



TWENTY-TWENTY TWO



PRODUCT CATALOG

square root BRANDS™

IN PARTNERSHIP WITH



ABOUT

The Multiplier Effect

It's the combination of inspiration, grit, commitment, coaching, training, tools, and care that raise physical performance to a higher power. At Square Root Brands™, impacting the multiplier effect is at our core. We collaborate with researchers, product designers, and manufacturers to develop and market innovative technologies and products for strength, conditioning, rehabilitation and recovery.

We want to hear what you're looking for to serve your clients and patients better; what products you just can't find but seriously need, or wish existed. Let's put the Square Root Brands multiplier effect into action to revolutionize the tools you use to help your clients reach their physical objectives.

Strong Body—Strong Mind

Our mission is to create products that help others achieve physical fitness—at every stage of physical health—and experience the life-affirming power of moving with ease and confidence through life. For the professional athlete to the person recovering from trauma, Square Root Brands exists to enable physical movement that leads to healing, optimal performance, self-confidence, and the ability to make positive strides in life.

Innovation First

Square Root Brands is a founding member of The Innovation Council™, a collaboration to create, design, and manufacture products for the strength, conditioning and rehabilitative marketplace. T.I.C. leverages the expertise and resources at select companies and universities to create products that contribute to, what we call, the multiplier effect—the combination of inspiration, grit, commitment, coaching, training, tools, and care that raise physical performance to a higher power. Our fail fast, fail cheap approach manages risk while focusing on the potential for commercialization.

VISIT SQUAREROOTBRANDS.COM TO LEARN MORE ABOUT OUR PRODUCTS, PARTNERSHIPS, AND OUR PHILOSOPHY.

Get Connected

SQUAREROOTBRANDS.COM
INFO@SQUAREROOTBRANDS.COM



TIM MCCORRY
FOUNDER

Tim is an entrepreneur and inventor driven by the passion to forge collaborative relationships with industry researchers, brands, and his customers to bring innovative products to the strength, conditioning, rehabilitation and recovery marketplace. His core belief is that a strong body leads to a strong mind. This foundational principle drives all that Square Root Brands is and offers to provide you with the tools and technologies to help professional athletes and weekend warriors alike increase their physical performance.

A handwritten signature in black ink that reads "Tim McCorry". The signature is stylized and written in a cursive-like font.



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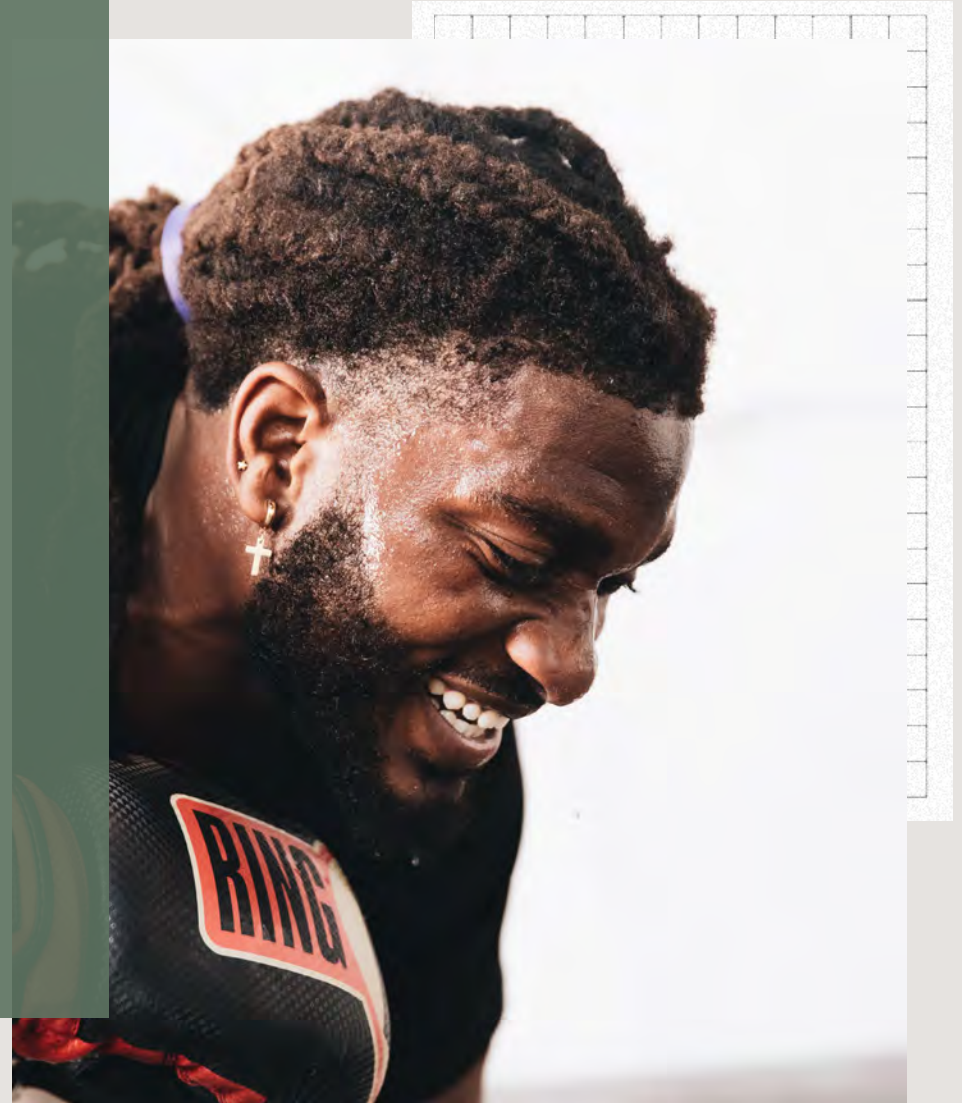
FACILITY
SUPPLIES

REHABILITATION &
RECOVERY

STRENGTH &
CONDITIONING



Strength & Conditioning



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CARDIO EQUIPMENT

Equip any space with the finest in cardio equipment, from treadmills to rowers and beyond. Discover the best in cardio equipment from renowned manufacturers such as Echelon, Schwinn, Stairmaster, Versaclimber and more for your home gym, workplace or corporate wellness center or fitness facility.

