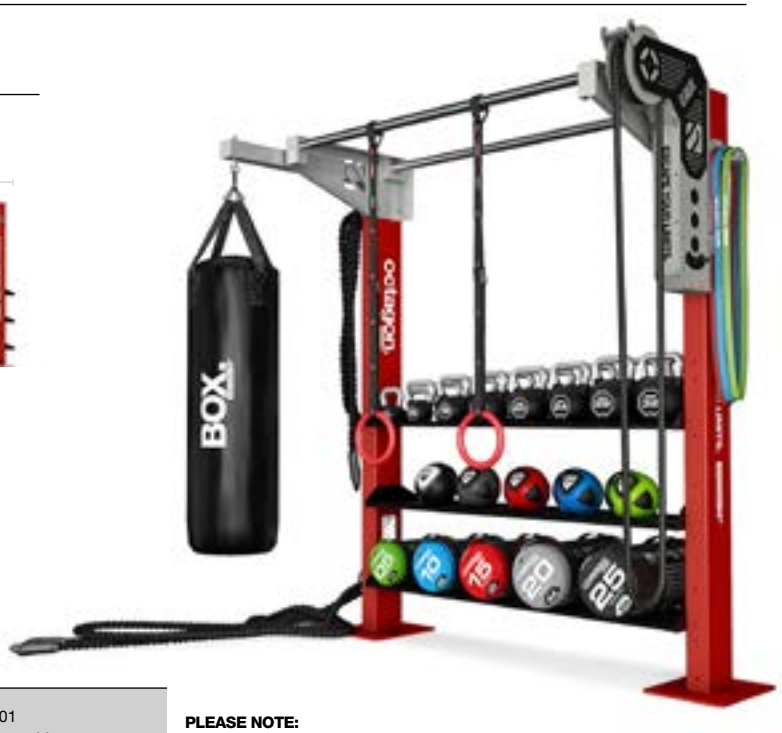
TYPE 01.

DIMENSIONS.



ATTACHMENTS.

- x1 Battle Rope Eye.
- x2 Claws for Storage.
- x1 Internal Hit Wing.
- x1 Boxing Arm and Swivel.
- x1 Crux Rope Pulley.
- x3 Flat Shelves with rubber mats.

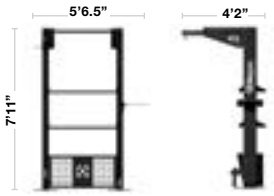


FCD05515-02E HIT HUB 1 Bay, Type 01
Single Sided, Bolt Down with
Boxing and Rope Pulley

PLEASE NOTE:
Frame does not include Battle Rope, Kettlebells, Balls, Bags, Punchbag, Resistance Bands or WOD Rings.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Internal Hit Wing.
- x1 Battle Rope Eye.
- x1 Claw for Storage.
- x1 Boxing Arm and Swivel.
- x1 Torso Trainer.
- x1 Storage Cage.
- x1 Mat Rack.
- x2 Flat Shelves with rubber mats.

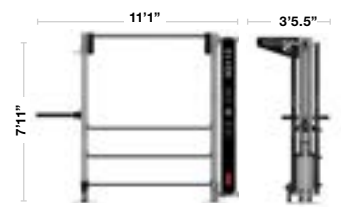


FCD05515-02D HIT HUB 1 Bay, Type 02
Single Sided, Bolt Down 1m
with Boxing

PLEASE NOTE:
Frame does not include Bar, Battle Rope, Kettlebells, Balls, Punchbag, Mats or TRX.

TYPE 03.

DIMENSIONS.



ATTACHMENTS.

- x1 Internal Hit Wing.
- x1 Adjustable Weight Stack.
- x1 Battle Rope Eye.
- x1 Claw for Storage.
- x1 Torso Trainer.
- x3 Flat Shelves with rubber mats.
- x1 Fixed Dip Station.



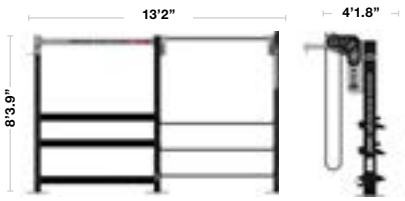
FCD05515-02F HIT HUB 1 Bay - Type 03
Single Sided, Bolt Down
with Cable Stack

PLEASE NOTE:
Frame does not include Bar, Battle Rope, Kettlebells, Balls, Bags, Resistance Bands or WOD Rings.

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TYPE 01.

DIMENSIONS.



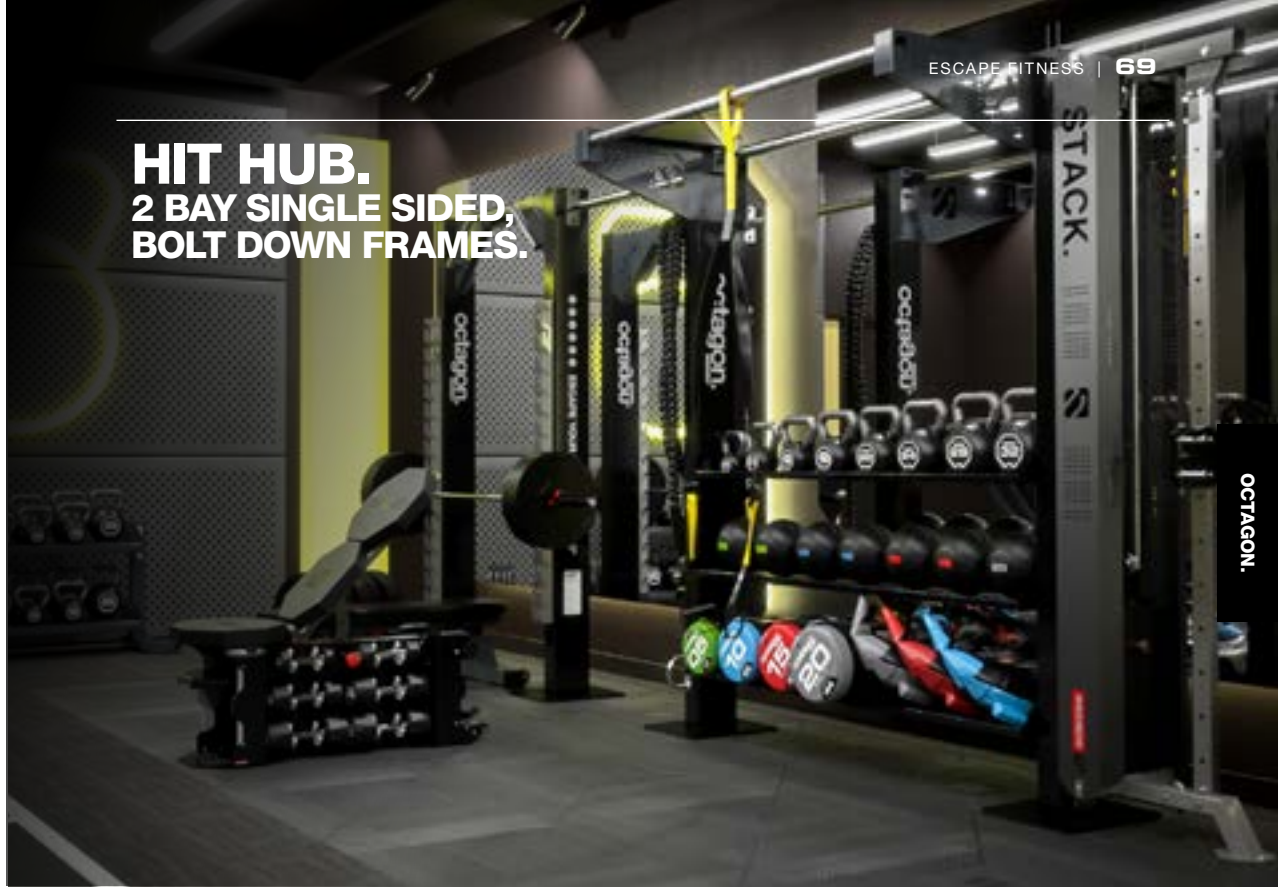
ATTACHMENTS.

- x1 Internal HIT Wing.
- x1 Battle Rope Eye.
- x1 Claw for Storage.
- x1 Boxing Arm and Swivel.
- x1 Crux Rope Pulley.
- x3 Dumbbell Shelves.
- x3 Flat Shelves with rubber mats.



FCD05515-02I HIT HUB 2 Bay, Type 01
Single Sided, Bolt Down
with Boxing and Rope Pulley

PLEASE NOTE:
Frame does not include Battle Rope, Kettlebells, Balls, Bags, Dumbbells or WOD Rings.

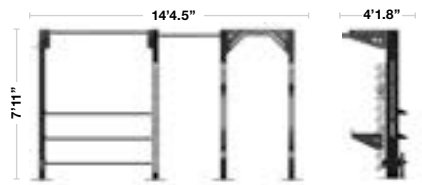


HIT HUB.
2 BAY SINGLE SIDED, BOLT DOWN FRAMES.

OCTAGON.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Internal Hit Wing.
- x1 Battle Rope Eye.
- x1 Claw for Storage.
- x1 Catch Rack Set Pair.
- x1 Extended Catch Rack Pair.
- x1 Boxing Arm and Swivel
- x1 Pull-Up Bar.
- x2 Adjuster Teeth.
- x1 The Holster (holds 5 pairs of Dumbbells).
- x1 Bar Holder
- x3 Flat Shelves with rubber mats.

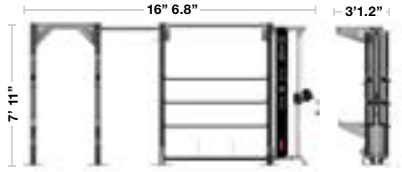


FCD05515-02H HIT HUB 2 Bay, Type 02
Single Sided, Bolt Down with
Boxing, Holster and Lifting Station

PLEASE NOTE:
Frame does not include Punchbag, Bar, Plates Battle Rope, Kettlebells, Balls, Bags, Dumbbells or WOD Rings.

TYPE 03.

DIMENSIONS.



ATTACHMENTS.

- x1 Internal Hit Wing.
- x1 Adjustable Weight Stack.
- x1 Battle Rope Eye.
- x1 Claw for Storage.
- x1 Catch Rack Set Pair.
- x1 Extended Catch Rack Pair.
- x1 Torso Trainer.
- x1 Pull-Up Bar.
- x2 Adjuster Teeth.
- x1 Parallel Storage Shelf.
- x3 Flat Shelves with rubber mats.



FCD05515-02G HIT HUB 2 Bay - Type 03
Single Sided, Bolt Down
with Lifting Station and
Cable Stack

PLEASE NOTE:
Frame does not include Bar, Battle Rope, Kettlebells, Balls, Bags or WOD Rings.

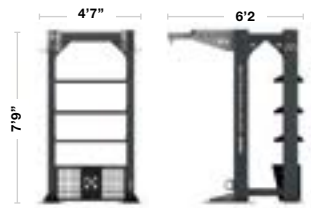
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HIT HUB.
FREESTANDING BOXING FRAMES.



TYPE 01.

DIMENSIONS.



ATTACHMENTS.

- x1 Battle Rope Eye.
- x2 Claws for Storage.
- x1 Internal Hit Wing.
- x1 Fixed Dip Station.
- x1 Boxing Arm and Swivel.
- x3 Flat Shelves with rubber mats.
- x1 Storage Cage.

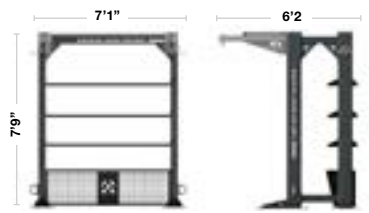


FCD05515-02W HIT HUB 1 Bay,
Type 01, Single Sided,
Freestanding 1m with Boxing

PLEASE NOTE:
Frame does not include Battle Rope, Kettlebells, Balls, Bags, Resistance Bands or TRX.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Battle Rope Eye.
- x2 Claws for Storage.
- x1 Internal Hit Wing.
- x1 Fixed Dip Station.
- x2 Boxing Arm and Swivel.
- x3 Flat Shelves with rubber mats.
- x1 Storage Cage.

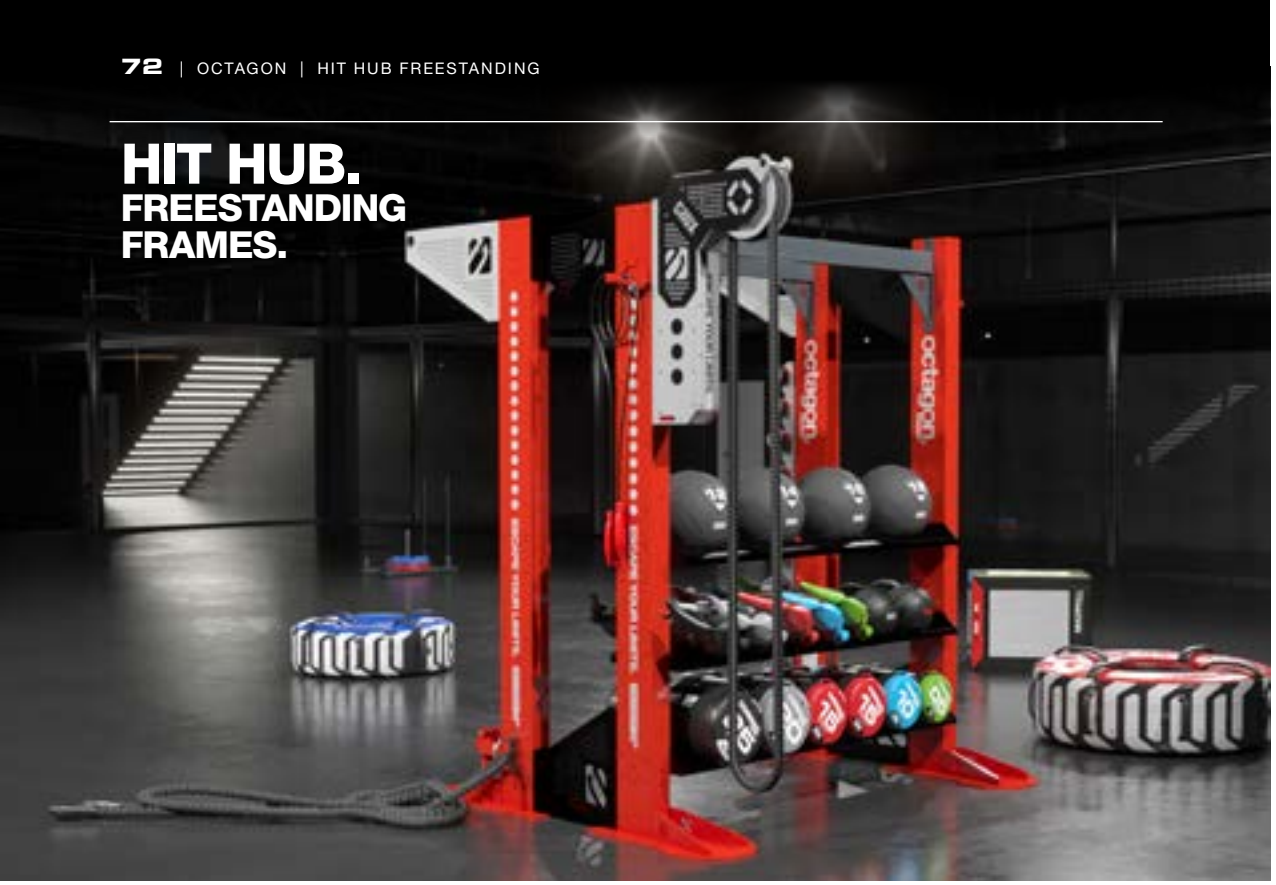


FCD05515-02X HIT HUB 1 Bay,
Type 02, Single Sided,
Freestanding with 2 x Boxing

PLEASE NOTE:
Frame does not include Battle Rope, Kettlebells, Balls, Bags, Resistance Bands or TRX.

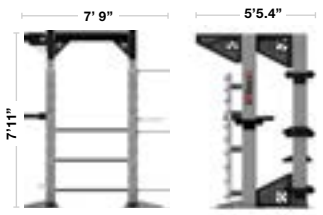
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HIT HUB.
FREESTANDING FRAMES.



TYPE 01.

DIMENSIONS.



ATTACHMENTS.

- x1 Hit Wing 1M.
- x1 T1 Pull-Up Station.
- x1 Fixed Dip Station.
- x2 Claw Step.
- x3 Flat Shelves with rubber mats.
- x1 Mat Rack.
- x3 Gym Ball Holder.
- x2 The Holster (holds 10 pairs of Dumbbells).

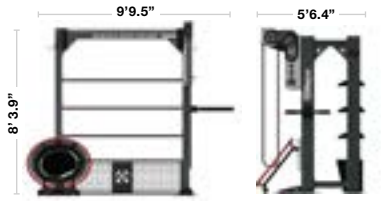
FCD05515-02A HIT HUB 1 Bay, Type 01, Single Sided, Freestanding with Holsters and Gym Ball Storage



PLEASE NOTE:
Frame does not include Dumbbells, Kettlebells, Balls, Bags, Mats or TRX.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Battle Rope Eye.
- x2 Claws for Storage.
- x1 Internal Hit Wing.
- x1 Fixed Dip Station.
- x1 Crux Rope Pulley.
- x1 Pro Bounder.
- x3 Flat Shelves with rubber mats.
- x1 Storage Cage.

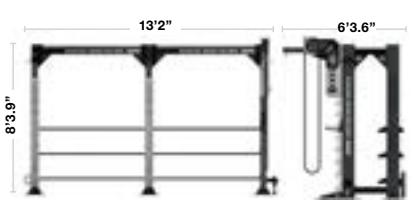
FCD05515-02B HIT HUB 1 Bay, Type 02, Single Sided, Freestanding with Pro Bounder and Rope Pulley



PLEASE NOTE:
Frame does not include Battle Rope, Kettlebells, Balls, Bags, Resistance Bands or TRX.

TYPE 03.

DIMENSIONS.



ATTACHMENTS.

- x1 Battle Rope Eye.
- x2 Claws for Storage.
- x2 Internal Hit Wings.
- x1 Boxing Arm.
- x1 Torso Trainer.
- x1 Weight Horn.
- x1 Bar Holder.
- x1 Crux Rope Pulley.
- x2 The Holster (holds 10 pairs of Dumbbells).
- x6 Flat Shelves with rubber mats.

FCD05515-02C HIT HUB 2 Bay, Type 03, Single Sided, Freestanding with Boxing, Holsters and Rope Pulley



PLEASE NOTE:
Frame does not include Battle Rope, Bar, Plates, Kettlebells, Dumbbells, Balls, Bags, Resistance Bands or WOD Rings.

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HTS.

The Hub Training System (HTS) can be both freestanding or bolt-down, providing a versatile, all-round functional training system with integrated storage solutions at either end and a bridge design to fully maximize workout space beneath the frame.

With optional monkey bars and additional functional training add-ons, the bridge converts the training space below the frame into an ideal personal training or group fitness workout zone.

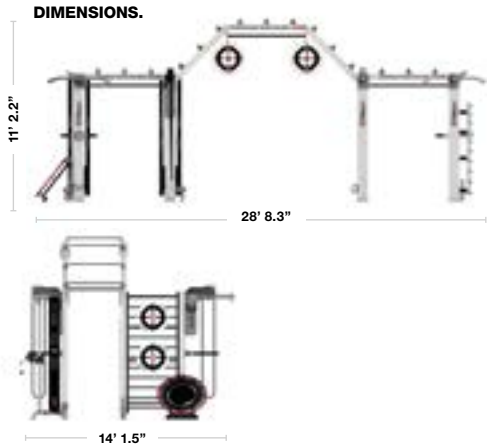


TYPE 01.

ATTACHMENTS.

- x2 Adjustable Weight Stack.
- x2 Raised Pull-Up Bar.
- x15 Monkey Bar.
- x2 Boxing Arm and Swivel.
- x2 Pull-Up Station.
- x2 Fixed Dip Station.
- x2 Claw Step.
- x2 torso Trainer.
- x2 Bar Holder.
- x2 Battle Rope Eye.
- x2 Dock Target.
- x2 Ladder Wall Target.
- x2 CRUX Rope Pulley.
- x1 Pro Bounder.
- x2 Holsters (holds 10 pairs of Dumbbells).

DIMENSIONS.





FCD05515-02R HTS, Type 01
Bolt Down with Bridge, Monkey Bars, Boxing, Holsters, Pro Bounder and Cable Stack

PLEASE NOTE:
Frame does not include Battle Rope, Boxing Bags, Dumbbells, Bars, Plates or WOD Rings.

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TYPE 02.

ATTACHMENTS.

- x2 Raised Pull-Up Bar.
- x9 Monkey Bar.
- x2 Pull-Up Station.
- x2 Fixed Dip Station.
- x2 Claw Step.
- x2 Battle Rope Eye.
- x2 Dock Target.
- x2 CRUX Rope Pulley.
- x1 BOA Rail with 3 Boxing Bag Carriages.



PLEASE NOTE:
Frame does not include Battle Rope, Boxing Bags, TRX or WOD Rings.

FCD05515-02S HTS, Type 02, Bolt Down with Monkey Bars, Rope Pulley, BOA Rail and Dock Targets

DIMENSIONS.



TYPE 03.

ATTACHMENTS.

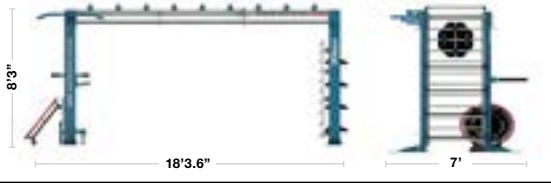
- x9 Monkey Bar.
- x1 Fixed Dip Station.
- x1 Pull-Up Station.
- x1 Claw Step.
- x1 Claw for Storage.
- x1 Torso Trainer.
- x1 Bar Holder.
- x1 Weight Horn.
- x4 Flat Shelves with rubber mats.
- x1 Ladder Wall Target.
- x1 Battle Rope Eye.
- x1 Pro Bounder.
- x1 Dock Boxing Bracket.
- x2 Holster (holds 10 pairs of Dumbbells).



PLEASE NOTE:
Frame does not include Bar, Plates, Battle Rope, Kettlebells, Dumbbells, Balls, Bags, Resistance Bands or Boxing Bag.

FCD05515-02Q HTS, Type 03, Freestanding with Monkey Bars, Boxing, Holsters, Pro Bounder and Ladder Wall Target

DIMENSIONS.



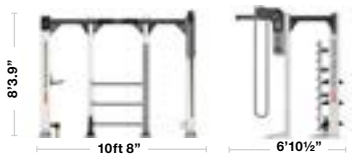
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HTS 90

The HTS 90 takes the key features of 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.

TYPE 01.

DIMENSIONS.



ATTACHMENTS.

- x1 Boxing Arm and Swivel.
- x1 Torso Trainer.
- x1 Set of Pull-Up Handles.
- x1 Battle Rope Eye.
- x1 Bar Holder.
- x1 Weight Horn.
- x1 Crux Rope Pulley.
- x1 The Holster (holds 5 pairs of Dumbbells).
- x3 Flat Shelves with rubber mats.

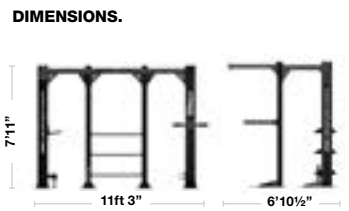


FCD05515-02K HTS 90 Corner Station, Freestanding with Boxing, Holsters and Rope Pulley

PLEASE NOTE:
Frame does not include Bar, Plates, Battle Rope, Kettlebells, Dumbbells, Balls or Bags.

TYPE 02.

DIMENSIONS.



ATTACHMENTS.

- x1 Boxing Arm and Swivel.
- x1 Torso Trainer.
- x1 Set of Pull-Up Handles.
- x1 Fixed Dip Station.
- x1 Battle Rope Eye.
- x1 Bar Holder.
- x1 Weight Horn.
- x3 Flat Shelves with rubber mats.

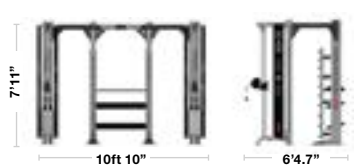


FCD05515-02J HTS 90 Corner Station, Freestanding with Boxing

PLEASE NOTE:
Frame does not include Bar, Plates, Battle Rope, Kettlebells, Dumbbells, Balls, Bags or Boxing Bag.

TYPE 03.

DIMENSIONS.



ATTACHMENTS.

- x2 Adjustable Weight Stacks.
- x1 Set of Pull-Up Handles.
- x2 The Holster (holds 10 pairs of Dumbbells).
- x2 Dumbbell Shelves.
- x1 Flat Shelves with rubber mats.



FCD05515-02L HTS 90 Corner Station, Bolt Down with Holsters and 2 Cable Stacks

PLEASE NOTE:
Frame does not include Dumbbells or Kettlebells.

TURN TO PAGE 191 FOR WARRANTIES

OCTAGON™

The Octagon frame provides an eye-catching, standout, 360 training experience. Designed to be freestanding or bolt-down, this functional, multi-station frame offers an impressive centerpiece that demands attention and takes any training space up a gear.



OCTAGON.

REGISTERED DESIGN.

PLEASE NOTE:
Frame does not include Bars, Plates, Battle Rope, Kettlebells, Dumbbells, Balls, Bags or Boxing Bag.

DIMENSIONS.



ATTACHMENTS.

- x4 Monkey Bars.
- x1 Boxing Arm and Swivel.
- x1 Set of Pull-Up Handles.
- x1 Octagon SQR Pull Up Bar.
- x1 CRUX Rope Pulley.
- x2 Battle Rope Eye.
- x1 Fixed Dip Station.
- x4 Weight Horns.
- x1 Torso Trainer
- x2 Weight Stations.
- x2 Catch Rack Set Pair.
- x4 Adjuster Teeth.
- x1 Extended Catch Rack Pair.
- x2 Holster (holds 10 pairs of Dumbbells).
- x5 Flat Shelves with rubber mats.
- x1 Parallel Storage Shelf.

FCD05515-02P	Octagon Freestanding with Monkey Bars, Boxing, Rope Pulley, Lifting Station and Holsters

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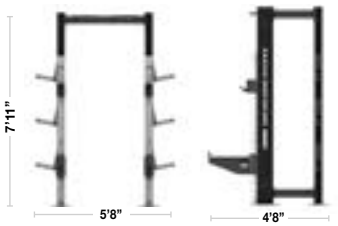
SQUAT FRAMES.

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.



HALF BOX.

DIMENSIONS.



ATTACHMENTS.

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

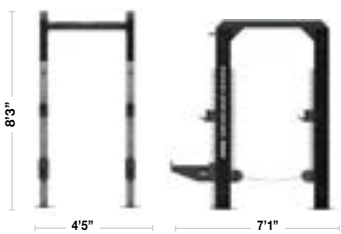
PLEASE NOTE:
Frame does not include Bar or Plates.

OFPSQ10	Half Box Squat Frame, Bolt Down with Catch Racks and Extended Catch Racks



WOD BOX.

DIMENSIONS.



ATTACHMENTS.

- x1 Set of Pull-Up Handles.
- x1 Weight Station with Catch Racks and
- Extended Catch Racks.
- x1 Internal Weight Station with Catch Racks and Safety Straps.

PLEASE NOTE:
Frame does not include Bars or Plates.

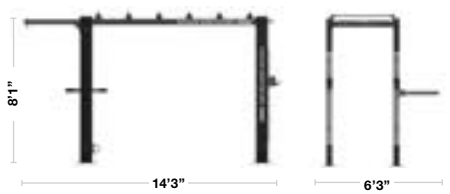
OFPSQ13	WOD Box Squat Frame, Bolt Down with Internal and External Catch Racks and Extended Catch Racks



TURN TO PAGE 191 FOR WARRANTIES

OCTAGON QUAD™.

DIMENSIONS.





ATTACHMENTS.

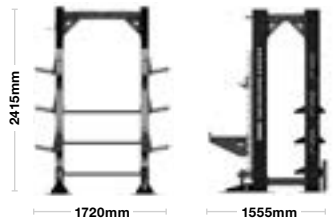
- x1 Boxing Arm and Swivel.
- x1 Battle Rope Eyes.
- x1 Fixed Dip Station.
- x1 Set of Pull-Up Handles.
- x6 Monkey Bars.
- x2 Weight Horns.
- x1 Weight Station with Catch Racks.

OFPOT03 QUAD 2.0 Frame, Bolt Down with Boxing, Monkey Bars and Lifting Station

PLEASE NOTE:
Frame does not include Bar, Plates, Battle Rope or Boxing Bag.

FREESTANDING SQUAT HUB.

DIMENSIONS.





ATTACHMENTS.

- x1 Set of Pull-Up Handles.
- x1 Battle Rope Eye.
- x1 Torso Trainer.
- x1 Bar Holder.
- x6 Weight Horns.
- x1 Weight Station with Catch Racks and Extended Catch Racks.
- x1 Claw for Storage.
- x3 Flat Shelves with rubber mats.

OFPSQ14 Squat Hub Frame Freestanding Lifting Station with Integrated Plate Storage

PLEASE NOTE:
Frame does not include Bar, Plates, Battle Rope, Kettlebells, Balls or Bags.



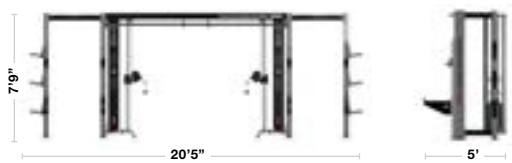
HALF BOX CROSSOVER.



ATTACHMENTS.

- x2 Sets of Pull-Up Handles.
- x6 Weight Horns.
- x2 Catch Rack Pairs.
- x2 Extended Catch Rack Pairs.
- x2 Stack

DIMENSIONS.



FCD05515-02Y Half Box Crossover, Bolt Down with Lifting Stations and 2 Cable Stacks

PLEASE NOTE:
Frame does not include Bars, Plates, Dumbbells, Balls or Bags.

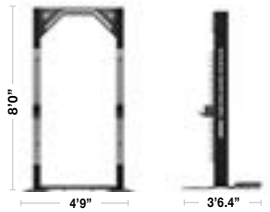
TURN TO PAGE 191 FOR WARRANTIES

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FREESTANDING MONO.



DIMENSIONS.



ATTACHMENTS.

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

OFPSQ12	Mono Lifting Station, Freestanding with Catch Racks

PLEASE NOTE:
Frame does not include Bar or Plates.

HALF SQUAD.



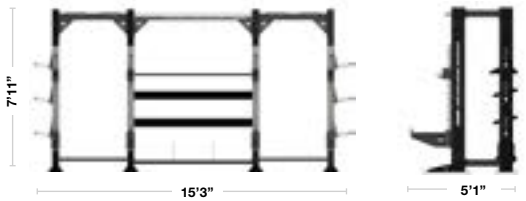
PLEASE NOTE:
Frame does not include Bars, Plates, Dumbbells, Balls or Bags.

ATTACHMENTS.

- x2 Sets of Pull-Up Handles.
- x2 Dumbbell Shelves.
- x1 Flat Shelf.
- x1 Storage Rail.
- x2 Catch Rack Pairs.
- x2 Weight Stations.
- x2 Extended Catch Rack Pairs.
- x6 Weight Horns.

OFPSQ11	Half Squad, Bolt Down, 2 Lifting Stations with Catch Racks and Extended Catch Racks
OFPSQ09	Half Squad, Freestanding, 2 Lifting Stations with Catch Racks and Extended Catch Racks

DIMENSIONS.



TURN TO PAGE 191 FOR WARRANTIES

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BOXING.

Kicking, punching, jabbing and striking are all perfect for developing speed, strength, power and dexterity. Create a perfect combat training environment with our fixed bag frames or our HTS BOA Rail technology.

PACKING A PUNCH.

TURN TO PAGE 191 FOR WARRANTIES



BOA RAIL.

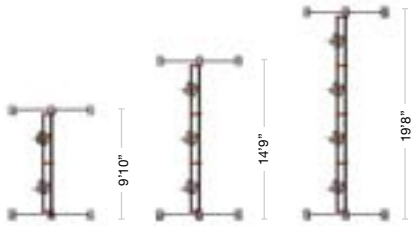
The BOA Rail is a modular, secure anchor point for punch bags, which also enables trainers to quickly transition seamlessly from bag work into other complimentary training methods thanks to the user-friendly lock/unlock mechanisms.



FCD05515-02T BOA Rail, Bolt Down holding 20 Boxing Bags

WORKING POSITION.