INDOOR BIKES
TREADMILLS
ROWERS
ELLIPTICALS
STAIRMASTER

RECUMBENT BIKES
CLIMBERS
CONSOLES
ACCESSORIES

FEATURED PRODUCTS



STAR TRAC
10TRX Freerunner™ Treadmill



HYDROW
The Hydrow Rower



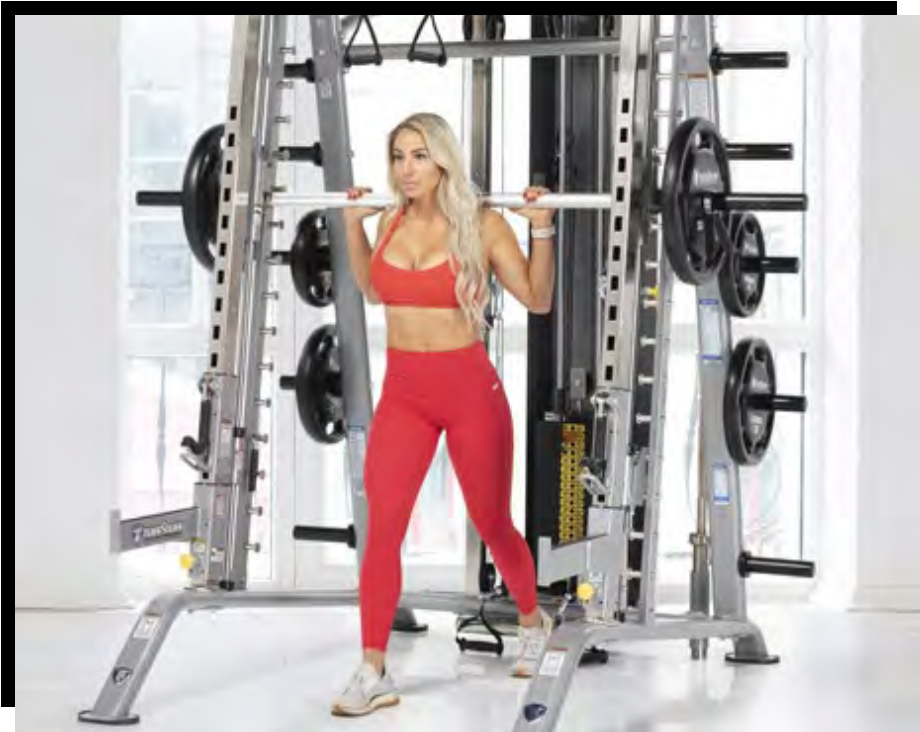
ECHELON
Connect Bike EX-7s



SCHWINN
AC Performance Indoor Bike



STAIRMASTER
Stairmaster 10G Climber



STRENGTH TRAINING

Whether you're looking for benches, free weights, racks, kettlebells or more, you'll find all you need for strength training in both residential and commercial settings with Ardent Fitness. We offer the best brands in strength training equipment, including Bodycraft, Hoist Fitness, Nautilus, SPRI, TKO and more.

- | | |
|-----------------------|---------------------|
| SELECTORIZED STRENGTH | KETTLEBELLS |
| RACKS & CAGES | MEDICINE BALLS |
| BENCHES | BODYWEIGHT TRAINING |
| BAR & PLATES | RESISTANCE TRAINING |
| DUMBBELLS | SUSPENSION TRAINING |

FEATURED PRODUCTS



TUFFSTUFF
Evolution Corner Dual Stack
Multi-Functional Trainer



TKO
10-Sided Rubber Dumbbells



BODYCRAFT
Jones Club



NAUTILUS
One™ Series



HOIST
7 Position FID Olympic Bench

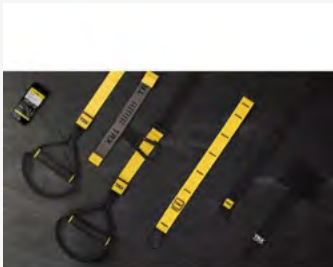


ATHLETIC TRAINING

Our full line of athletic training equipment will give you or your clientele the edge they're looking for. Shop Ardent Fitness today and you'll find sports simulators, agility training equipment, speed training, cross training gear, plyo equipment, steps and risers, and more. All backed by experienced advisors to get you or your facility the right equipment to meet your goals.

- SPEED TRAINING
- AGILITY TRAINING
- CROSS TRAINING

FEATURED PRODUCTS



TRX
TRX Pro4



SPRI
Premium Covered Training Rope



PRISM FITNESS
Foam Plyo Boxes



SPRI
Roll Out Ladder 15ft



SPRI
Speed Jump Rope



VIBRATION TRAINING

Offering the best vibration training products like MOVE, Personal Power Plate, FitStop and more, you'll find the latest and greatest vibration training equipment. Whether you're looking for improved rest and recovery rates, better cardiac function or a unique training function, our vibration trainers will meet your needs.

FEATURED PRODUCTS



POWER PLATE
Power Plate MOVE



POWER PLATE
Power Plate pro7 Vibration Trainer



POWER PLATE
Power Plate my7 Vibration Trainer



POWER PLATE
Power Plate FitStop



POWER PLATE
Personal Power Plate



INTERACTIVE TRAINING

Break new ground in your fitness routine with innovative interactive training equipment. On-demand fitness routines, expert trainers and more are at your disposal. Get connected with fitness equipment that brings the studio right to you. Explore a variety of workouts and shop interactive recumbent bikes, training bikes, rowers and more at Ardent Fitness.

- ECHELON CONNECT BIKES
- ECHELON ROWERS
- ECHELON REFLECT
- HYDROW
- EXPRESSO BIKES

FEATURED PRODUCTS



ECHELON
Connect Bike EX-5s



ECHELON
Row-s with 22" Touchscreen



ECHELON
Reflect 50" Touchscreen



HYDROW
The Hydrow Rower



EXPRESSO
Go Recumbent Bike



STUDIO & BARRE

Tone up with studio and barre equipment that will bring flexibility and balance to exercisers of all fitness levels, from yoga mats to stability balls and ballet barres to mirrors and flooring, and more.

- STABILITY BALLS
- STUDIO ACCESSORIES
- YOGA MATS
- FLOORING & MIRRORS
- BALLET BARRES

FEATURED PRODUCTS



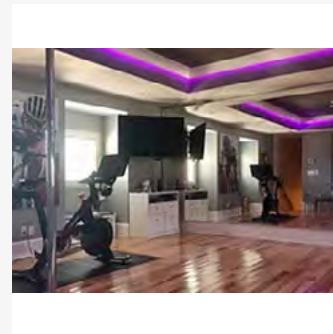
SPRI
Elite Exercise Ball



SPRI
Exercise Mat



SPRI
Sponge Ball



LITEMIRROR
Studio Mirrors



ALVAS BARRE
Ballet Barres



FLOORING

Whether it's a brand new buildout or an upgrade to an existing space, we have the flooring solution for your facility. We offer Rolled Rubber Flooring, which provides wall-to-wall coverage for seamless movement and aesthetics. Interlocking Tiles are durable and economical; available in corner, center, and border pieces. UltraTiles offer excellent sound dampening and shock absorption for all fitness surfaces.