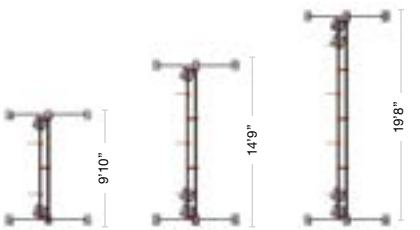
Depending on the size of frame chosen, the BOA Rail provides capacity for two, three or four punchbags to be used at the same time.



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.





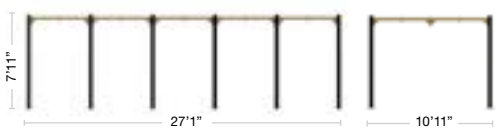
BOXING FRAME.

Whether for advanced combat classes or for beginner striking sessions, this modular frame works as a grid system and can be configured to hold a customized number of bags in fixed positions to meet the number of users, with the option to scale up or down in numbers easily. An efficient, space-saving solution and an adaptable option for all abilities.



FCD05515-02U Boxing Frame, Bolt Down holding 12 Boxing Bags

DIMENSIONS.



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OPTIONAL FRAME ATTACHMENTS, MAXIMUM FUNCTIONALITY.

CRUX ROPE PULLEY.

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

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

DESIGN.
The CRUX Rope Pulley is designed to fit seamlessly with the Octagon frame range.



VARIABLE RESISTANCE.
No setup required. Simply select resistance level to get started.

POLYPROPYLENE SYNTHETIC ROPE.
Durable enough to withstand heavy commercial use without breaking down.

OCA093 CRUX Rope Pulley

PLEASE NOTE: additional mount plates may be required, please speak to sales representative for more information.

SPECIFICATIONS.
23.8” x 6.9” x 37.5”.

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THE STACK.

The STACK is a solid steel cable column designed to sync perfectly with the Escape HIT HUB and Octagon training frames, adding versatility and dynamism to any workout.

Featuring a 300lb weight stack on a 2:1 cable ratio, the STACK offers a 160 degree cable range with a 9ft cable travel length. This engineering provides total freedom in terms of resistance and movement, delivering the ultimate in cable training for the everyday use.



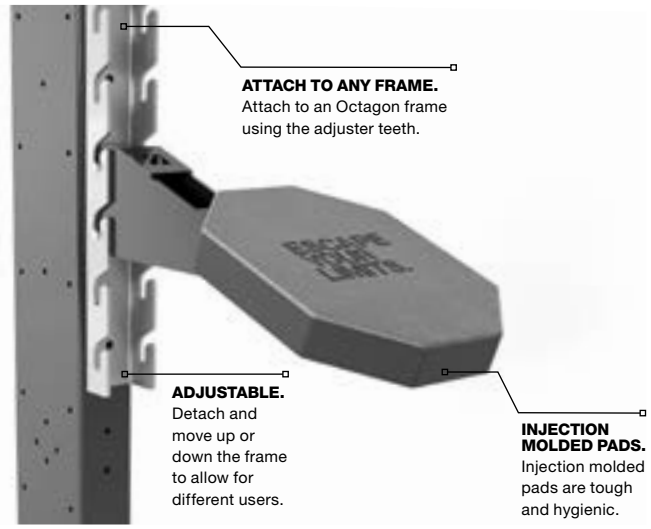
OCA105 The STACK

SPECIFICATIONS.
2’ 7.3” x 1’.5” x 10’.7”.

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BASE BENCH.

This lightweight pad supports the upper body whilst engaging muscles of the lower body to provide stability across a wide range of pushing and pulling exercises. This delivers a whole-body workout with every rep.



ATTACH TO ANY FRAME.
Attach to an Octagon frame using the adjuster teeth.

ADJUSTABLE.
Detach and move up or down the frame to allow for different users.

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

EXERCISES.
The BASE BENCH is suitable for a range of exercises.



SEATED PRESS.



CHEST PRESS.



ROW.



SPLIT SQUAT.

OCA110 BASE BENCH

SPECIFICATIONS.
12.5” x 27.9” x 9”.

TURN TO PAGE 191 FOR WARRANTIES

DESIGNED TO ORDER.
INNOVATE, PREMIUM, STYLISH FRAMES.

In addition to our off-the-shelf frames, Octagon frames can be made bespoke, creating almost limitless opportunities for a frame unique to your brand or environment.

In 3 simple steps, our expertly trained designers will turn your dream frame into a functional reality.

Manufactured in the UK, handmade with skill and using only the most premium steel, we'll build you a frame that makes an impact and withstands the toughest of training settings.

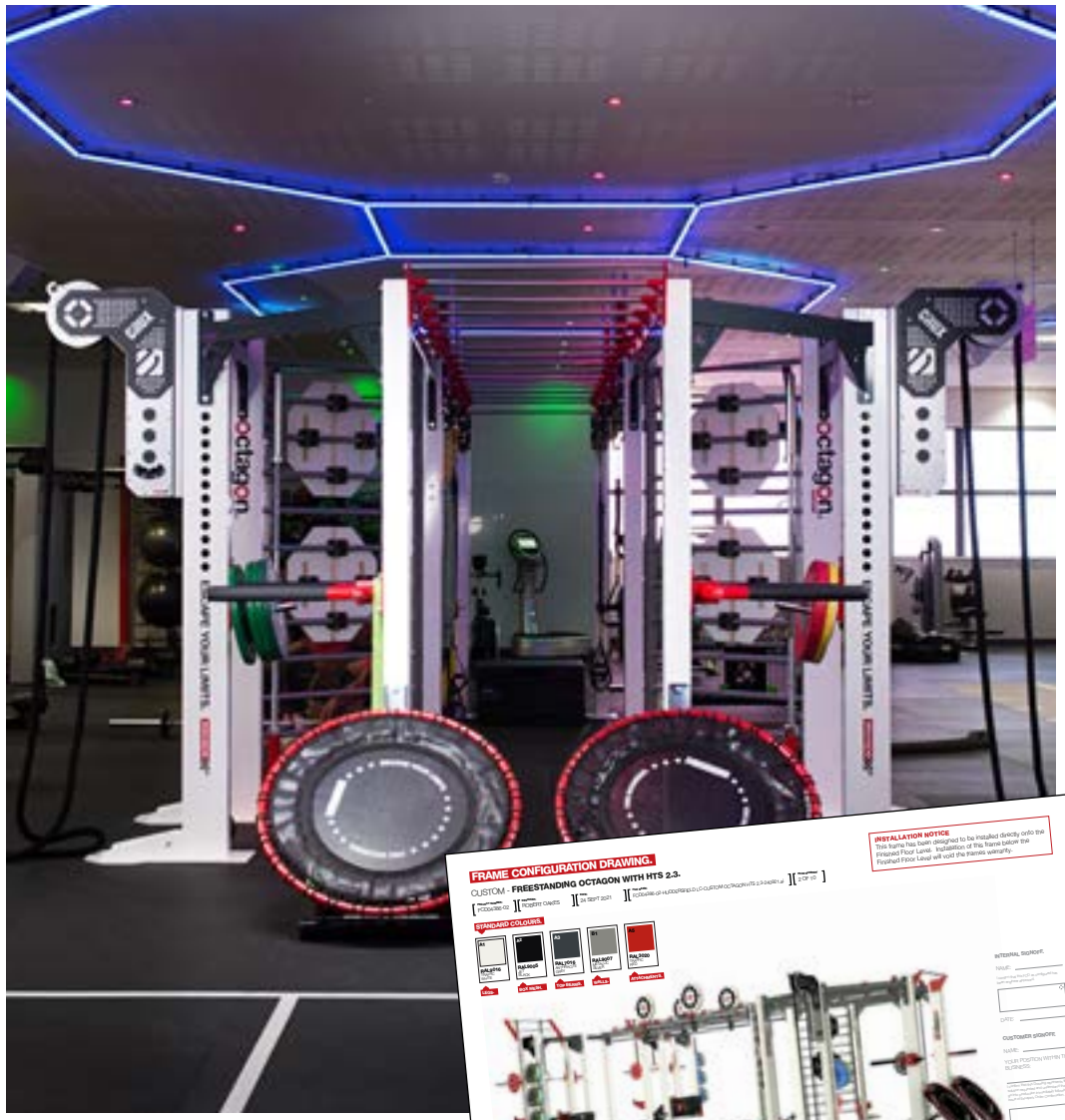
3 SIMPLE STEPS TO MAKE YOUR DREAM FRAME A REALITY.

01.
DESIGNING FOR IMPACT.

02.
ADDING YOUR ATTACHMENTS.

03.
CHOOSE YOUR COLOR.





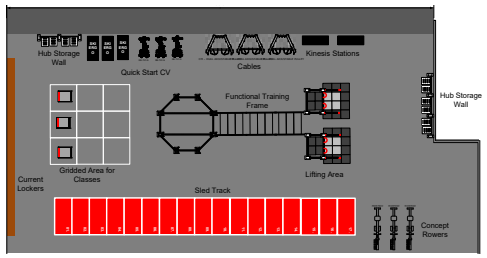
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DESIGNED TO ORDER.

01.

DESIGNING FOR IMPACT.

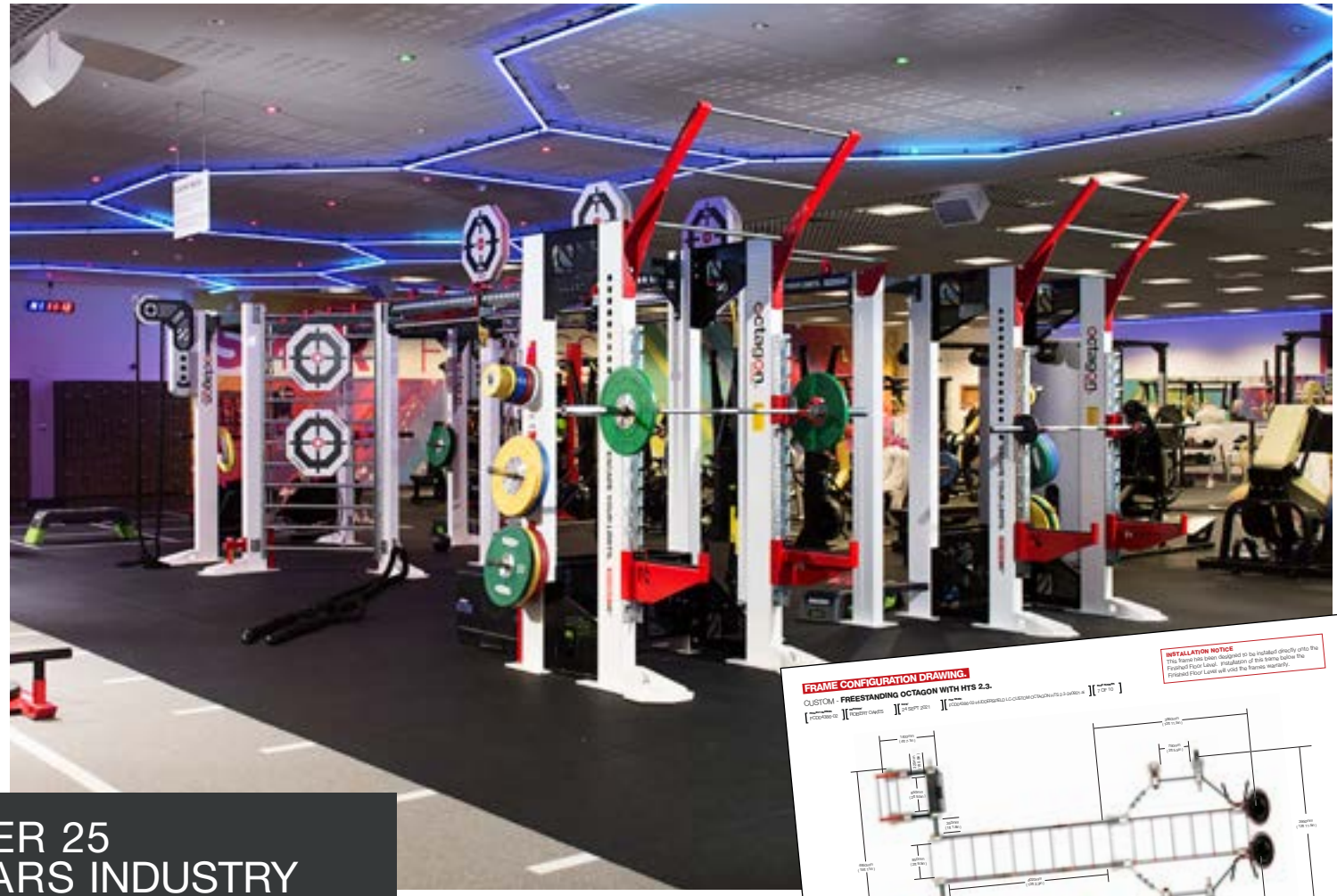
All of our design experts have at least two years' experience building the most impressive functional training frames built to fit your individual needs.



They will first help you plan your frame for maximum efficiency and effect, considering your floor space, desired training modalities and the environment.



Alongside this, our team will ensure we build a frame that is safe and future proofed.



OVER 25 YEARS INDUSTRY **EXPERIENCE.**

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02.

CHOOSING YOUR ATTACHMENTS.

Escape offers a wide selection of optional attachments to maximize and individualize the functionality and versatility of your bespoke Octagon frame.

A small selection of accessories are shown opposite. These include the new CRUX ROPE - the ultimate infinity rope training, and the STACK, the frame-mounted cable column with adjustable resistance.

If your training space has a low ceiling, there is the option to select a shorter frame leg.



Through our app, you can try an array of options - adding various attachments until you design the ultimate frame for your requirements. If you need a little extra help, our team is always on hand to help.

Please contact us or your sales representative for the full range of accessories available.





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03.

CHOOSING YOUR COLOR.

Create a frame that stands out or blends into the environment, its your choice with our color options.

Escape now offers an expanded range of color options, giving you the opportunity to create functional frames that match your unique club branding and environment.

Bring your frame to life with our range of standard, premium or bespoke colors.

STANDARD COLOURS.

JET BLACK
RAL9005

ANTHRACITE GREY
RAL7016

TRAFFIC WHITE
RAL9016

METALLIC SILVER
RAL9007

PREMIUM COLOURS.

TRAFFIC RED
RAL3020

TRAFFIC BLUE
RAL5017

YELLOW GREEN
RAL6018

RAPESEED YELLOW
RAL1021

TRAFFIC ORANGE
RAL2009

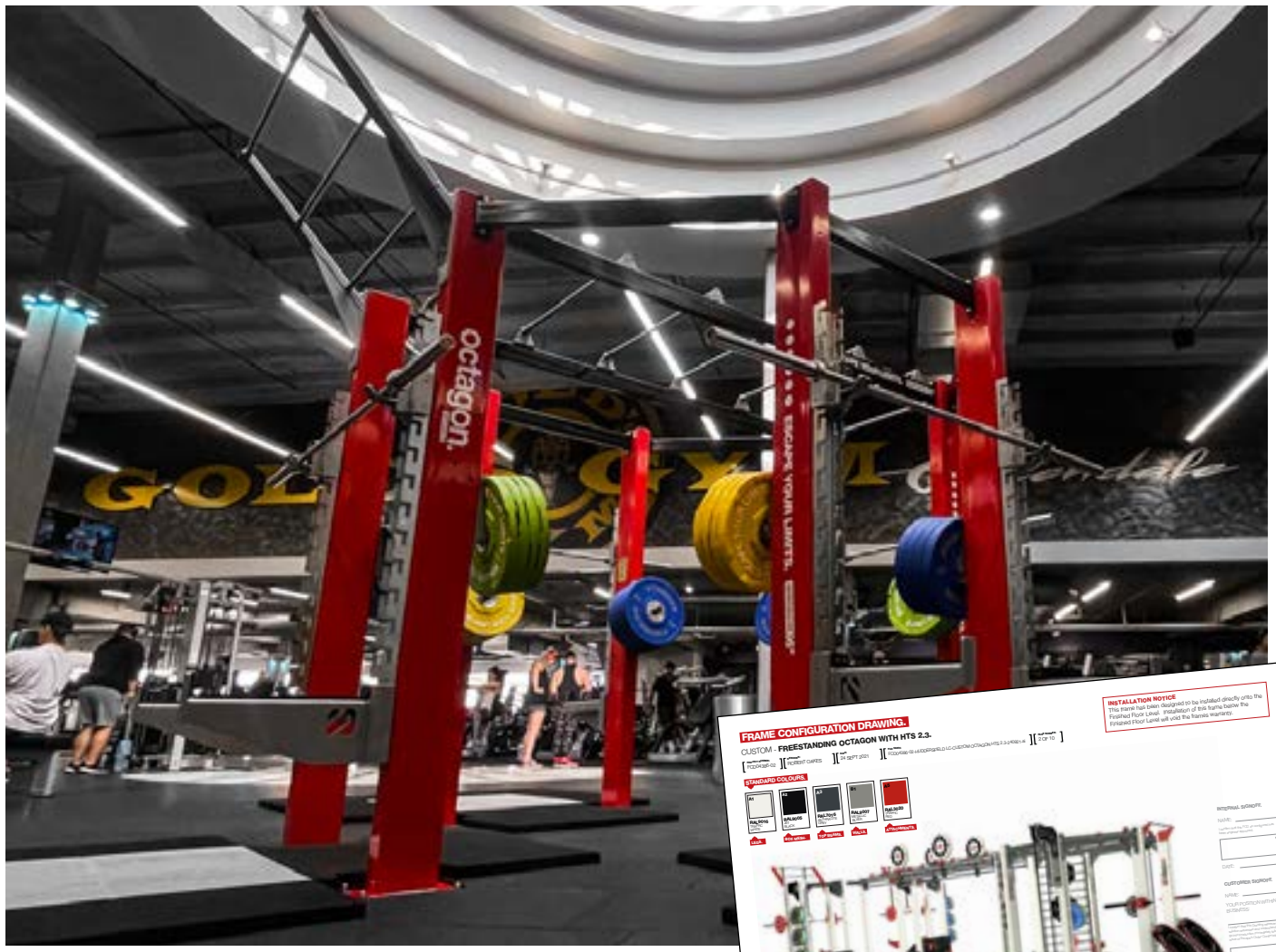
BESPOKE COLOURS.