- INTERLOCKING TILES
- ROLLED RUBBER FLOORING
- TILE FLOORING
- LUXURY FLOORING

FEATURED PRODUCTS



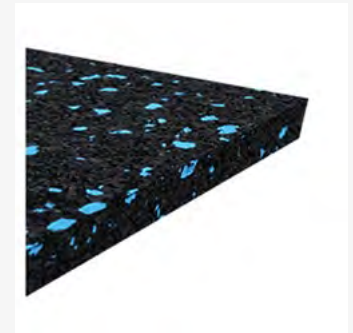
ECORE
Elevate Bounce 2



ECORE
Everlast UltraTile



ECORE
Everlast Interlocking Tiles, 8mm



ECORE
Everlast Basic Rolls, 8mm



RECOVERY & MOBILITY

The workout isn't over after the last barbell is put away, or the last machine wiped down. Focus on stretching and muscle recovery to prevent knots, strains, and injuries with the best recovery workout equipment from Ardent Fitness. Shop foam rollers, stability balls, resistance bands & more for your home, gym or fitness center.

- EXERCISE BANDS
- FOAM ROLLERS
- MASSAGE EQUIPMENT
- STABILITY BALLS
- TARGETED VIBRATION

FEATURED PRODUCTS



PRISM FITNESS
Smart Deluxe Self-Guided
Commercial Package



POWER PLATE
Power Plate Roller



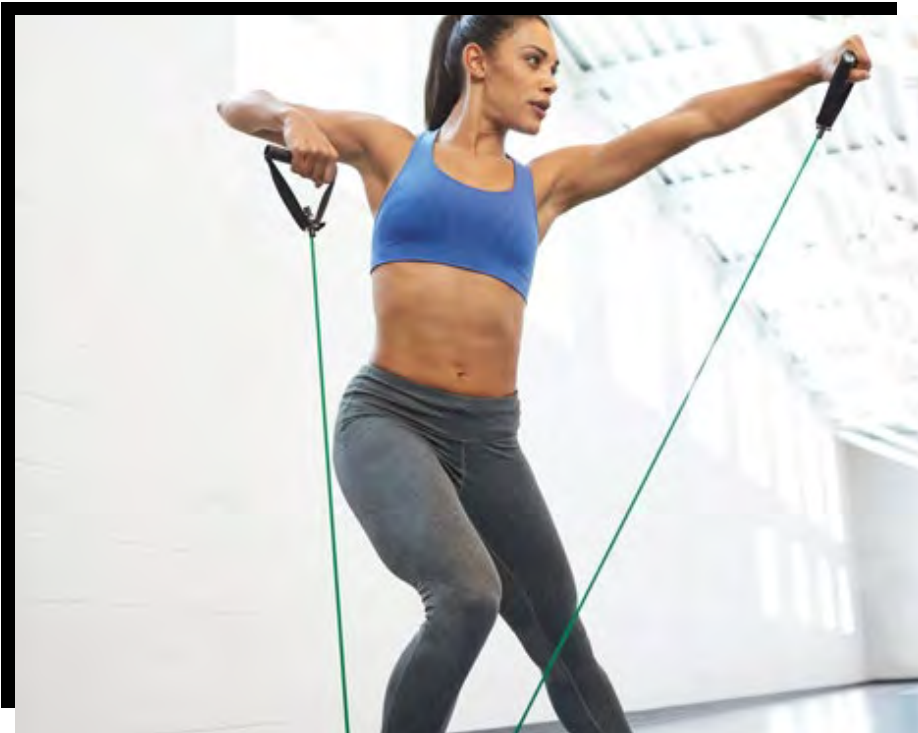
TOTAL GYM
Recovery Series



SPRI
Original Xertube



SPRI
Flat Band Kit



FITNESS ACCESSORIES

Keep your fitness facility fully stocked and functional with our premiere selection of fitness accessories, from stability balls to exercise and equipment mats, plyo boxes and more. Discover essential gym supplies from Ardent Fitness to offer your fitness facility more organized and efficient training sessions, or augment your home fitness space with our fitness accessories.

- EXERCISE BANDS
- EXERCISE MATS
- EQUIPMENT MATS
- JUMP ROPES
- STORAGE & RACKS

FEATURED PRODUCTS



PRISM FITNESS
Smart Core Strength Training Bundle



SUPERMATS
TreadmillMat



PRISM FITNESS
Smart Guard Sleeve Tubing



TKO
10 Pair Vertical Dumbbell Rack



TKO
3-Tier Horizontal Mega Rack



FACILITY OUTFITTING

Start your facility buildout, renovation, or upgrade with Ardent Fitness. From flooring to lockers, mirrors and more, our team of experts is here to simplify your project with full product selection, design and layout, and quoting.

AIR PURIFICATION
FLOORING
LOCKERS
MIRRORS

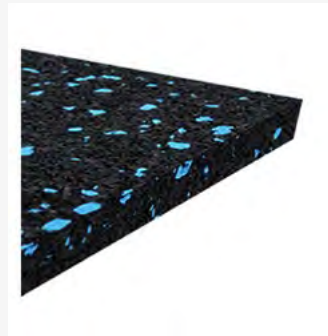
FEATURED PRODUCTS



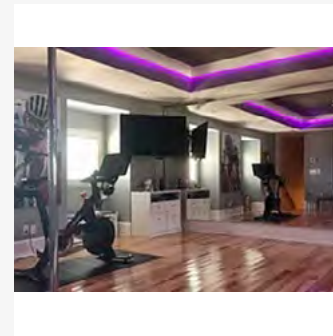
BETTERAIR
Biotica800 Probiotic Surface
& Air Cleaner



BETTERAIR
Biotica1200 Probiotic Surface
& Air Cleaner



ECORE
Rubber Flooring



LITEMIRROR
Mirrors



LOCKERS
Custom Locker Layouts



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.

TIYR SPORT
TIYR
GRIPR
WOD RINGS
VIPR PRO
TRAINING BAGS
BULGARIAN BAGS
MEDICINE BALLS
REACTION PRO BOUNDER
RACK5
CMT

TIYR SPORT.

Building on the popularity of the original TIYR, the smaller TIYR Sport allows you to enhance any functional training workout with exercise variety and experience through accessibility. It's a striking training tool in any fitness space.



OUTSIDE DIAMETER
26.3"

INNER GRIP AREA
to aid grabbing and lifting.

CLEANGARD LACQUERED PVC TOP AND SIDE
are tactile and easy to clean.

INSIDE DIAMETER
16.7"

ANTI-SLIP BOTTOM AND INNER
enhances stability, grip and safety.



REGISTERED DESIGN. PATENTED.

TECH SPEC.

Topped with a lacquered PVC, it's easy to clean and benefits from an anti-slip inner and bottom for safety and ease of use. Eco friendly, the TIYR Sport is made from recycled foam composite and the whole thing is recyclable.

EXPERT TIP.

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

TRAINING.

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

TIYRSP10 10 kg / 22 lbs TIYR Sport

PLEASE NOTE: The TIYR Sport is made to order, please contact your sales representative for details.

SPECIFICATIONS.

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



CORDURA HANDLES
Durable external grip handles for safety, lifting and flipping exercises.



FUNCTIONAL.

PRESS, JUMP, FLIP, LIFT AND PULL.



PRODUCT TRAINING AVAILABLE.

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

THE TIYR.®

The TIYR is soft yet very strong, simple but innovative. It's also super tough, just like the real thing. The TIYR is a challenge for all users regardless of their ability, thanks to four weight and size options.



REGISTERED DESIGN. PATENTED.

TECH SPEC.

The handles on the TIYR are used for lifting and carrying, and as attachment points for Battle Ropes. They need to be ultra-tough, which is why on the new, upgraded TIYR they are made from CORDURA® – a supremely tough fabric that has proved its ability to resist abrasion, tears and scuffs in everything from hiking boots to military equipment.

EXPERT TIP.

This TIYR is unlike anything else on the market. Use it for bootcamps, PT sessions and to introduce strength training to a range of clients. Four weight options means all your members can get involved with the challenge.

TRAINING.

The TIYR product training workshop will ensure that coaches and trainers know how to introduce members to the TIYR safely and effectively.

TIYR01	40 kg / 90 lbs	TIYR – Green with Handles
TIYR02	60 kg / 130 lbs	TIYR – Blue with Handles
TIYR03	80 kg / 175 lbs	TIYR – Red with Handles
TIYR04	100 kg / 220 lbs	TIYR – Black with Handles



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



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



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



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

FUNCTIONAL.

GRIPR.®

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



REGISTERED DESIGN.

EXPERT TIP.

The GRIPR trains deep core muscles while adding an exciting and unpredictable element to workouts. Swing it, grab it, flip it and pass it – the GRIPR delivers fantastic versatility in a compact package.

STORAGE.

Training tools like the GRIPR need a home when not in use, and there's nothing better than the Ammo Box. There's lots of capacity to store away plenty of GRIPRs, along with other smaller items that always present a storage challenge and can lead to untidy gyms. See [page 226](#) for details.

TRAINING.

The GRIPR product training workshop introduces the GRIPR, and includes key exercises and workouts to make the most of the GRIPR's unique characteristics.



GRIPR202	2 kg / 4.4 lbs	GRIPR – Green
GRIPR204	4 kg / 8.8 lbs	GRIPR – Blue
GRIPR206	6 kg / 13.2 lbs	GRIPR – Red
GRIPR208	8 kg / 17.6 lbs	GRIPR – Gray
GRIPR210	10 kg / 22 lbs	GRIPR – White
GRIPR212	12 kg / 26.5 lbs	GRIPR – Green
GRIPR214	14 kg / 30.9 lbs	GRIPR – Blue
GRIPR216	16 kg / 35.3 lbs	GRIPR – Red
GRIPR218	18 kg / 39.7 lbs	GRIPR – Gray
GRIPR220	20 kg / 44 lbs	GRIPR – White

AMB001 Ammo Box Storage
Holds 4 of each GRIPR
Size 23.5" x 24" x 33"



FUNCTIONAL.



PRODUCT TRAINING AVAILABLE.

For more information and to order your online product training workshop, visit: [escape.training](https://www.escapefitness.com/training)



WOD RINGS.

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

TECH SPEC.

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

STORAGE.

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

TRAINING.

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



WODRING1 WOD Ring pair SPECIFICATIONS.

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

VIPR PRO.™

Designed for superior comfort, functionality and durability, the new ViPR Pro combines a professional look with features to maximize the user's experience based on seven years of feedback and testing.



TECH SPEC.

The textured surface allows a much stronger hold, including pinch grip training courtesy of the flared ends, during dynamic movements.

STORAGE.

A small footprint and ease of stacking makes storage options for the ViPR PRO varied and practical.

TRAINING.

Combining movement, fitness and strength training for agility and dynamic strength, it's ideal for weight management, muscle definition, improved functionality in daily life and enhanced performance.

INDIVIDUAL VIPR PROs.

VIPRP04	4kg	ViPR PRO Small – Yellow
VIPRP06	6kg	ViPR PRO Small – Gray
VIPRP08	8kg	ViPR PRO Small – Orange
VIPRP10	10kg	ViPR PRO Medium – Green
VIPRP12	12kg	ViPR PRO Medium – Blue
VIPRP16	16kg	ViPR PRO Medium – Red
VIPRP20	20kg	ViPR PRO Large – Black

ESC18RACKS Training Bar Rack Silver – Holds 8 VIPR PROs

RACK SPECIFICATIONS.

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



FUNCTIONAL.

SANDBAG.

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



PRODUCT TRAINING AVAILABLE.

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



TECH SPEC.

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

STORAGE.

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

TRAINING.

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

SBAG10V2	10 kg / 22 lbs	Sandbag – Green
SBAG15V2	15 kg / 33 lbs	Sandbag – Blue
SBAG20V2	20 kg / 44 lbs	Sandbag – Red
SBAG30V2	30 kg / 66 lbs	Sandbag – Gray
SBAG40V2	40 kg / 88 lbs	Sandbag – Black
PAMBR05V2	Multi Bag Rack – Holds 5 Bags	
RACK5	RACK5 – Holds 10 Bags	

RACK SPECIFICATIONS.

PAMBR05V2: Size 61¾" x 24½" x 27½". Weight 41 lbs.
RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.

Bags sold separately.



COREBAG.®

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



PRODUCT TRAINING AVAILABLE.

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



REGISTERED DESIGN.

EXPERT TIP.

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

STORAGE.

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

TRAINING.

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

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

PAMBR05V2 Multi Bag Rack – Holds 5 Bags (as shown)

RACK5 RACK5 – Holds 10 Bags

RACK SPECIFICATIONS.

PAMBR05V2: Size 61¾" x 24½" x 27½". Weight 41 lbs.
RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.

Corebags sold separately.



FUNCTIONAL.



FITNESS BULGARIAN BAG®

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



TECH SPEC.

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

STORAGE.

The ultimate solution for the Bulgarian Bag is the RACK5, which can hold 10 Fitness Bulgarian Bags. Alternatively, the corner storage unit not only keeps your equipment safe but makes your gym space work harder.

TRAINING.

The Bulgarian Bag product training workshop is an essential choice for any instructor wanting to become an expert with the Bulgarian Bag. Learn the fundamental movements, how to apply these to workouts, and how to use and introduce the Bulgarian Bag to clients safely.

FVBAG5V3 5 kg / 11 lbs Fitness Bulgarian Bag – Green
FVBAG8V3 8 kg / 17 lbs Fitness Bulgarian Bag – Blue
FVBAG12V3 12 kg / 26 lbs Fitness Bulgarian Bag – Red
FVBAG17V3 17 kg / 37 lbs Fitness Bulgarian Bag – Gray
FVBAG22V3 22 kg / 50 lbs Fitness Bulgarian Bag – Black

PAMBR05V2 Multi Bag Rack – Holds 5 Bags
RACK5 RACK5 – Holds 10 Bags
LLAS4 Octagon corner storage

RACK SPECIFICATIONS.

PAMBR05V2: Size 61¼" x 24½" x 27½". Weight 41 lbs.
RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.
LLAS4: Size 22" x 70" x 58". Weight 209 lbs.