If you would like to customise your frame to your brand, you can pick your own paint colour. Here's some inspiration.

GREEN BROWN
RAL8000

BLUE LILAC
RAL4005

TURQUOISE BLUE
RAL5018



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FUNCTIONAL.

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

BARROW 108
TIYR 110
QUAD SLED 112
MULTI PLYO 113
GLUTE BOX 114
PLYO BOXES 116
TRAINING BAGS 120
MEDICINE BALLS 124
GRIPR 132
WOD RINGS 133
BATTLE ROPES 133
CMT 134
AMMO BOX 136
POWER BANDS 136
JUMP ROPES 137
RACK5 PRODUCT PACKS 138

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THE NEXT BIG THING IN FITNESS.



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BARROW.

Designed in partnership with Pete Holman, world renowned Strength Coach and Inventor of the TRX RipTrainer and Nautilus Glute Drive, The Escape Barrow is the only easy-load, back-safe and 'sexy as hell' machine that combines two essential exercise modalities; the loaded carry and the sled push.



HANDLES.
Multiple grip handles allow users to position their hands for exercises such as farmer's carries and sled pushes.

LOAD CAPACITY.
Impressive load capacity of 440lb.

MATERIALS.
Carbon steel frame and two plate loading points.

DURABILITY.
Galvanized for outdoor use and durability.

BARROW1 BARROW

SPECIFICATIONS.
Size: 50.2" x 33.8" x 35.7". Weight: 137lb.

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PRESS, JUMP, FLIP, LIFT AND PULL.



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THE TIYR.®

Made in the UK, the TIYR is soft yet very strong, simple but innovative. It's also super tough, just like the real thing.

HANDLES.
The ultra tough CORDURA® handles can be used for lifting and carrying, and as attachment points for Battle Ropes.



MATERIALS.
PVC cover with Clearguard lacquer finish and screen printed graphics over a reconstituted foam core.

PATENTED.

TIYR01	90lb	TIYR – Green
TIYR02	130lb	TIYR – Blue
TIYR03	175lb	TIYR – Red
TIYR04	220lb	TIYR – Black
TRAIN05		TIYR - Product Training Workshop



90lb

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



130lb

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



175lb

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



220lb

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

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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.

LOAD UP TO 330 LB.
heavy loading options on the sled is great for even the strongest athlete.

ATTACH A BATTLE ROPE.
Front and back for a loaded heavy pull.

RUNNERS.
Nylon runners for use on specialist Speed Tracks or sport carpet type flooring.

QSLED1 Quad Sled

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

Plates not included.

MULTIPLYO.®

We've taken the great idea of a 3-in-1 plyo box and given it the Escape treatment. Made to the same dimensions as the boxes used for cross training, this great space-saving box is the perfect tool to introduce beginners to plyometrics.

LANDING ZONES.
Anti-slip landing zones are on all six sides, and it's designed so that it won't move when in use.



COVER.
An easy-to-clean GTEX cover is securely heat welded over a foam core to avoid creasing.

FILLING.
Made in the UK from light weight foam.



PATENTED.

MULTIP2 Multiplyo

SPECIFICATIONS.
Size: 20" x 30" x 24"

TURN TO PAGE 191 FOR WARRANTIES

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THE ESCAPE GLUTE BOX.

With glute training on the rise. The Escape GLUTE BOX offers a portable and affordable solution to clubs. A revolutionary patented new training hybrid box that can be placed anywhere in a facility and partnered up with a favourite functional training tool and our MARS Functional Screen to assist with workout and exercise tuition.

Specifically designed to carry out more than 30 glutes exercises, in a more effective, comfortable and safe way.

TARGET ZONES.
Anti-slip design with targets on the top to aid users.

DESIGN.
Patented angled design makes training more effective, convenient and safe.



EXERCISE LIBRARY.
Unique versatility with more than 30 exercises for glutes and legs.

MATERIALS.
Durable vinyl cover tightly fitted over a firm foam filling.





GLBOX Glute Box

SPECIFICATIONS.
Size: 16in x 29.5in x 21.5in. Weight: 26.5lb.

SCAN FOR MORE INFORMATION.

FUNCTIONAL.

TURN TO PAGE 191 FOR WARRANTIES

PLYOSOFT BOX.

Take your training experience to a new level with plyometrics. Open up opportunities for stable box jump patterns in frontal, lateral and transverse planes. Adding to the challenge are target markings as part of the top surface design, giving users precise areas to aim for.

PERFORMANCE.
Both top and bottom surfaces are made of anti-slip material for performance and stability.

FILLING.
Made in the UK from light weight foam.



DURABILITY.
For more durability, a tough outer material is tightly fitted over a firm foam filling.

SECURE.
Patented velcro tabs so you can safely stack the boxes.



TARGET HOT SPOTS.
Users can land their hands or feet on targets on the top surface for an extra challenge.



PATENTED.

CPLYOB05	Plyosoft Box 6” – Gray
CPLYOB1	Plyosoft Box 12” – Green
CPLYOB2	Plyosoft Box 18” – Blue
CPLYOB3	Plyosoft Box 24” – Red
CPLYS3	Plyosoft Box Set of 3 (Green, Blue, Red)
CPLYS4	Plyosoft Box Set of 4 (Gray, Green, Blue, Red)

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PLYOSOFT BOX® BLACK.

These soft plyometric boxes can be used individually or stacked for variable height options depending on ability and progress. The Patented velcro tabs hold them in place for safety and confidence when stacking, and they're light weight, so they're easy to move while in use or for storage.

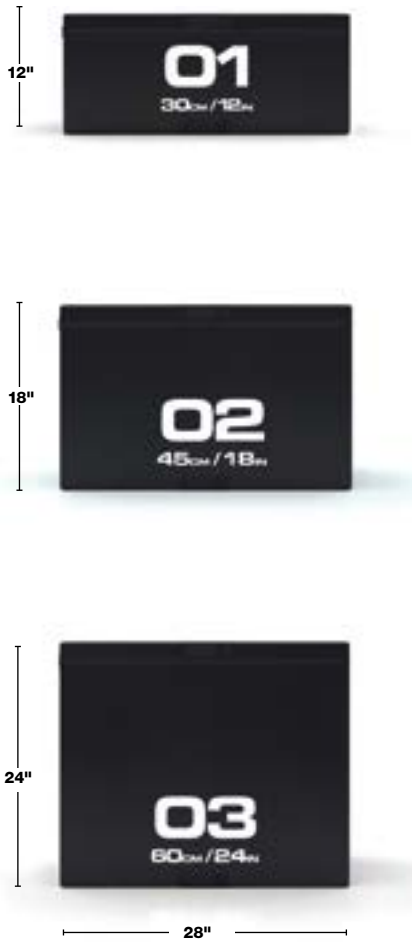
SECURE.
Patented velcro tabs so you can safely stack the boxes.

COVERING.
Durable PVC covering.



FILLING.
Made in the UK from High-density foam filling.

DESIGN.
Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.



PATENTED.

BLPLYS1 Set of 3 Black Plyoboxes

SPECIFICATIONS.
Sizes: 01: 12". 02: 18". 03: 24".



FUNCTIONAL.

SCAN FOR MORE INFORMATION.

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FITNESS BULGARIAN BAG.®

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

WEIGHT RANGE.
High quality, hand-made in Bulgaria, the Fitness Bulgarian Bag comes in bright colors and weight options suitable for every functional training zone.



GRIP.
The handles, grips and straps mean the bag can be used for a range of different exercises.

COATING.
The Fitness Bulgarian Bag has a synthetic leather coating, making it easy to wipe down and keep clean.

FVBBAG5V3	12lb	Fitness Bulgarian Bag – Green
FVBBAG8V3	17lb	Fitness Bulgarian Bag – Blue
FVBBAG12V3	26lb	Fitness Bulgarian Bag – Red
FVBBAG17V3	37lb	Fitness Bulgarian Bag – Gray
FVBBAG22V3	50lb	Fitness Bulgarian Bag – Black
TRAIN02		Bulgarian Bag - Product Training Workshop

RACK SPECIFICATIONS.

RACKM5	5 Shelf Rigid Multi Rack – Holds 5 bags Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb (as shown)
RACKM10	10 Shelf Rigid Multi Rack – Holds 10 bags Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5	RACK5 – Holds 10 bags Size: 23.5" x 27.5" x 73". Weight 165lb.
RACKU2	2 Shelf Universal Rack - Holds 12 bags Size: 77"* x 27.5" x 30" Max load: 661lb. Weight 117lb.
RACKU3	3 Shelf Universal Rack - Holds 18 bags Size: 77"* x 27.5" x 45" Max load: 661lb. Weight 166.5lb.

Bulgarian Bags sold separately.



SCAN FOR MORE INFORMATION.

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COREBAG.®

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

REGISTERED DESIGN.

ECB050V3	11lb	Corebag – Green
ECB100V3	22lb	Corebag – Blue
ECB150V3	33lb	Corebag – Red
ECB200V3	44lb	Corebag – Gray
ECB250V3	55lb	Corebag – Black
TRAIN08		Corebag Product Training Workshop

RACK SPECIFICATIONS.

RACKM5	5 Shelf Rigid Multi Rack – Holds 5 bags Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb (as shown)
RACKM10	10 Shelf Rigid Multi Rack – Holds 10 bags Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5	RACK5 – Holds 10 bags Size: 23.5" x 27.5" x 73". Weight 165lb.
RACKU2	2 Shelf Universal Rack - Holds 12 bags Size: 77"* x 27.5" x 30" Max load: 661lb. Weight 117lb.
RACKU3	3 Shelf Universal Rack - Holds 18 bags Size: 77"* x 27.5" x 45" Max load: 661lb. Weight 166.5lb.

Corebags sold separately.



MULTI RACK.

Minimal footprint but maximum impact, our Multi Rack stores functional training bags vertically to retain as much workout space as possible, whilst ensuring a safe training space. Available in two options, a single sided 5 shelf (as shown) or double sided 10 shelf rack.



SCAN FOR MORE INFORMATION.

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MEDICINE BALLS.

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.

COMPARISON CHART.

FEATURES.	ENDURA BALL.	VERTMINI.	MULTI GRIP.	SLAMBALL SBX.
USE	Personal training, general use	Team games, mobility and functional spaces	Vigorous workouts, building core strength, rotational power	Functional zones, cross training, sports performance
WEIGHTS	4lb 6lb 8lb 10lb 12lb 14lb 16lb 18lb 20lb 25lb 30lbs	2.2lb - Green 4.4lb - Blue 6.6lb - Red 8.8lb - Gray 11lb - Black	12lb 14lb 16lb 18lb 20lb	11lb - Green 22lb - Blue 33lb - Red 44lb - Gray
DIAMETER	14"	8"	9"	10"
FEATURE	Abrasion resistant extra grip textured surface	Sure-grip, soft surface ideal for throwing and rolling	Integrated handles for more movement options	Hardcore and durable for extreme training
WARRANTY	1 year	1 year	1 year	1 year

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HOW TO CHOOSE.



ENDURA BALL.

Tough, durable and versatile. This is the ultimate soft, multi-purpose, medball. Slam it, lift it, chuck it. This ball will withstand high levels of training punishment.



VERTMINI™.

An evolution of the classic VERTBALL. Small and soft, perfect for partner-games training and dynamic movements. Bright, attractive design.



MULTI GRIP MEDBALL.

A practical twist on the classic medball. Integrated 'handles' add a new dynamic that supports even more movement options.



SLAMBALL SBX™.

Hardcore, rubber medball, designed for extreme training. This is the most durable, classic design medball in the Escape range.

TURN TO PAGE 191 FOR WARRANTIES

ENDURA BALL.

These are the toughest medicine balls in the Escape range, and double up as a great 2 in 1 slamball or medicine ball option. Designed for a variety of workouts that will push anyone to reach a new level of fitness.

MATERIAL.
A combination of synthetic polyester wool, rubber crush and cork make for robustness you can trust.



NUMBERING.
Oversized numbering stitched in makes for quick and easy weight identification.

DURABILITY.
The hardwearing material of the ENDURA Ball makes it the ideal tool for heavy duty usage.

ENDUR015	4lb	ENDURA Ball
ENDUR025	6lb	ENDURA Ball
ENDUR035	8lb	ENDURA Ball
ENDUR045	10lb	ENDURA Ball
ENDUR055	12lb	ENDURA Ball
ENDUR065	14lb	ENDURA Ball
ENDUR070	16lb	ENDURA Ball
ENDUR080	18lb	ENDURA Ball
ENDUR090	20lb	ENDURA Ball
ENDUR110	25lb	ENDURA Ball
ENDUR135	30lb	ENDURA Ball
TRAIN04		Medicine Balls Product Training Workshop

RACK SPECIFICATIONS.

RACKM5	5 Shelf Rigid Multi Rack – Holds 5 balls Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb (as shown)
RACKM10	10 Shelf Rigid Multi Rack – Holds 10 balls Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5	RACK5 – Holds 10 balls Size: 23.5" x 27.5" x 73". Weight 165lb.
RACKU2	2 Shelf Universal Rack - Holds 12 balls Size: 77"* x 27.5" x 30" Max load: 661lb. Weight 117lb.
RACKU3	3 Shelf Universal Rack - Holds 18 balls Size: 77"* x 27.5" x 45" Max load: 661lb. Weight 166.5lb.

ENDURA Balls sold separately.



TURN TO PAGE 191 FOR WARRANTIES

VERTMINI.™

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

INNER FILLING.
Cork granules, synthetic wool, treated pebbles.

OUTER COVER.
Sure grip artificial leather with polyester lining laminated with natural liquid rubber.

COLORS.
Vibrant colors for instant appeal.



SMALLER SIZE.
The smaller sized VERTMINIs (8" diameter) are ideal for kids functional fitness, and can be used one-handed by adults.

EVM01	2.2lbs	VERTMINI - Green
EVM02	4.4lbs	VERTMINI - Blue
EVM03	6.6lbs	VERTMINI - Red
EVM04	8.8lbs	VERTMINI - Gray
EVM05	11lbs	VERTMINI - Black
TRAIN04	Medicine Balls Product Training Workshop	

MULTI GRIP MEDBALL.

Benefit from increased stability and even more workout options thanks to integrated ergonomic grip handles, offering a practical twist on the classic medball design for one or two hand holds.

NUMBERING.
Oversized numbering for fast weight identification.

HANDLES.
The ergonomic handles mean that each ball can be comfortably used with one or two hands.

MATERIAL.
Made from textured rubber and designed to bounce.



GRIP STRENGTH.
Increased forearm strength and grip improvements both result from double grip medball training.

AMGMED12	12lb	Multi Grip Medball
AMGMED14	14lb	Multi Grip Medball
AMGMED16	16lb	Multi Grip Medball
AMGMED18	18lb	Multi Grip Medball
AMGMED20	20lb	Multi Grip Medball
TRAIN04	Medicine Balls Product Training Workshop	

MULTI RACK.