Bulgarian Bags sold separately.



FUNCTIONAL.



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

MEDICINE BALLS.

Anyone who has fully embraced functional fitness knows that the medicine ball is a fantastic component of functional training programs. Escape has developed a range of balls with various features and styles to make sure that every gym user can get the most from everything that medballs have to offer. There are different sizes, weights and textures across the range – and specialist features such as the VERTMINI's compact size and the Double Grip Medball's integrated handles.



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



COMPARISON CHART.

FEATURES.	VERTBALL.	VERTMINI.	ENDURA BALL.	MEDBALL.	DOUBLE GRIP.	SLAMBALL.
USE	Cross training, PT zones	Team games, mobility and functional spaces	Personal training, general use	General PT and functional training where grip is key	Functional zones, cross training, sports performance	Functional zones, cross training, sports performance
WEIGHTS	6.6 lbs - Green 8.8 lbs - Blue 11 lbs - Red 13.2 lbs - Gray 15.4 lbs - Black 17.6 lbs - Green 19.8 lbs - Blue 22 lbs - Red	2.2 lbs - Green 4.4 lbs - Blue 6.6 lbs - Red 8.8 lbs - Gray 11 lbs - Black	4-20 lbs in 2 lb increments 25-30 lbs in 5 lb increments	2 lbs 4 lbs 6 lbs 8 lbs 10 lbs	12 lbs 14 lbs 16 lbs 18 lbs 20 lbs	11 lbs - Green 22 lbs - Blue 33 lbs - Red 44 lbs - Gray
DIAMETER	14"	2.2-11 lbs: 8" 13.2-22 lbs: 10"	4-30: 14"	9½"	9"	9"
FEATURE	Oversized design to correct postural alignment	Sure-grip, soft surface ideal for throwing and rolling	Abrasion resistant extra grip textured surface	Versatility to suit any fitness space	Extra tough ergonomic handle	Extra tough to absorb real punishment
WARRANTY	1 year	1 year	1 year	1 year	1 year	1 year

HOW TO CHOOSE.



01 VERTBALL™.

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



02 VERTMINI™.

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



03 ENDURA BALL.

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



04 MEDBALL.

This back to basics ball offers great usability with a clean and classic design, suitable for any fitness space. The medicine ball is a workout staple for any type of training, whether alone, with a PT or in a group setting. Dual weight indicators on this range make them easily identifiable for any ability.



05 DOUBLE GRIP.

Ergonomic excellence brings comfort for members thanks to a classic medball design with added practicality. The handles of these double grip medballs offer extra variety to core workouts and more, unlocking further possibilities to improve grip or forearm strength and adding stability to many other exercises.



06 SLAMBALL SBX™.

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

FUNCTIONAL.

VERTBALL.™

The VERTBALL has been specifically designed for throwing – to a partner or against a wall. Because it's oversized (with a diameter of 14") it works muscles from the feet right up to the hands, and develops coordination, balance, acceleration and deceleration.



EXPERT TIP.

Use the VERTBALL in challenges against the clock. Introduce members to a CrossFit-style of training, inspired by the WOD. The wall ball exercise will develop members' shoulder, core, leg and glute strength, and give them a true challenge.

STORAGE.

Store up to five VERTBALLS on the RACK5 to give your instructors and members quick access to equipment whenever they need it. The VERTBALL Rack (pictured) holds four VERTBALLS.

TRAINING.

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

VERT03	3 kg / 6.6 lbs	VERTBALL – Green
VERT04	4 kg / 8.8 lbs	VERTBALL – Blue
VERT05	5 kg / 11 lbs	VERTBALL – Red
VERT06	6 kg / 13.2 lbs	VERTBALL – Gray
VERT07	7 kg / 15.4 lbs	VERTBALL – Black
VERT08	8 kg / 17.6 lbs	VERTBALL – Green
VERT09	9 kg / 19.8 lbs	VERTBALL – Blue
VERT10	10 kg / 22 lbs	VERTBALL – Red

ESCVBRACK Ball Rack Silver – Holds 4 balls (as shown)

RACK5 RACK5 – Holds 5 balls (see page 224)

RACK SPECIFICATIONS.

ESCVBRACK: Size 57" x 12.5" x 24.5". Weight 43 lbs.

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



VERTBALLS sold separately.



VERTMINI™

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



EXPERT TIP.

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

STORAGE.

Store the VERTMINI on the RACK5 (pictured). It can hold up to 20 VERTMINIs and keep them safe, tidy and easily accessible for both members and instructors. Alternatively, the Medicine Ball Racks hold five to 10 VERTMINIs.

TRAINING.

The Power Training with Medicine Balls product training workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.

EVM01	1 kg / 2.2 lbs	VERTMINI – Green
EVM02	2 kg / 4.4 lbs	VERTMINI – Blue
EVM03	3 kg / 6.6 lbs	VERTMINI – Red
EVM04	4 kg / 8.8 lbs	VERTMINI – Grey
EVM05	5 kg / 11 lbs	VERTMINI – Black

PAMBR05V2	Medicine Ball Rack – Holds 5 balls
PAMBR10V2	Medicine Ball Rack – Holds 10 balls
RACK5	RACK5 – Holds 20 balls (as shown)

RACK SPECIFICATIONS.

PAMBR05V2:	Size 1570mm x 644mm x 768mm. Weight 41 lbs.
PAMBR10V2:	Size 1570mm x 644mm x 842mm. Weight 68 lbs.
RACK5:	Size 1896mm x 600mm x 699mm. Weight 165 lbs.

VERTMINIs sold separately.



TOTAL GRIP MEDBALL.

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



REGISTERED DESIGN.

While stocks last.

DESIGN.

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

STORAGE.

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

TRAINING.

The Power Training with Medicine Balls product training workshop provides personal trainers and group instructors with the knowledge they need to apply medicine balls to exercises to develop power in the whole body.

TGM01	1 kg / 2 lbs	Total Grip Medball – Green
TGM02	2 kg / 4 lbs	Total Grip Medball – Blue
TGM03	3 kg / 6 lbs	Total Grip Medball – Red
TGM04	4 kg / 8 lbs	Total Grip Medball – Gray
TGM05	5 kg / 10 lbs	Total Grip Medball – Black

PAMBR05V2	Medicine Ball Rack – Holds 5 Balls
PAMBR10V2	Medicine Ball Rack – Holds 10 Balls
RACK5	RACK5 – Holds 20 Balls

RACK SPECIFICATIONS.

PAMBR05V2:	Size 61¾" x 24½" x 27½". Weight 41 lbs.
PAMBR10V2:	Size 56¾" x 25½" x 31½". Weight 68 lbs.
RACK5:	Size 73" x 23½" x 27½". Weight 165 lbs.

Medicine Balls sold separately.



FUNCTIONAL.





ENDURA BALL.

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

FUNCTIONAL.



TEXTURE.

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

TRAINING.