Designed so that you don't have to sacrifice precious fl or space for storage, our Multi Rack, in a single sided 5 or double sided 10 rack option (as shown), will utilise vertical space to safely store functional training balls off the gym or studio floor.

RACK SPECIFICATIONS.

RACKM5	5 Shelf Rigid Multi Rack – Holds 5 balls Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb
RACKM10	10 Shelf Rigid Multi Rack – Holds 10 balls Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb. (as shown)
RACK5	RACK5 – Holds 10 balls Size: 23.5" x 27.5" x 73". Weight 165lb.
RACKU2	2 Shelf Universal Rack - Holds 12 balls Size: 77"* x 27.5" x 30" Max load: 661lb. Weight 117lb.
RACKU3	3 Shelf Universal Rack - Holds 18 balls Size: 77"* x 27.5" x 45" Max load: 661lb. Weight 166.5lb.

Medicine Balls sold separately.

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SLAMBALL SBX.™

The SBX 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.

TEXTURED.
The combination of a 254mm diameter and textured surface

SLAM.
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.

DURABLE.
50% thicker than the previous model with a combination of SBX rubber over a reinforcing mesh fabrication.



SBSBX05	11lb	Slamball SBX – Green Number
SBSBX10	22lb	Slamball SBX – Blue Number
SBSBX15	33lb	Slamball SBX – Red Number
SBSBX20	44lb	Slamball SBX – Gray Number
TRAIN04		Medicine Balls Product Training Workshop

MULTI RACK.

Minimal footprint but maximum impact, our Multi Rack stores functional training bags vertically to retain as much workout space as possible, whilst ensuring a safe training space. Available in two options, a single sided 5 shelf (as shown) or double sided 10 shelf rack.



RACK SPECIFICATIONS.

RACKM5	5 Shelf Rigid Multi Rack – Holds 5 balls Size: 27.5" x 27.5" x 82". Max load 65lb. Weight 68lb (as shown)
RACKM10	10 Shelf Rigid Multi Rack – Holds 10 balls Size: 27.5" x 27.5" x 82". Max load 310lb. Weight 89lb.
RACK5	RACK5 – Holds 10 balls Size: 23.5" x 27.5" x 73". Weight 165lb.
RACKU2	2 Shelf Universal Rack - Holds 12 balls Size: 77"* x 27.5" x 30" Max load: 661lb. Weight 117lb.
RACKU3	3 Shelf Universal Rack - Holds 18 balls Size: 77"* x 27.5" x 45" Max load: 661lb. Weight 166.5lb.

Medicine Balls sold separately.

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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 to prevent leakage. This means it's perfect for dynamic exercises, and as an effective alternative to a medball, dumbbell or kettlebell.

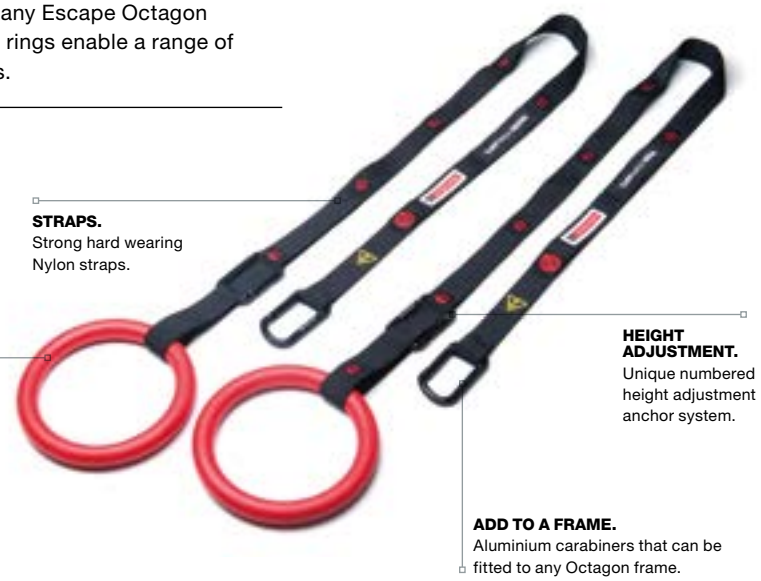
REGISTERED
DESIGN.



GRIPR202	4.4lb	GRIPR – Green
GRIPR204	8.8lb	GRIPR – Blue
GRIPR206	13.2lb	GRIPR – Red
GRIPR208	17.6lb	GRIPR – Gray
GRIPR210	22lb	GRIPR – White
GRIPR212	26lbs	GRIPR - Green (Whilst stocks last)
TRAIN06	GRIPR Product Training Workshop	
AMB001	Ammo Box Storage Size: 23.5" x 33" x 24". Maximum load 330lb. (see page 130)	

WOD RINGS.

The perfect addition to any Escape Octagon frame, these gymnastic rings enable a range of exercises for all abilities.



WODRING1 WOD Ring (pair)
SPECIFICATION.
Size: Overall: 87.9" x 9.25" Ring: 9.25" (OD), 1.1" (DIA)
Strap: 78.7" (L) x 1.5" (W) x 0.05" (D)

BATTLE ROPES.

Battle Rope training is one of the most underutilized exercises in fitness training. It's a tough challenge that raises the heart rate, and develops core, forearm and grip strength. Made in the UK, our ropes and are built to last, with the durability to withstand the highest intensity usage.



BR3210	33' x 1¼" Battle Rope
TRAIN01	Battle Rope Product Training Workshop

SPECIFICATIONS.
Size: 33' length. 1.25" dia. Weight 11lb.

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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.



ERGONOMICALLY DESIGNED.
Textured surface makes it easier to grip.

AUDIBLE FEEDBACK.
Combines sound with movement.

POWER SHOT.
The lubricated Power Shot delivers a significant force.

REMOVABLE HANDLES.
Create even more workout options.

PATENTED.

CMT1	2.2lb	Core Momentum Trainer – Green
CMT2	4.4lb	Core Momentum Trainer – Blue
CMT4	8.8lb	Core Momentum Trainer – Red
TRAIN11	CMT - Product Training Workshop	

Weight refers to the internal Power Shot.

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AMMO BOX.

Perfect storage for small training equipment like boxing gloves, GRIPRs and power bands. The Ammo box is a stylish storage solution with ample capacity for most clubs.



MATERIALS.
Made from 95% carbon steel, the Ammo Box is built to take a lot of abuse in busy gyms.

SECURE.
Holes for padlock so you can keep your equipment safe.

SOFT CLOSE LID.
Features include gas struts for a soft-close lid.

EASY MOVEMENT.
The front handle and wheels make it easy to move to where people are working out.

VENTILATION.
to help complete the drying of equipment between workouts

REGISTERED
DESIGN.

AMB001 Ammo Box Storage

SPECIFICATION.
Size: 23.5" x 33" x 24". Maximum load 330lb.
Equipment sold separately.

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.



WBANDS1 Power Band 01 – Green
WBANDM1 Power Band 02 – Blue
WBANDL1 Power Band 03 – Red

SPECIFICATIONS.
WBANDS1: Width 1". Length 40". Resistance 24lbs-80lbs.
WBANDM1: Width 1.75". Length 40". Resistance 50lbs-120lbs.
WBANDL1: Width 2.5". Length 40". Resistance 60lbs-150lbs.

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.



EST-ROPE5 Fitness Jump Rope - Length 114"

CROSS TRAINING JUMP ROPE.

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



EST-ROPE3 Cross Training Jump Rope - Length 116"

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RACK5.™

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



ADJUSTABLE HEIGHT.
Shelves can be arranged to suit the unique needs of gyms and studios.

MATERIAL.
The RACK5 is made from strong carbon steel for inherent strength, and painted with a powder coat for a scratch-resistant finish.

SHELVING.
Adjustable storage shelves for a range of functional kit.

REGISTERED
PATENT.

RACK5	RACK5
01. HOOPB15	Rack5 Gym Ball Holder
02. MATRACKA	Rack5 Mat Rack Attachment Can hold up to either 65 x Yoga mats, 25 x Core mats or 25 x Flex mats.
SPECIFICATIONS.	
RACK5:	Size: 23.5” x 27.5” x 73”. Weight 165lb.

PLEASE NOTE: Additional storage can be ordered separately.

01



02



SHELVING.

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





RACK5 PACKS.

To save you time configuring your own equipment selection, we’ve assessed the demands of a functional and fitness focused workout based on our expertise, and have configured a specialized selection pack for both; Fitness or Functional, which incorporates our most popular items to specifically suit both these training needs.

ARACK5EPFU RACK5 Functional Pack
Pack includes:

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

ARACK5EPFI RACK5 Fitness Pack
Pack includes:

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

TURN TO PAGE 191 FOR WARRANTIES

BOXING.

Punch, spar and jab towards a fighting-fit body. The popularity of combat and boxing training is at an all-time high. We have continued to innovate engaging training spaces and long-lasting, durable equipment to ensure that our boxing range stands up to the wear and tear of the toughest workouts.

Boxing lends itself perfectly to group training, and can attract more interest than standard cardio and HIIT workouts. So, whether members are looking to increase their confidence or release their inner fighter, our range provides a knockout performance every time.

TRAINING GLOVES 142
HOOK AND JAB PADS 144
PUNCHBAGS 146
THAI BAG 148

TURN TO PAGE 191 FOR WARRANTIES

TRAINING GLOVES.

Gloves for pad or bag work need to be specifically designed for the training environment, not the ring. That's why we created our range of combat staples. These gloves blend durability and usability; lightweight but strong, firm on the strike zone yet cushioned on the palm and fitting is quick due to Velcro wristbands.









EBOX-TG12B	12oz Training Gloves – Black

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DEVELOPED FOR COMFORT, HYGIENE AND PERFORMANCE.

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CURVED HOOK AND JAB PADS.

Designed to test your strike accuracy, these pads provide a target to hit and fine-tune your combinations. The dual-density palm pads, and ability to spread your hand wide to absorb punches via the individual finger placements, ensure that it's the pads that take the beating, not your hands.



EBOX-CHJP Curved Hook and Jab Pads – Pair

SPECIFICATION.
Size: 3" x 8".

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FREESTANDING PUNCHBAG.

This entry-level freestanding bag will challenge users of every ability without the need for permanent fixtures and fittings.



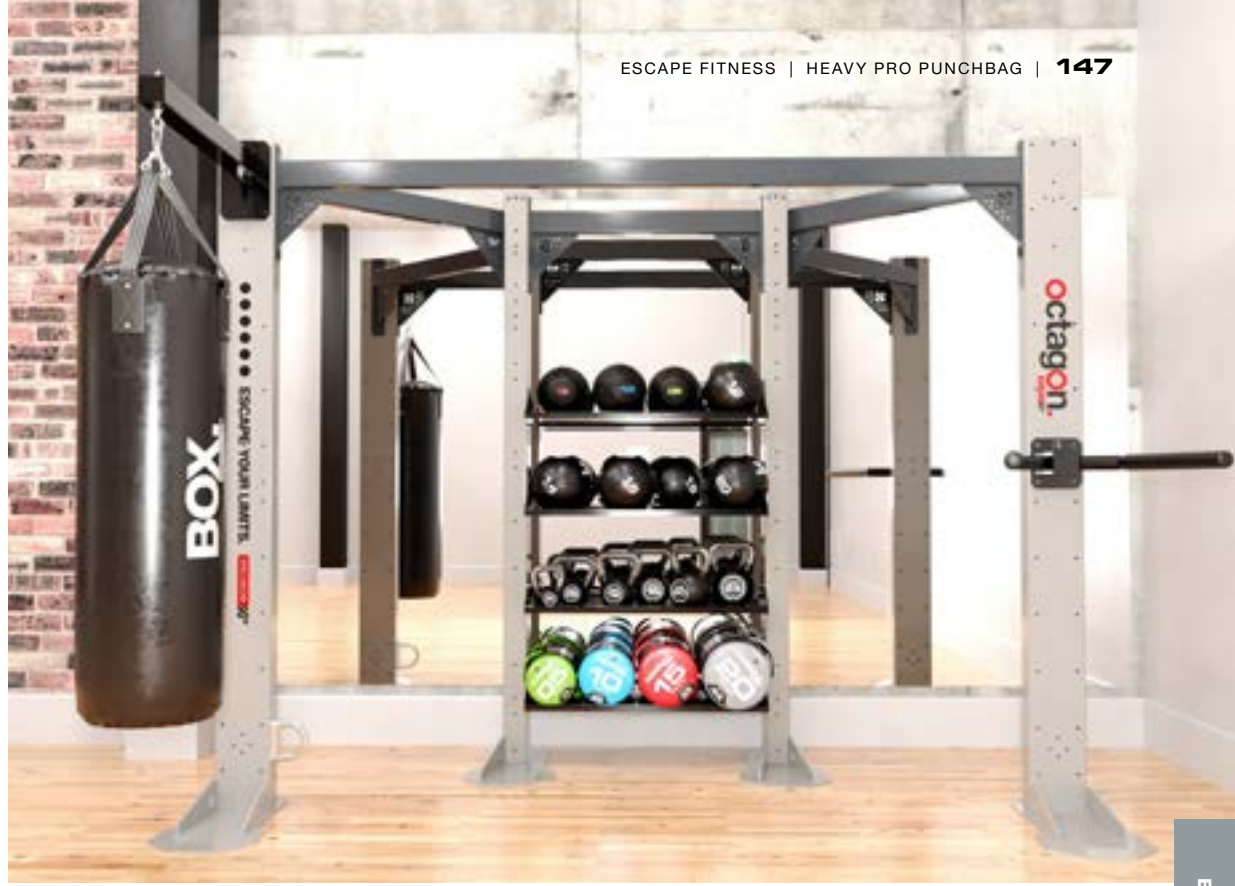
TARGETS.
Durable PVC coated polyester with two-level target zones.

DESIGN.
Monochrome design to fit into any style of fitness space.

BASE.
Moveable base for easy storage when not in use.

AFSPB02 Freestanding Punchbag

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



HEAVY PRO PUNCHBAG.

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



STRAPS.
Durable straps for noise reduction.

DESIGN.
Made from PVC-coated polyester with polyester lace stitching.

AHVPB02 Heavy Pro Punchbag

SPECIFICATION.
Size: 50” x 16.5”. Weight 100lb.

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THAI BAG.

A great fit for any functional or combat-focused space, this full-length Thai bag is ideal for Muay Thai and MMA style workouts incorporating punches, kicks, elbows and knees. The stronger, more durable material straps on the Thai Bag make it much quieter than the traditional chain-strapped bags, enabling combat programs to coincide more harmoniously with other gym sessions.



STRAPS.
Durable straps for noise reduction.

DESIGN.
The bag is covered in a non-slip material, reflecting the benefits of making an impactful connection with each hit.

ANTI SWING.
There's also a loop attached to the base, enabling it to be tied securely in place.

ATHAI01 Thai Bag

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

PERFORMANCE EVEN FOR THE MOST AGGRESSIVE.

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FLEXIBILITY.

To boost your all-round performance, it's important to focus first on your foundations. Work on flexibility, mobility and posture alongside every training session and your overall fitness and health will reap the benefits. Refresh tired muscles, revive key joints and condition the core with our bright, engaging range of mobility equipment, designed to help everyone get the most from every workout.

YOGA MATS 154
YOGA BLOCK AND STRAP 154
CORE MAT 156
FLEX MAT 156
MULTI MAT 158
MAT RACK 159
ROLLERS 160
RESISTANCE TUBES 161
GYM BALLS 162

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MATS.

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



COMPARISON CHART.

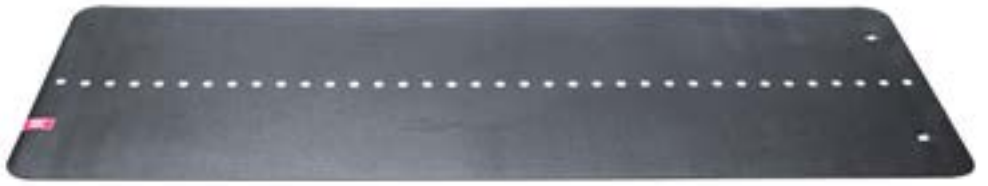
FEATURES.	YOGA MAT.	CORE MAT.	FLEX MAT.	MULTI MAT.
USE	Yoga	General use, crunches, stretches	Stretching, Pilates	Stretching, balance, massage, fl or exercises
MATERIAL	PVC	PVC with foam inner	Memory foam	PVC with compound foam and polyurethane granule inner
AREA	Yoga studios	PT spaces, stretch areas	Pilates, mind & body studios	PT spaces, stretch areas
SIZE	72” x 24” x ¼”	40” x 20” x ⅜”	72½” x 24” x ⅜”	79” x 39” x 1”
FEATURE	Central alignment markings, sticky feel	Easy clean and wipe down, cushioning	Non-marking base, high grip	Durable but cushioned, anti-slip surface
EYELETS	Yes	Yes	Yes	No
WARRANTY	1 year	1 year	1 year	2 years

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HOW TO CHOOSE.