With a weight range from 2 kg to 30 kg / 41 bs to 65 lbs, the ENDURA Ball range allows members to master movement and flexibility or challenge full body strength and conditioning.

TECH SPEC.

Hand-stitched and abrasion resistant, the ENDURA Ball range comes in: 14" - 4, 6, 8, 10, 12, 14, 16, 18, 20, 25, 30 lbs (+5%).

AENDUR04	4 lbs	ENDURA Ball
AENDUR06	6 lbs	ENDURA Ball
AENDUR08	8 lbs	ENDURA Ball
AENDUR10	10 lbs	ENDURA Ball
AENDUR12	12 lbs	ENDURA Ball
AENDUR14	14 lbs	ENDURA Ball
AENDUR16	16 lbs	ENDURA Ball
AENDUR18	18 lbs	ENDURA Ball
AENDUR20	20 lbs	ENDURA Ball
AENDUR25	25 lbs	ENDURA Ball
AENDUR30	30 lbs	ENDURA Ball

LLAS4 Low Level Angled Storage

RACK SPECIFICATIONS.

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

ENDURA Balls sold separately.



MEDBALL.

If you're after the fundamentals of functional fitness for members, this range of rubber medballs is perfect. With a textured finish for a firm grip, they'll allow anyone to perform a range of staple exercises training alone or in a group setting.



DESIGN.

These back to basics, monochrome medicine balls offer classic style, with easily identifiable weight indicators in dual imperial and metric.

WORKOUTS.

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

TECH SPEC.

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

PAMB01	1 kg / 2 lbs	Medicine Ball
PAMB02	2 kg / 4 lbs	Medicine Ball
PAMB03	3 kg / 6 lbs	Medicine Ball
PAMB04	4 kg / 8 lbs	Medicine Ball
PAMB05	5 kg / 10 lbs	Medicine Ball

PAMBR05V2	Medicine Ball Rack – Holds 5 Balls	
PAMBR10V2	Medicine Ball Rack – Holds 10 Balls	
RACK5	RACK5 – Holds 20 Balls	

RACK SPECIFICATIONS.

PAMBR05V2: Size 61¼" x 24½" x 27½". Weight 41 lbs.

PAMBR10V2: Size 56¾" x 25½" x 31½". Weight 68 lbs.

RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.

Medicine Balls sold separately.



DOUBLE GRIP MEDBALL.

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



DESIGN.

The ergonomic handles mean that each ball can be comfortably used with one or two hands to unlock a new way of working out compared with traditional medballs.

WORKOUTS.

Increased forearm strength and grip improvements both result from double grip medball training. Members can easily add weight to fundamental movements such as squats, lunges, wood chops, twists and more.

TECH SPEC.

Made from textured rubber with ergonomic handles and designed to bounce, this range is available singly from 6kg / 12lbs to 10kg / 20lbs in 1kg / 2lbs increments.

PADG06	6 kg / 13.2 lbs	Double Grip Medicine Ball
PADG07	7 kg / 15.4 lbs	Double Grip Medicine Ball
PADG08	8 kg / 17.6 lbs	Double Grip Medicine Ball
PADG09	9 kg / 19.8 lbs	Double Grip Medicine Ball
PADG10	10 kg / 22 lbs	Double Grip Medicine Ball

PAMBR05V2	Medicine Ball Rack – Holds 5 balls	
PAMBR10V2	Medicine Ball Rack – Holds 10 balls	
RACK5	RACK5 – Holds 20 balls (see page 224)	

RACK SPECIFICATIONS.

PAMBR05V2: Size 61¼" x 24½" x 27½". Weight 41 lbs.

PAMBR10V2: Size 56¾" x 25½" x 31½". Weight 68 lbs.

RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.

Medicine Balls sold separately.



SLAMBALL SBX.™

The Escape Slamball has had a makeover and is now tougher than ever. The new Slamball SBX delivers even more durability, so it's perfect for heavy use in workouts to build maximum power and core strength.



DESIGN.

The combination of a 9" diameter and textured surface makes for great handling. Fight to control carefully-engineered instability and slam it as hard as you like: it won't bounce or roll, so users can really give it everything they've got.

TECH SPEC.

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

STORAGE.

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

SBSBX05	5 kg / 11 lbs	Slamball SBX – Green number
SBSBX10	10 kg / 22 lbs	Slamball SBX – Blue number
SBSBX15	15 kg / 33 lbs	Slamball SBX – Red number
SBSBX20	20 kg / 44 lbs	Slamball SBX – Gray number

PAMBR05V2	Medicine Ball Rack – Holds 5 Balls
PAMBR10V2	Medicine Ball Rack – Holds 10 Balls
RACK5	RACK5 – Holds 20 Balls

RACK SPECIFICATIONS.

PAMBR05V2:	Size 61¾" x 24½" x 27½". Weight 41 lbs.
PAMBR10V2:	Size 56¾" x 25½" x 31½". Weight 68 lbs.
RACK5:	Size 73" x 23½" x 27½". Weight 165 lbs.

Slamball SBX sold separately.



FUNCTIONAL.

REACTION PRO BOUNDER.

The Reaction Pro Bounder offers a station for improving reactions, hand-eye coordination and proprioceptive awareness. These qualities all help in developing well-rounded athletes who are able to tackle physical challenges with confidence and success.

TECH SPEC.

The Reaction Pro Bounder is made from mild steel, giving it a strong and stable base that's light enough to move around the gym. The mesh mat is made from strong polythene that will withstand repeated use, and is easy to clean.

DESIGN.

The angle of the Reaction Pro Bounder can be set at 33°, 45°, 55° and 60°. This range of angles makes it easy to create variety and properly develop hand-eye coordination, reaction times and accuracy.

EXPERT TIP.

Incorporate the Reaction Pro Bounder into circuit sessions, or develop programming using the Reaction Pro Bounder as the central focus in the workout. For great results, use the VERTMINI with this product.

RPB001 Reaction Pro Bounder

SPECIFICATION.

Size 28" x 32" x 37" – frame only.
Size 37½" x 35½" – overall size laid at flattest position.



LOWEST
ANGLE: 33°

HIGHEST
ANGLE: 60°



PRODUCT PACKS.

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

FUNCTIONAL.



01 FUNCTIONAL PACK.

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

02 STRENGTH PACK.

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

03 POWER PACK.

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

04 MOBILITY PACK.

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

05 FITNESS PACK.

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

ARACK5PFU RACK5 Functional Pack

Pack includes:

- RACK5
- 3 x Ridge Rollers
- 2 x 2 lbs and 4 lbs Total Grip Medballs
- 2 lbs, 4 lbs and 9 lbs CMTs
- 11 lbs and 22 lbs Corebags
- 2 x 16 lbs, 24 lbs and 32 lbs Studio Kettlebells

RACK SPECIFICATIONS.

Size 73" x 23½" x 27½". Weight 165 lbs.