YOGA MAT.

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



CORE MAT.

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



FLEX MAT.

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



MULTI MAT.

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

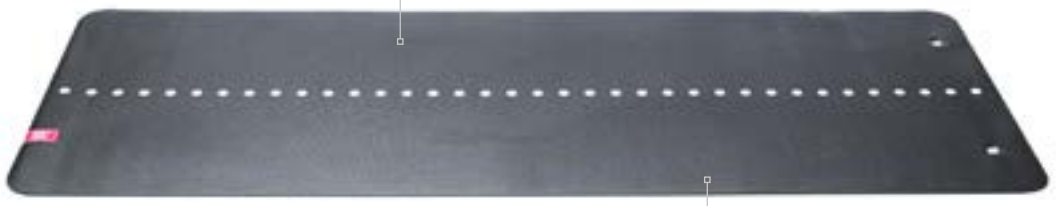


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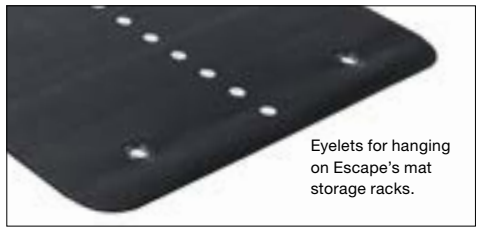
YOGA MAT.

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

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



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



Eyelets for hanging on Escape's mat storage racks.

YMAT01 Yoga Mat – Black

SPECIFICATION.
Size: 68" x 24" x 0.12".

YOGA BLOCK AND STRAP.

YOGA BLOCK.

The Yoga Block is made from high-quality foam and is heavier, stronger and will last longer than most lightweight alternatives.

YOGA STRAP.

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



YBLOCK1 Yoga Block – Black
EST-YOGS Yoga Strap
SPECIFICATIONS.
YBLOCK1: Size: 9" x 5.5" x 3".
EST-YOGS: Size: 67.33".

A YOGA MAT THAT'S READY TO GO, WHATEVER YOUR FLOW.

YOGA MAT.

YOGA BLOCK.

YOGA STRAP.

TURN TO PAGE 191 FOR WARRANTIES

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CORE MAT.

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



MATERIALS.
Welded and laminated PVC cover with foam inner.

DESIGN.
The cool anthracite color will provide your studio with a calm and relaxed atmosphere



Eyelets for hanging on Escape's mat storage racks.

EST-CMATA Core Mat – Anthracite

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

FLEX MAT.

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

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



DOUBLE-SIDED.
The Flex Mat incorporates one black side, and one gray side.

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



Eyelets for hanging on Escape's mat storage racks.

EST-FMGRY Flex Mat – Anthracite

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

DON'T SACRIFICE ON SUBSTANCE OR STYLE. HAVE BOTH.

FLEX MAT.

CORE MAT.

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MULTI MAT.

A large, hard-wearing stretch mat that covers the full body length. Available in two colors, versatile to suit most applications and durable enough to withstand daily usage.

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

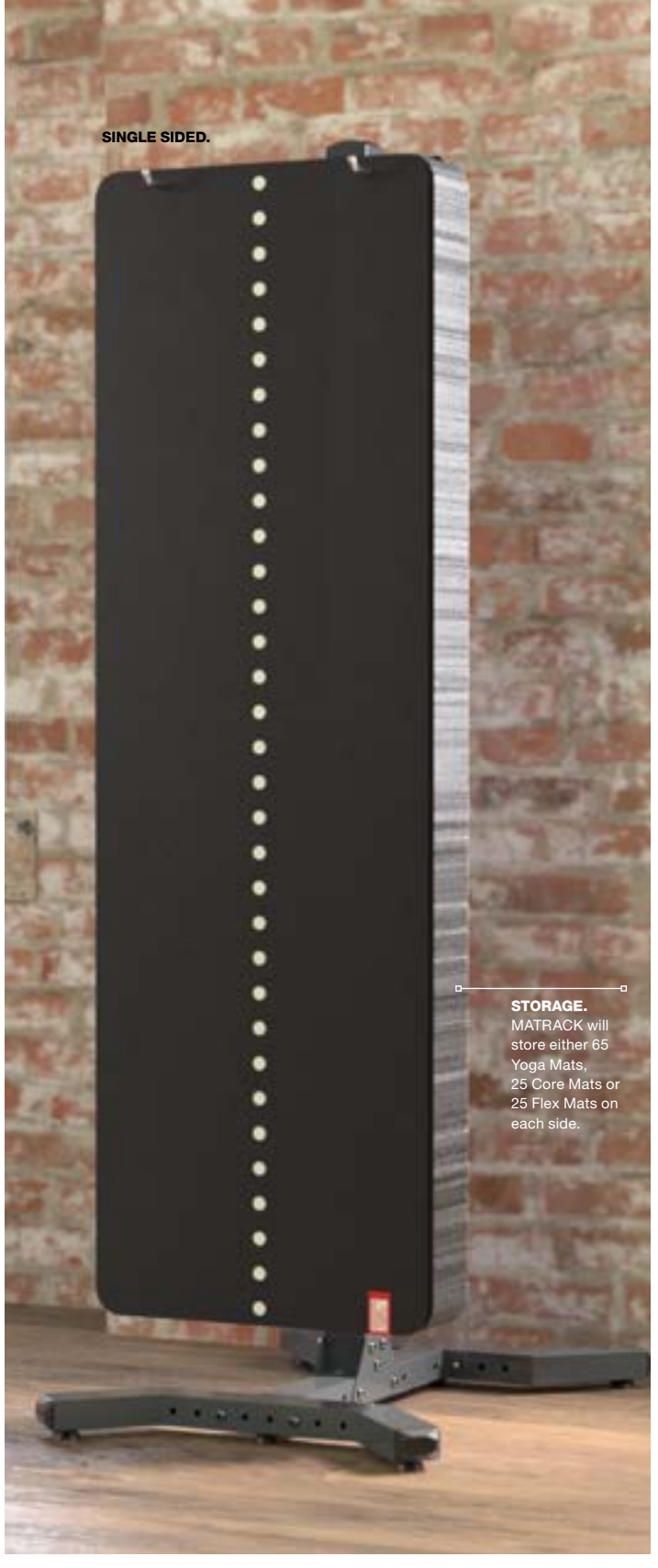


MATERIALS.
The PVC covering with compound foam and polyurethane granules provides extra durability and comfort for the user.

MULTI MAT LARGE.
M0022B Multi Mat – Black

SPECIFICATIONS.
M0022: Size: 79” x 39” x 1”

SINGLE SIDED.



STORAGE.
MATRACK will store either 65 Yoga Mats, 25 Core Mats or 25 Flex Mats on each side.

MAT RACK.

Extending the Escape Rigid Rack range, the MATRACK attachment enables a dedicated space saving solution for matting.

DOUBLE SIDED.



MATRACK MATRACK - single sided
MATRACK2 MATRACK - double sided

RACK SPECIFICATIONS:
Size: H: 82” x W: 27.5” x D: 27.5”

MAT ATTACHMENTS:
Size: H: 16” x W:5” x D: 14”

WEIGHT:
Single attachment: 51lbs
Double attachment: 58lbs

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RIDGE ROLLER.

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



EST-RRC Ridge Roller

SPECIFICATION.
Size: 15" x 5.5".

UBERSOFT ROLLER.

This large roller is full body length, and eases muscle tension with light massage that helps beginners to achieve greater flexibility and can be used to improve balance.

WHILST STOCKS LAST.



USR001 Ubersoft Roller – Gray

SPECIFICATION.
Size: 35.5" x 6".



RESISTANCE TUBES.



HANDLES.
Sure-grip handles will not get slippery during tough workouts.

COLOR CODED.
Brightly color-coded for easy level recognition.

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

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STEADYBALL PRO.™

A studio essential for balance, flexibility and strength, the Steadyball Pro is the best on the market with an unstable surface, but no sagging. Trusted to keep its rigidity, not squash and hold its shape, no matter the exercise.

BURST RESISTANT.
Burst resistant tested (brr) (770lbs).



MATERIALS.
Made from PVC material and textured to provide grip from any direction.

STORAGE.
Arranged by size, keep Steadyballs tidy with a choice of three up to 12 ball shelving options



SBP55	21.5”	Steadyball Pro - Light Gray
SBP65	25”	Steadyball Pro - Dark Gray
SBP75	28.5”	Steadyball Pro - Black

RACK SPECIFICATIONS:

RACKGB3	3 Gym Ball Rack Size: 36.5” x 27.5” x 82”. Weight 55lb.
RACKGB6	6 Gym Ball Rack Size: 27.5” x 60” x 82”. Weight 64lb.
RACKGB9	9 Gym Ball Rack Size: 44.5” x 60” x 82”. Weight 75lb.
RACKGB12	12 Gym Ball Rack Size: 60” x 60” x 82”. Weight 81.5lb.
EST-GBSR	STAKRS Rings (Whilst stocks last)

Steadyball Pro sold separately.



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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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SPEED TRACKS 169
FLEXI-TUF 170
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FEATURE FLOORING.

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

COMPARISON CHART.

FEATURES.	SHOCKTURF.	PORTABLE SPEED TRACK.	FLEXI-TUF.	FLEXI-SOFT.	FLEXI-HARD.	EVERFLEX.
USE	Functional areas, SAQ, Group X, performance zones, sleds/TIYRs and indoor/outdoor	SAQ areas, TIYRs, sled work, sprint tracks	Free weight areas, some functional areas	Warm-up and stretch areas, yoga and Pilates	Studio areas, light functional training areas	Free weight, functional, main gym areas, spin studios, CV and resistance
THICKNESS	1" including shock pad	0.5"	0.5"	0.8"	0.8"	1/2", 3/8" or 5/16"
PRODUCT SIZE	Rolls from 40' x 6'	6' x 33' or 6' x 39' roll	20" x 20" tile	39" x 39" tile	39" x 39" tile	4ft wide, 50ft long rolls
MATERIALS	Polyethylene and nylon		Recycled rubber and SBR rubber	EVA tiles	EVA base with a rubber top layer	85% recycled rubber
COLORS	6 base colors with white lines	Green or Black	Black	Available in a range of 4 colors	Available in a range of 4 colors	Available in a range of fi e colors
RECOMMENDED INSTALLATION	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install	DIY or professional install

GIVE MEMBERS INDUSTRY-LEADING TECHNOLOGY.

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

CREATE SUPERB TRAINING ENVIRONMENTS.

We have dedicated, specialist flooring for every facility's needs – from functional training, free weight areas, sprint tracks and stretching spaces. Let's not forget also that the right flooring can add a huge 'WOW' factor to clubs, transforming workout areas from uninspiring places to breathtaking spaces.

LET US SUPPORT YOUR PERFECT FLOORING INSTALLATION.

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

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SHOCKTURF.

This new-generation synthetic turf fl oring 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.



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

SPECIFICATION.
Roll Size 40ft x 6ft.

Please contact your sales representative for a quote.
Line markings and logos are available – please call for details.

SCAN FOR MORE INFORMATION.

PORTABLE SPEED TRACK.

The Portable Speed Track provides the perfect basis for agility and explosive power training. Members and their trainers can reap the benefits of a speed track without a permanent installation.

AVAILABLE IN TWO COLORS.

Green Black

APORTST33BLACK	33ft Portable Speed Track
APORTST33GREEN	33ft Portable Speed Track
APORTST39BLACK	39ft Portable Speed Track
APORTST39GREEN	39ft Portable Speed Track

SPECIFICATION.
Portable speed tracks are 6ft wide and available in 2 lengths - 33ft and 39ft



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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.

WHILST STOCKS LAST.

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

SPECIFICATION.

MATFT12:	Size: 20” x 20” x ½”.
MATES12:	Size: 20” x 7½” x ½”.
MATCB12:	Size: 7½” x 7½” x ½”.

Price is per tile and does not include fitting.



TILES.
Unique, small, interlocking tiles are easily lifted.

GRIP.
Textured surface provides sure footing for maximum confidence during workouts.



FLEXI-SOFT.

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

AVAILABLE IN TWO COLORS.

Gray. Black.

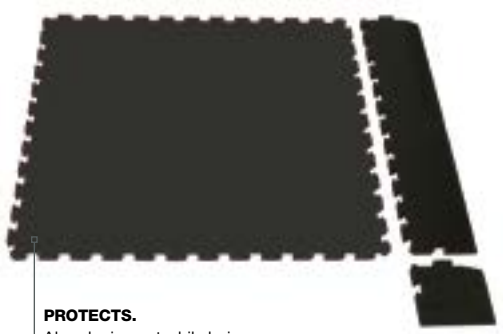
CURRENTLY UNAVAILABLE.

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

SPECIFICATION.

MAT510S:	Size: 39” x 39” x ¾”.
MAT511S:	Size: 39” x 7¼” x ¾”.
MAT512S:	Size: 7¼” x 7¼” x ¾”.

Price is per tile and does not include fitting.



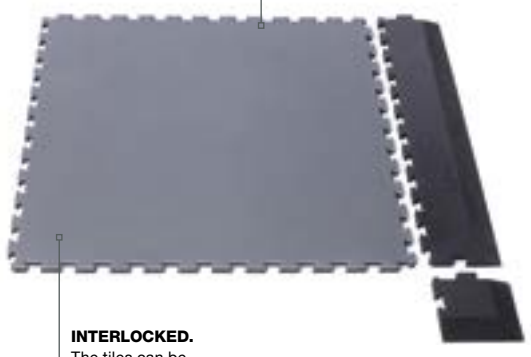
PROTECTS.
Absorbs impact while being comfortable for stretching exercises thanks to the dense foam composition.

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FLEXI-HARD.

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



USAGE.
Ideal for balance and light-weight exercises with free weights up to a maximum of 44lb.

INTERLOCKED.
The tiles can be interlocked in minutes and don't need to be fixed to the floor.

AVAILABLE IN TWO COLORS.

Gray. Black.

CURRENTLY UNAVAILABLE.

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

SPECIFICATION.

MAT510:	Size: 39" x 39" x ¾".
MAT511:	Size: 39" x 7¼" x ¾".
MAT512:	Size: 7¼" x 7¼" x ¾".

Price is per tile and does not include fitting.

EVERFLEX RUBBER FLOORING ROLL.

Floors are the building block of every facility. When envisioning the layout and flooring of a facility, the purpose, function, traffi , and visual impact are all vital considerations. There are so many benefits of Everflex Recycled Rubber Flooring. It's eco-friendly, hard wearing, rugged and durable, easy to clean, and adds aesthetic appeal to training areas.



Iron.



Smoke.



Sand.



Volcano.



Gray.

SPECIFICATION.
Flooring comes in 4' wide rolls and in three thicknesses of either 1/2", 3/8" or 5/16".

Please call for prices, color options and installation details.

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TRAINING.

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



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MEET THE TEAM OF MASTER TRAINERS.

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



WHY TRAIN WITH ESCAPE.

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

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



BUSINESS IN A BOX.

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

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



ONLINE TRAINING COURSES.

With our varied industry and evolving exercise trends, it's more important than ever to ensure your clients/members get the most engaging training experience and the very best results. Education is essential – upskill with Escape.

This system of training supports PTs within gyms, running their own facilities, or taking on the world outside a traditional gym in spaces such as boot camps. The tools provided can be successfully used to stay ahead in business and in fitness.



INSTRUCTOR TRAINING.

Becoming certified is essential for companies and trainers aiming for the highest level of member experience. Our certification courses are designed to give you the how and why behind training methods, so that trainers gain the confidence to work with any member.

The importance of in-depth research, practical knowledge and real experience are paramount to the way we create our courses. This is why we create the very best course content and support that allows you to deliver the best training to members.

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MOVE IT.®
GROUP TRAINING PROGRAM.