ARACK5PS RACK5 Strength Pack

Pack includes:

- RACK5
- 3 x Ridge Rollers
- 2 x 12 lbs and 14 lbs Medballs
- 3 x 4 lbs CMTs
- 22 lbs and 33 lbs Sandbags
- 20 lbs, 25 lbs, 35 lbs and 45 lbs Rubber Kettlebells

RACK SPECIFICATIONS.

Size 73" x 23½" x 27½". Weight 165 lbs.

ARACK5PP RACK5 Power Pack

Pack includes:

- RACK5
- 3 x Ridge Rollers
- 2 x 33 lbs and 44 lbs Slamball SBX
- 18 lbs, 26.5 lbs, 35 lbs and 44 lbs GRIPPRs
- 26 lbs and 37 lbs Fitness Bulgarian Bags
- 26 lbs, 35 lbs, 44 lbs and 53 lbs Competition Pro Kettlebells

RACK SPECIFICATIONS.

Size 73" x 23½" x 27½". Weight 165 lbs.

ARACK5PM RACK5 Mobility Pack

Pack includes:

- RACK5 and Mat Attachment
- 3 x Ridge Rollers
- 3 x Ultraflex Foam Rollers
- 6 x Core Mats
- 2 x 2 lbs and 4 lbs VERTMINIS
- 2 lbs, 4 lbs and 9 lbs CMTs
- 1 x 25.5" DuraBall

RACK SPECIFICATIONS.

Size 73" x 23½" x 27½". Weight 165 lbs.

ARACK5PFI RACK5 Fitness Pack

Pack includes:

- RACK5 and Mat Attachment
- 3 x Ridge Rollers
- 6 x Core Mats
- 2 x 2 lbs and 4.4 lbs Total Grip Medballs
- 2 x 4 lbs, 9 lbs and 13 lbs GRIPPRs
- 11 lbs and 22 lbs Corebags
- 2 x 16 lbs, 24 lbs and 32 lbs Studio Kettlebells

RACK SPECIFICATIONS.

Size 73" x 23½" x 27½". Weight 165 lbs.



CMT.™

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



REGISTERED DESIGN. PATENTED.

DESIGN.

The Core Momentum Trainer is available in three weights – 2.2 lbs (green), 4.4 lbs (blue) and 8.8 lbs (red). The 4.4 lbs CMT is a good all round starting point for most people to get used to the CMT and its movement. Then they can drop down to the 2.2 lbs CMT to develop speed and fast movements, and up to the 8.8 lbs CMT to improve power.

STORAGE.

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

TRAINING.

To maximize results, it's essential that any instructor looking to implement the CMT into sessions with members or clients learns how to effectively use the equipment. The CMT is unique and learning how it works is essential for effective application. The CMT product training workshop provides everything trainers need to know about starting with the CMT.

- CMT1** 1 kg / 2.2 lbs Core Momentum Trainer – Green
- CMT2** 2 kg / 4.4 lbs Core Momentum Trainer – Blue
- CMT4** 4 kg / 8.8 lbs Core Momentum Trainer – Red

Weight refers to the internal Power Shot.

THE EFFECTIVE CORE TOOL.

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

THE NEED FOR A CAPABLE, FUNCTIONING CORE.

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

A UNIQUE TOOL FOR CORE TRAINING AND MOVEMENT DEVELOPMENT.

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

THE HIIT SPECIALIST.

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

SPORTS-SPECIFIC TRAINING.

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



PRODUCT TRAINING AVAILABLE.

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

FUNCTIONAL.



ATHLETIC.

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

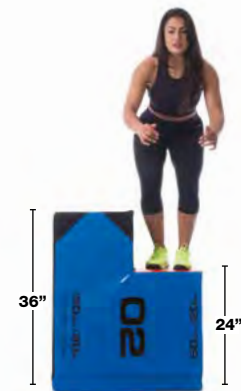
ATHLETIC.

PLYO FIVE
PLYOSOFT BOX
PLYOSOFT BOX BLACK
MULTIPLYO
QUAD SLED
SPEED TRAINING
ATTACHMENT VEST
SPEED RESISTOR
RESISTANCE PARACHUTE
BATTLE ROPES
POWER BANDS



PLYO FIVE.®

The hottest new tool in plyometric training, five boxes in one means variable training options with new step heights for a stable workout that will challenge any ability.



TECH SPEC.

Hardwearing materials inside and out mean that the PLYO FIVE will not only retain its shape for longer, but brightly-colored Dicoplan with Cleangard lacquer grabs attention and is easy to clean post-use.

STORAGE.

At 910mm x 500mm x 760mm / 36" x 19.5" x 30", storage is simply a case of moving the PLYO FIVE to a convenient location easily, courtesy of its Cordura corner handles for manoeuvrability.

TRAINING.

Five different heights mean that a huge range of exercises are available to any user looking to improve explosive power, balance, bodyweight resistance training or cardio performance.

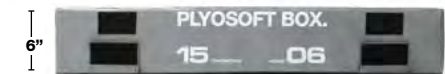
PLFIVE PLYO FIVE

SPECIFICATIONS.

PLFIVE: Size 36" x 19.5" x 30". Weight: 55 lbs.

PLYOSOFT BOX.

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



REGISTERED DESIGN. PATENTED.

TECH SPEC.

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

Targets are printed using a proprietary method that's especially long lasting. For more durability, a tough outer material is tightly fitted over a firm foam filling.

DESIGN.

The patented Velcro flaps lock away when not in use, keeping everything neat and tidy. PTs can instruct users to land their hands or feet on targets on the top surface for an extra challenge.

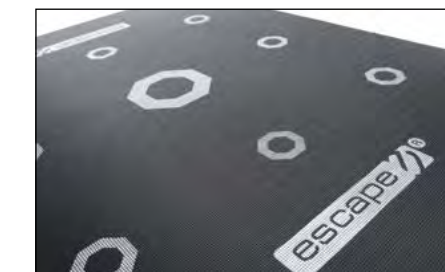
- PLYOS300G** Plyosoft Box 150mm/6" – Gray
- CPLYOB1** Plyosoft Box 300mm/12" – Green
- CPLYOB2** Plyosoft Box 450mm/18" – Blue
- CPLYOB3** Plyosoft Box 600mm/24" – Red

CPLY53 Plyosoft Box Set of 3

SPECIFICATIONS.

- PLYOS300G:** Size 6" x 30" x 36". Weight: 14 lbs
- CPLYOB1:** Size 12" x 29½" x 35". Weight: 29 lbs
- CPLYOB2:** Size 18" x 29½" x 35". Weight: 31 lbs
- CPLYOB3:** Size 24" x 29½" x 35". Weight: 36 lbs

TARGET HOT SPOTS.



ATHLETIC.

PLYOSOFT BOX® BLACK.

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



REGISTERED DESIGN.

TECH SPEC.

The black Plyosoft boxes are made from high-density foam filling with a durable PVC covering. Available in sizes 60cm/24", 45cm/18" and 30cm/12".

TRAINING.

Online training workshops are available for plyometric boxes and exercises. These online sessions include the benefits of plyo workouts, why you should include them in programming, and further depth about the specifics of each movement.