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



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

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

THE PACKAGE.
Here's what you get in your MOVE IT package:
- Program Principles Manual (binder and online pdf).
- How-to Guide (binder and online pdf).
- Exercise library per workshop (course videos with coaching notes).
- **24** workouts of 30 minutes (course videos with coaching notes).
- **24** workouts of 45 minutes (course videos with coaching notes).
- Warm-up and cool down exercises (course videos with coaching notes).
- **28** bonus workouts (templates with coaching notes).
- **6** fitness tests (templates with coaching notes).
- **7** product training workshops (online access to workshop material including course videos).
- Marketing material (posters, flyers and social media content for you to use).

MIB001 MOVE IT Training Program

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

Additional face-to-face product training workshops:
- Kettlebell
- Corebag
- Bulgarian Bag
- GRIPR
- CMT
- SMR with Foam Rollers

Face-to -Face Product Training Workshops - please contact your sales representative for a quote.

MOVE IT EQUIPMENT PACKS.

AMIBEP12 Up to 12 users – MOVE IT Equipment Pack
- x10 Adjustable Hurdles
- x6 CMTs
- x6 GRIPRs
- x2 Ridge Rollers
- x6 Slamball SBX
- x2 Speed Ladders
- x2 Suspension trainer **(ordered separately)**
- x14 Corebags
- x8 Fitness Bulgarian Bags
- x6 Multi-Grip Medballs
- x10 SBX Kettlebells
- x1 Ammo Box

AMIBEP18 13-18 users – MOVE IT Equipment Pack
- x10 Adjustable Hurdles
- x9 CMTs
- x9 GRIPRs
- x2 Ridge Rollers
- x8 Slamball SBX
- x2 Speed Ladders
- x3 Suspension trainer **(ordered separately)**
- x20 Corebags
- x12 Fitness Bulgarian Bags
- x8 Multi-Grip Medballs
- x15 SBX Kettlebells
- x1 Ammo Box

AMIBEP30 19-30 users – MOVE IT Equipment Pack
- x10 Adjustable Hurdles
- x12 CMTs
- x12 GRIPRs
- x2 Ridge Rollers
- x12 Slamball SBX
- x4 Speed Ladders
- x4 Suspension trainer **(ordered separately)**
- x28 Corebags
- x12 Fitness Bulgarian Bags
- x12 Multi-Grip Medballs
- x20 SBX Kettlebells
- x1 Ammo Box

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

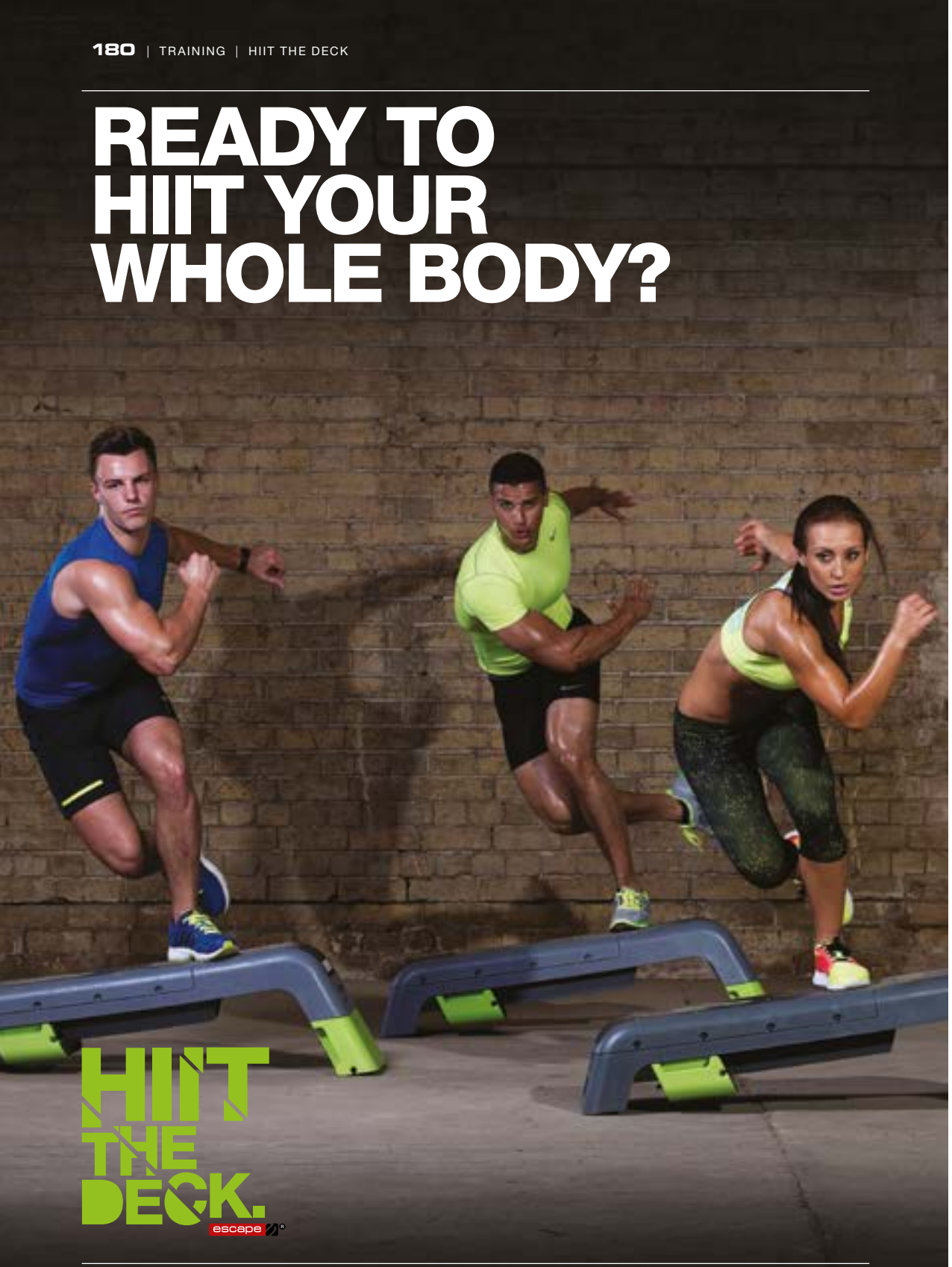
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MOVEIT.

www.escapefitness.com/us | salesusa@escapefitness.com | 614-706-4462

escape fitness usa

READY TO HIIT YOUR WHOLE BODY?



www.escapefitness.com/us | salesusa@escapefitness.com | 614-706-4462

HIIT THE DECK.
GROUP TRAINING PROGRAM.

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



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

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

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



THE PACKAGE.
Here's what you get in your HIIT THE DECK package:
- Training and operations manual (binder and online pdf).
- Exercise library per workshop (course videos with coaching notes).
- **6** exercise-to-music workouts of 45 minutes for large group programming (course videos, coaching notes and ready-to-download music).
- **10** workouts of 20 minutes for small group programming (course videos with coaching notes).
- **6** workouts for personal training (course videos with coaching notes).
- **128** specialist boutique studio workout interval protocols covering lower, upper, core and total body (course videos with coaching notes).
- The Deck Time Trial (video and template document).
- Marketing material (posters, flyers and social media content for you to use).

HTD001 HIIT THE DECK Training Program

HTD100 HIIT THE DECK face to face training - one day course (can only be purchased with HTD001)

Additional face-to-face product training workshops:
- Bulgarian Bag
- DECK 2.0
- GRIPR

Face-to -Face Product Training Workshops - please contact your sales representative for a quote.

HIIT THE DECK CLUB EQUIPMENT PACKS - PER PERSON

AHTDBEB1 Beginner Pack
- x1 DECK
- x1 Resistance Tube Level 2
- x2 8.8lb GRIPR
- x2 5lb Urethane Dumbbells
- x2 15lb Urethane Dumbbells
- x1 12lb Bulgarian Bag

AHTDBEA1 Advanced Pack
- x1 DECK
- x1 Resistance Tube Level 3
- x2 13.2lb GRIPR
- x2 25lb Urethane Dumbbells
- x2 35lb Urethane Dumbbells
- x1 17lb Bulgarian Bag

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

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PRODUCT TRAINING WORKSHOPS.

Trainers and coaches can develop comprehensive skills and knowledge with our product training workshops. Each workshop includes video demonstrations of multiple exercises, created by Escape's Master Trainers. It's like having product experts deliver one-to-one instruction, but with the convenience of online delivery.

In addition to the online delivery format, we also run two-hour product training workshops in clubs for groups of trainers. Clubs typically purchase three or four workshops (covering different products) to run on the same day. Participants in the in-club workshops also enjoy full access to the online support materials.



TRAIN01	Battle Rope - product training workshop
TRAIN02	Bulgarian Bag - product training workshop
TRAIN03	Kettlebell - product training workshop
TRAIN04	Medicine Balls - product training workshop
TRAIN05	TIYR - product training workshop
TRAIN06	GRIPR - product training workshop
TRAIN07	Plyometrics - product training workshop
TRAIN08	Corebag - product training workshop
TRAIN09	SMR Rollers - product training workshop
TRAIN10	Sandbag - product training workshop
TRAIN11	CMT - product training workshop
TRAIN12	DECK 2.0 -product training workshop

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

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

Face-to -Face Product Training Workshops - please contact your sales representative for a quote.

www.escapefitness.com/us

MASTER ANY MOVEMENT.



FIND YOUR NICHE.

More and more fitness spaces are finding a niche and servicing specific interests of clients; the same goes for entrepreneurial personal trainers, too. With Escape product training, you can pick exactly what you want to master, and become a pro with any performance tool.

ACCESS ANYWHERE.

Escape Training leads the way in functional training methods and provides you with real world, practical tools to use instantly. Through Escape training, you can also access our PT Live seminars, where you can learn from industry leaders wherever you are.

FOR GYM OWNERS OR GO-IT-ALONERS.

These are the perfect workshops to empower a PT to deliver exciting training sessions to their clients. These workshops also ensure that club owners purchasing the equipment can enable their trainers to teach safe use of it and maintain it correctly.

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BEFORE YOU ORDER.

As exclusive Business to Business suppliers of Fitness Equipment to the Industry, Escape aims to make the Customer buying experience efficient and informative. Orders placed with Escape are subject to the standard Terms and Conditions of Business ("Conditions") contained in the following pages to the exclusion of any other terms or conditions that the Customer seeks to impose or incorporate or that may be implied by trade custom, practice or course of dealing. In the event that Goods are sold on to a third party, it is the Customer's responsibility to ensure the ultimate purchaser is fully acquainted with, and accepts the Conditions overleaf. No variation of these Conditions shall be effective unless expressly agreed in writing by an Escape authorized signatory.

US DELIVERY
Most Orders will be delivered as parcels by independent carriers. Where large Orders cannot be delivered as parcels, the Order will be delivered on pallets to the exterior access point of the delivery address (Freight prices available on application.) The Customer must provide adequate manpower to unload the Goods and dispose of all packaging supplied for transit.

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

Customized, bespoke and special order products
Once an Order has been placed and an Order Confirmation issued in respect of Goods that are customized, bespoke or special order, it cannot be amended or cancelled. Goods are customized when an element of the product is changed e.g. the Customer's brand color or logo is added. Bespoke Goods are specifically designed for the Customer and include, but are not limited to, flooring, functional frames and storage solutions. Special order Goods include products that are not normally held in stock or are ordered in a large quantity e.g. MARS or storage racks. Escape do not accept any liability for loss or damage incurred or suffered by the Customer as a result of inaccuracies made by them in the Order process. Accurate measuring is essential.

MEASURING AND SURVEYS.
When ordering large/heavy equipment or flooring, it is important that accurate measurements of the relevant area are supplied to ensure equipment will fit and can be used safely. Accurately measuring access points, corridors, elevators, stairs, and their height is equally important to ensure smooth delivery and installation. Escape recommends that all Customers arrange a survey which takes account of all these factors as well as the suitability of the product for a particular location.

DAMAGES AND DELIVERY DISCREPANCIES.
All deliveries must be checked as soon as received and before the delivery note is signed as any discrepancy or damage in the consignment must be notified to Escape immediately, and within 48 hours at the latest. Please note the time of delivery as recorded on the delivery note. If a discrepancy is identified, the Customer should telephone Escape's Customer Services Department with full details of the Goods ordered and the damage or discrepancy identified. At its sole discretion, Escape will either replace or repair the Goods. Reports of damage or discrepancy will not be entertained after the expiration of 48 hours from the time of delivery as recorded on the delivery note or similar device operated by the carrier.

CANCELLATIONS AND RETURNS (NOT APPLICABLE TO CUSTOMIZED, BESPOKE AND SPECIAL ORDER GOODS).
Once a quotation is accepted by the Customer placing an Order, Escape will issue an order confirmation. The customer may amend or cancel the Order within 14 days of the Order Confirmation and provided the Order has not been dispatched. A fee of 10% of the Order value will be charged to cover administration costs. Escape reserve the right to reduce the above fee, in its sole discretion when the amendment sought by the Customer is "de minimis" or there are other exceptional circumstances justifying the same.

Where Goods have been dispatched, the Customer may return some or all of the Goods for up to 14 days after receipt (as recorded by the carrier) provided that the Goods are returned to the supplier at the Customer's cost and in new and unused condition with all the original labels and packaging intact. A fee of 20% of the Order value will be charged to cover administration and stock handling costs. Goods may not be returned unless a returns reference number has been issued by Escape's Customer Service Department.

NON-RETURNABLE ITEMS.
Unless Goods are damaged or faulty, any customized, bespoke, or specially ordered equipment or flooring cannot be returned once an Order Confirmation has been issued. Items such as floor mats, gloves, mitts etc cannot be returned once dispatched for hygiene reasons.

PRODUCT MEASUREMENTS.
All sizes, weights and measurements are approximate.

ORDERING MADE EASY.

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

When placing an Order by post, the Customer should:
1. Quote the product code, product description, quantity required, price and freight costs.
2. Include their unique purchase Order number (for account Customers this must have been authorized by an appropriate signatory).
3. Print the name, department and position of the person placing the Order.
4. Confirm the method of payment.
5. Provide full postal delivery address.
   NB Customers purchase Orders are only accepted from pre-approved Customers or account holders.

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

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

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

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TERMS AND CONDITIONS.

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

1. **ORDERS**.

1.1 All orders are subject to these Terms and Conditions ("Conditions") which supersede any terms and conditions you may include with any purchase order regardless of whether Escape sign these or not. We reserve the right to change these Conditions at any time, and you are deemed to accept any changes on the 7th day after the date of any amendment, or the date an order is placed, whichever is the sooner. In the event that products are re-sold, it is your responsibility to ensure that the ultimate purchaser is made aware of and accepts the products on that basis.

1.2 Samples, drawings or descriptive or illustrative advertising or other materials contained in brochures or catalogs do not form part of the contract.

1.3 Receipt of an electronic, telephonic or other form of purchase order does not signify our acceptance of your order, nor does it constitute confirmation of our offer to sell. We reserve the right, at any time after receipt of your order, to accept or decline your order for any reason, or to supply less than the quantity ordered of any item. Orders are accepted by the issue of an Order Confirmation, normally sent within 48 hours of receipt of your Order, at which time a binding contract will exist between us and the Customer may not amend or cancel the order without our written consent. The Customer is responsible for ensuring that the details set out on the Order Confirmation are complete and accurate.

2. **PRICE AND PAYMENT.**

2.1 The price of the products shall be the price set out in the Order Confirmation. Prices are subject to change on not less than 30 days notice.

2.2 Payment for the products shall be made in full at the time the order is placed. Sales Tax will automatically be added to orders where liability arises unless Sales Tax Exemption and Re-sale Certificates have been filed. Please note: Sales Tax Exemption and Re-sale Certificates must be filed BEFORE orders are placed to ensure zero rating. We accept payment by company check (allow 10 days for clearance) or wire transfer in U.S. Dollars only. A penalty of $25 will be charged for any returned payment whatever the reason.

2.3 Invoices are issued when the products are shipped.

2.4 Credit Account Customers shall pay for products in accordance with their credit account terms and time for payment shall be of the essence of the Contract. Interest is payable on overdue accounts at the rate of 1.5% per month (or such lower rate as may be the maximum permitted by law), accruing on a daily basis from the due date until the date of actual payment of the overdue amount.

2.5 Credit Account Customers shall pay all amounts due in full, without any deduction or withholding except as required by law and they shall not be entitled to assert any credit, set-off or counter-claim to justify withholding payment of any such amount in whole or in part. We reserve the right to revoke any credit extended in the event that you fail to pay in accordance with your credit account terms save where a good faith dispute (as determined by us) concerning sums due exists. When credit is revoked, products shall be paid for in advance of shipment.

3. **PRODUCTS AND SERVICES.**

3.1 Most products are available to ship immediately, however, some products may have lead times. Orders are accepted for products strictly subject to availability and to these Conditions.

3.2 Where orders contain multiple products, we will make every effort to ship all products contained in the order at the same time. Products that are unavailable at the time of shipping shall be shipped as they become available unless you advise us to the contrary in writing. You will be charged only for products actually contained in the shipment. You will pay only a single shipping charge as advised in your Order Confirmation which shall be applied to the first invoice issued.

3.3 In the interests of better quality and value, we are constantly improving and updating our products. We therefore reserve the right to change the color, design, specification or packaging in respect of any or all of our product range.

4. **CUSTOMIZED, BESPOKE AND ASSEMBLED PRODUCTS.**

4.1 In respect of any Order for customized, bespoke or special order Goods (including but not limited to flooring, frames, MARS screen, racks etc), the Customer may not amend or cancel an Order once accepted (including positioning of equipment where installation is involved). It is imperative that all Customer requirements are fully and accurately conveyed to the Supplier prior to acceptance of the Order. The Supplier accepts no liability for costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Customer or any sub-contractor, agent or third party employed by the Customer arising out of any delay in delivery or installation of the Goods where such delay is caused by inaccuracies of whatever nature in the Customers Order.

4.2 All designs created in respect of any installation are subject to clause 11 below so that the Customer may not use such designs or any designs that the Supplier believes breach the Suppliers Intellectual Property Rights unless a separate contract for the purchase of a license to use the designs is negotiated and entered into. This clause 4.2 shall survive termination of the Contract howsoever determined.

4.3 To the extent that any element or component of the Goods (e.g. line markings, bench upholstery) are to be manufactured in accordance with color and/or design specifications supplied by the Customer, the Customer shall indemnify the Supplier against all liabilities, costs, expenses, damages and losses (including any direct, indirect or consequential losses) suffered or incurred by the Supplier in connection with any claim made against the Supplier for actual or alleged infringement of a third party's intellectual property rights arising out of or in connection with the Supplier's use of that component. This clause 4.3 shall survive termination of the Contract howsoever determined.

4.4 The Supplier reserves the right to amend the Specification of the Goods if required so to do by the manufacturer or any applicable statutory or regulatory body.

4.5 Where Contracts involve installation and the Customers installation area does not comply strictly with the Working conditions Specification (" Specification") detailed in the Program of Works; the installation shall be delayed until such time as the Customer is compliant with the Specification and the Customer shall be liable to the Supplier for all costs and expenses incurred by the delay. If the Customer delays an installation date on less than 14 days notice; the Customer shall similarly be liable to the Supplier for all costs and expenses incurred by the delay. Without prejudice to the generality of this clause; time when appointed contractors are unable to perform the Contract ("Downtime") shall be payable to the Supplier hourly rate per man per day (based on an 8 hour day) plus full reimbursement of all travel, accommodation and other expenses properly incurred in anticipation of performance of the Contract and which cannot otherwise be recouped from the relevant provider by the Supplier (Wasted Costs).

5. **DELIVERY.**

5.1 Delivery lead times vary according to the products ordered. Products ordered from stock will be shipped within 48 hours of the date of the Order Confirmation. Any date quoted for delivery is approximate only, and time of delivery is not of the essence. We shall not be liable for any delay in delivery of the products that is caused by a Force Majeure Event (as defined in clause 5.5 below), or other event beyond our control, nor any failure by you to provide us with adequate delivery instructions, or any other instructions that are relevant to the supply of the products.

5.2 Customized, bespoke, special order and assembled products have varying manufacturing lead times which will be notified to you as the estimated delivery date. A firm delivery date will be notified to you once the finished products are physically ready for dispatch.

5.3 Delivery is complete once the products arrive at the exterior access point of the delivery address. Your (or your agents) signature recorded on the Delivery Note (or similar device operated by the carrier) shall be conclusive evidence of the quantities shipped and delivered.

5.4 It is your responsibility to ensure that appropriate arrangements are in place to:
5.4.1 accept delivery of the products; and
5.4.2 where there are large/heavy products delivered; provide adequate manpower to unload the products and dispose of any transit packaging supplied.

5.5 If you (or your agent) fail to accept or take delivery of the products in accordance with clause 5.4 above, then, save where such failure or delay is caused by a Force Majeure Event or by our failure to comply with our obligations under this Contract, then delivery of the products shall be deemed to have been completed at 9.00am on the day after the delivery date notified by us. We shall store such products until actual delivery takes place, and charge you for all related costs and expenses (including insurance) incurred in this respect. A Force Majeure Event means an event beyond the control of a party (or any person acting on its behalf), which by its nature could not have been foreseen by such party (or such person), or, if it could have been foreseen, was unavoidable, and includes, without limitation, Acts of God, storms, floods, riots, fires, sabotage, civil commotion or civil unrest, interference by civil or military authorities, acts of war (declared or undeclared) or armed hostilities or other national or international calamity or one or more acts of terrorism or failure of energy sources.

6. **TITLE AND RISK.**

6.1 The risk in the Goods shall pass to the Customer on completion of delivery.

6.2 Notwithstanding delivery and the passing of risk pursuant to clause 6.1, property in and title to the Goods shall remain with the Supplier until the Supplier has received payment of:
(a) the full price of the Goods that are the subject of the Contract; and
(b) the full price of all other goods and services provided by the Supplier to the Customer under any other contract. Payment of the full price shall include, without limitation, the amount of any interest or other sum payable under the terms of this and all other contracts between the Supplier and Customer.

6.3 Until title passes, the Customer shall:
(a) store the Goods separately from all other goods held by the Customer so that they remain readily identifiable as the Supplier's property;
(b) not remove, deface or obscure any identifying mark or packaging on or relating to the Goods;
(c) keep the Goods insured against all risks for their full retail price on the Supplier's behalf from completion of delivery.
(d) maintain the Goods in satisfactory condition and keep them insured against all risks for their full price from the date of delivery; and
(e) give the Supplier such information as the Supplier may reasonably require from time to time relating to the Goods and the financial position of the Customer

6.4 At any time before title to the Goods passes to the Customer, the Supplier may require the Customer to deliver up all goods in its possession that have not been resold and if the Customer fails to do so promptly, enter any premises of the Customer or of any third party where the Goods are sold in order to recover them.

7. **CANCELLATIONS, AMENDMENTS AND RETURNS.**

7.1 Once an Order Confirmation is issued, orders may only be amended or cancelled if:-
7.1.1 the Customer formally notifies the Supplier in writing by email to usaftersales@escapefitness.com or Customer Services Department, Escape Fitness LLC., 4434 West Muhlhauser Road, Suite 300, West Chester, OH; and
7.1.2 the notification is received within 14 days of the date of the Order Confirmation; and
7.1.3 no products have been dispatched.
A fee of 10% of the Order value (net of tax) will be charged to cover administration costs in such cases. The Supplier reserves the right to reduce the above fee, in its sole discretion, when the amendment sought by the Customer is "de minimis" or there are other exceptional circumstances justifying the same.

7.2 Where products have already been shipped, and you wish to return some or all of the products; then in respect of products which require no assembly, they may be returned within 14 days after delivery (as recorded by the Carrier) provided you follow the procedure notified by the Customer Service Department who may be contacted on 614 706 4462 or in writing usaftersales@escapefitness.com or Customer Services Department, Escape Fitness LLC., 4434 West Muhlhauser Road, Suite 300, West Chester, OH . The products must be returned to us and you must pay the cost of shipping. Returned products must reach us in a new and unused condition with all original labels and packaging intact. A re-stocking fee of 20% of the returned products value (net of tax) will be deducted from the sum to be refunded.

7.3 Be-spoke or customized products may not be returned.

7.4 Products may only be returned with a "returns reference number" which you can get from our Customer Service Team. No exceptions! Please call 614 706 4462.

8. **DAMAGES AND DELIVERY DISCREPANCIES.**

8.1 All deliveries must be checked as soon as received and BEFORE the Delivery Note is signed. When signing for a delivery, you are accepting that the correct number of parcels have been delivered and the products have not been damaged in transit. If there is damage or a discrepancy, you should either refuse the delivery or record the damage or discrepancy on the Delivery Note (or similar device operated by the carrier) and report the claim by telephoning our Customer Services Team within 24 hours of the delivery time. NOTE: the time of delivery is the time recorded on the Delivery Note (or similar device operated by the carrier). It is your responsibility to ensure that the actions above are followed BEFORE SIGNING as mistakes cannot be rectified once the products have been signed for. Reports of damage or discrepancy will not be entertained after the expiration of 24 hours from the time of delivery as recorded on the Delivery Note or similar device

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operated by the carrier.

8.2 Any latent damage to the products MUST be notified to us by telephoning our Customer Services Team immediately upon discovery when you will need to supply us with full details of the products ordered and the damage identified. In our sole discretion, we will either replace or repair the products.

9. **INTELLECTUAL PROPERTY RIGHTS.**
You acknowledge that all intellectual property rights in the products (including actual products as well as product, flooring and gym design), whether registered or unregistered and including all applications for and renewals or extensions of such rights, and all similar or equivalent rights or forms of protection in any part of the world including all patents, rights to inventions, utility models or prototypes, copyright and related rights, trademarks, service marks, trade, business and domain names belong to, or are used by Escape under License or one of its associated companies. You agree not to use the same unless a license has been granted within a contract for the provision of products by us or one of our associated companies.

10. **PRODUCT COMPLIANCE.**

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

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

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

11. **WARRANTIES AND LIMITATION OF LIABILITY.**

11.1 We warrant to the original purchaser that the products supplied (deletion) under this Contract shall be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements for not less than the warranty period stated on the website in respect of each product and subject to specific product exclusions listed therein.

11.2 We shall not be liable for the products' failure to comply with the warranty in clause 11.1 if:
11.2.1 you make any further use of such products after notifying us of a defect; or
11.2.2 the defect has arisen as a result of your failure to properly store, care for or maintain the products; or
11.2.3 the defect has arisen as a result of us following any drawing, design or specification supplied or specifically requested by you; or
11.2.4 you alter or repair the products without our prior written consent; or
11.2.5 the defect arises as a result of fair wear and tear, corrosion due to perspiration, wilful or negligent damage or the use of the products for a purpose other than the purpose intended or in abnormal use conditions; or
11.2.6 the products differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.

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

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

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

11.6 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.

11.7 Notwithstanding the above and subject to clause 11.5, 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.

12. **GENERAL.**

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

12.2 Nothing in this Contract is intended to, nor shall be deemed to, constitute a partnership or joint venture of any kind, nor constitute any party the agent of another party for any purpose. No party shall have authority to act as agent for, or to bind, the other party in any way.

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

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

12.5 We reserve the right to transfer, assign, novate or sub-contract the benefit of the whole or part of any of its rights or obligations under these Conditions or any related contract to any third party.

12.6 No delay or failure by us to exercise any powers, rights or remedies under this Contract will operate as a waiver of them nor will any single or partial exercise of any such powers, rights or remedies preclude any other or any further exercise of them. To take effect any waiver must be in writing and signed by one of our authorized signatories.

12.7 This Contract, and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims), shall be governed by, and construed in accordance with the laws of the State of Ohio, and the parties irrevocably submit to the exclusive jurisdiction of the Ohio District Courts.

GENERAL WARRANTY INFORMATION.

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

EXCLUSIONS.

Escape shall have no liability under the warranty if:

(a) any further use of the product(s) is made after a defect has been notified; or

(b) the defect has arisen as a result of a failure to properly store, care for or maintain the products; or

(c) the defect has arisen as a result of Escape following any drawing, design or specification supplied or specifically requested by you; or

(d) the product(s) is altered or repaired without our prior written consent; or

(e) the defect arises as a result of fair wear and tear, corrosion due to perspiration, wilful or negligent damage or the use of the products for a purpose other than the purpose intended or in abnormal use conditions; or

(f) the products differ from their description as a result of changes made to ensure they comply with applicable statutory or regulatory standards.

MAKING A CLAIM.

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

CLAIMS PROCEDURE.

1. If you purchased your product through an Escape approved Distributor, contact your Distributor who will deal with your inquiry directly on your behalf.

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

3. You must then send photographic evidence by email or post of the product and the damage/defect after which our quality control department will report their findings and advise whether the claim is accepted or rejected. If accepted, we will advise whether the product will be repaired or replaced, or if a credit or refund will be made and whether or not the product(s) needs to be returned to Escape for quality control investigation.

4. If a product(s) needs to be returned to Escape, we will contact you to arrange a mutually convenient time.

5. After your claim has been processed we will contact you again to ensure that your claim was satisfactorily solved.

Escape shall not be liable, in contract or tort, (including, without limitation, negligence), for pre-contract or other representations (other than fraudulent misrepresentations) or otherwise arising out of or in connection with a claim for any economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred and arising out of or in connection with the provision of the products. Escape's aggregate liability (whether in contract, tort or otherwise) for loss or damage shall in any event be limited to a sum equal to the amount paid or payable for the product(s) in respect of one incident or series of incidents attributable to one cause.

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

WE CREATE INSPIRING SPACES THAT DRIVE PEOPLE TO ESCAPE THEIR LIMITS.

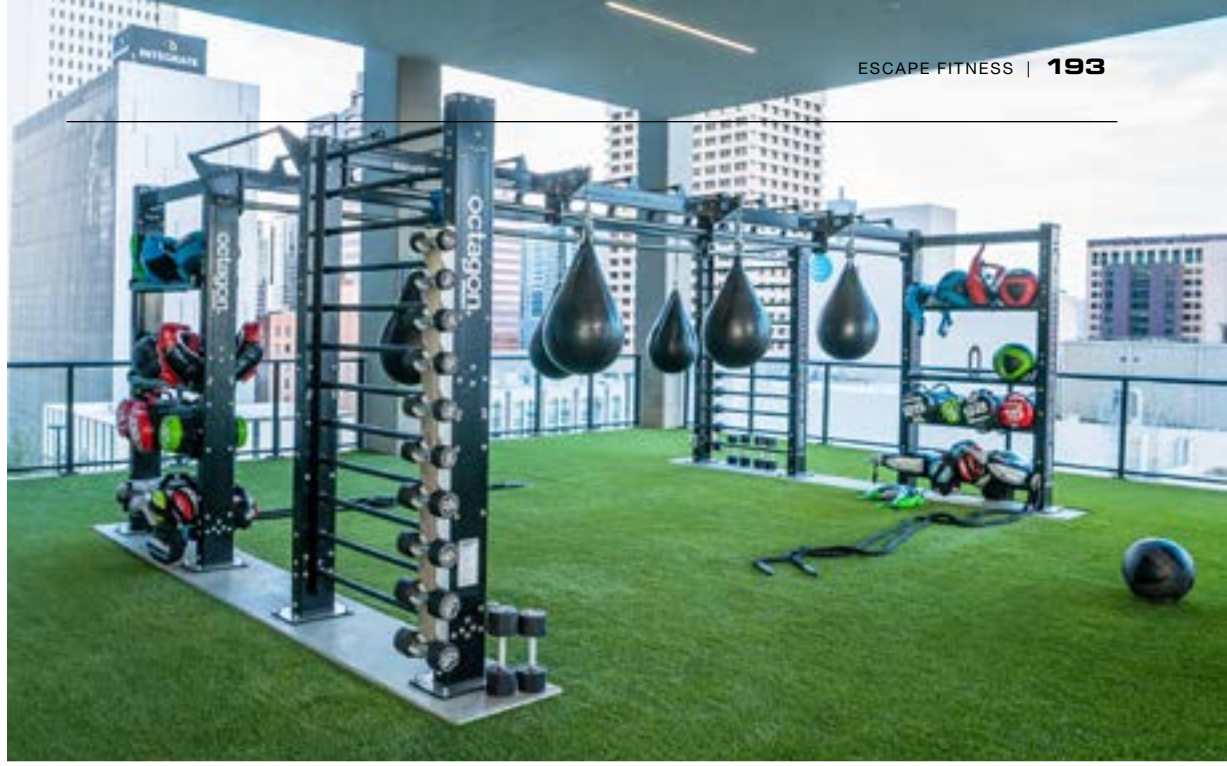
Our expert team design gym spaces that have turned dreams into reality on projects across the globe. Their insight, creativity and experience combine for comprehensive solutions that both stand out and stand the test of time. Utilising our innovative fitness equipment we enable our clients to achieve a wide variety of goals.

SCAN HERE TO VIEW OUR CASE STUDY VIDEOS AND LIBRARIES.















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ESCAPE YOUR LIMITS.

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