SIMPLE BUT EFFECTIVE.

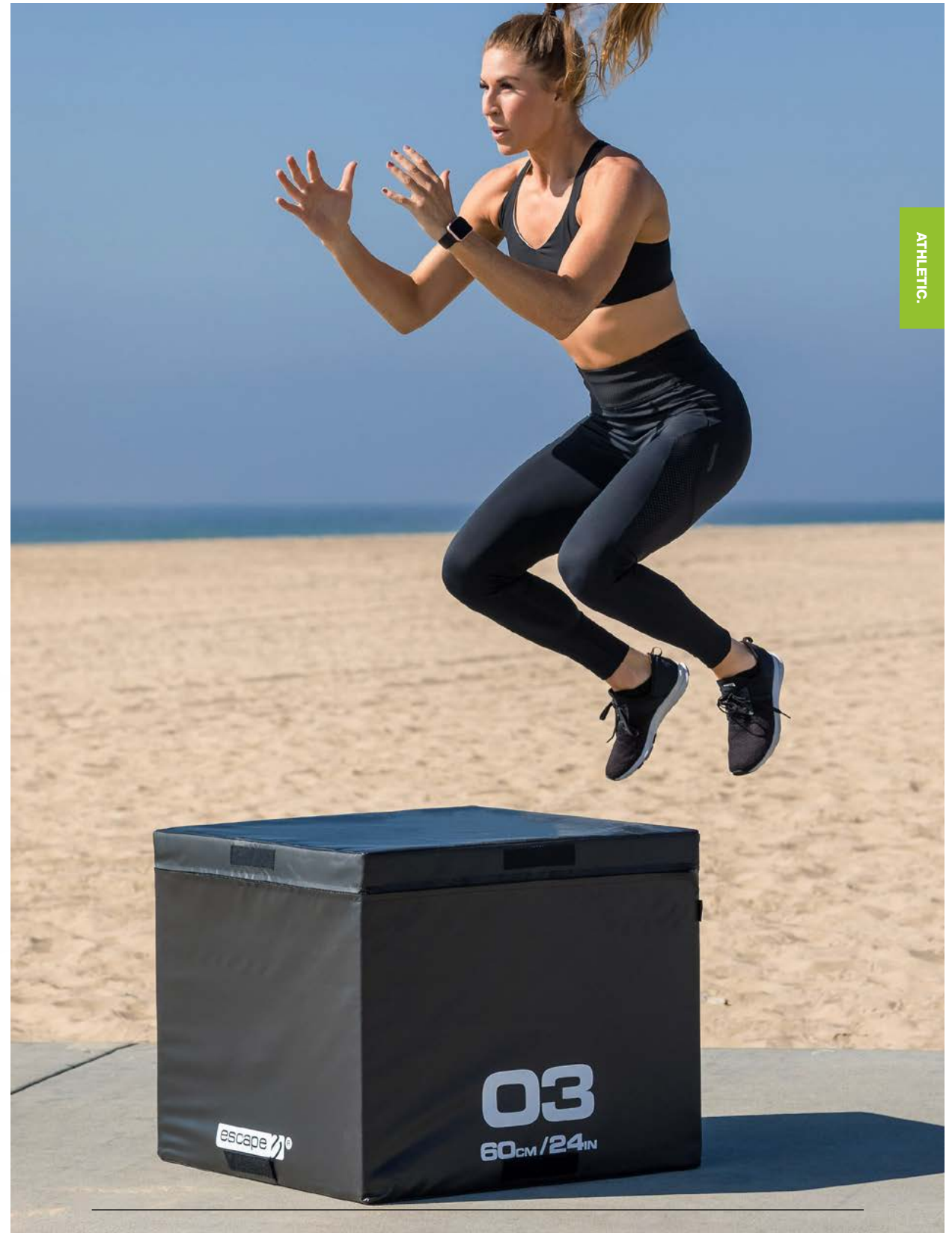
This range is all about no-frills equipment that is tough and effective. Classic design and usability allows users to get back to the fundamentals and concentrate on what matters – performance.

BLPLYS1 Set of 3 Black Plyoboxes



PRODUCT TRAINING AVAILABLE.

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



ATHLETIC.



MULTIPLYO.®

We've taken the great idea of a 3-in-1 plyo box and given it the Escape treatment. Made to the same dimensions as the boxes used for CrossFit, this great space-saving box is the perfect tool to introduce beginners to plyometrics, while still providing seasoned CrossFit veterans with the challenge they need.



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

REGISTERED DESIGN. PATENTED.

TECH SPEC.
An easy-to-clean GTEX cover is securely heat welded over a foam core to avoid creasing or loose material. It's fastened with Velcro, an upgrade from the zip we used previously to provide extra durability. Anti-slip landing zones are on all six sides, and it's designed so that it won't move when in use.

FLOORING.
Plyometric training should be performed on appropriate flooring to absorb some of the impact of the exercises on members' joints. See page 226 to find out more about flooring options.

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

MULTIP1 Multiplyo
SPECIFICATION.
Size 20" x 30" x 24". Weight approx. 55 lbs.



ATHLETIC.

QUAD SLED.™



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

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

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

FLOORING.
Maximize Quad Sled performance with specialist flooring. Choose the Speed Track or Portable Speed Track

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

SPECIFICATION.
Size 38" x 29" x 39". Weight 88 lbs.

Plates not included.



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

PRECISION, SPEED, FANCY FOOTWORK.



SPEED TRAINING.

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

ATHLETIC.

01. SPEED LADDER.

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

02. AGILITY GRID.

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

03. LATERAL ENDURANCE HURDLE.

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

04. ADJUSTABLE HURDLE.

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

05. LATERAL SPEED RESISTOR.

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

06. REACTION BALL.

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

07. SPEED CONES.

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

08. SPEED DISCS.

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

EST-SL	Speed Ladder size 124" x 20".
EST-AGS	Agility Grid System – set of 6 size 19¾" x 22¾".
EST-LEH	Lateral Endurance Hurdle – each size 12" x 24" x 8".
EST-AH	Adjustable Hurdle – each size 6-12".
EST-LSR	Lateral Speed Resistor
EST-RB	Reaction Ball
EST-HC6	Speed Cones – set of 6
EST-SD12	Speed Discs – set of 12
SAGP01	Speed and Agility Pack
	<ul style="list-style-type: none"> ▪ 1 x Speed Ladder ▪ 1 x Agility Grid System (6) ▪ 4 x Lateral Endurance Hurdles ▪ 6 x Adjustable Hurdles ▪ 1 x Lateral Speed Resistor ▪ 1 x Reaction Ball ▪ 1 x Speed Cones (6) ▪ 1 x Speed Discs (12)



ATTACHMENT VEST.

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

DESIGN.

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

TECH SPEC.

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

EXPERT TIP.

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

EBOX-AV Attachment Vest



SPEED RESISTOR.

TECH SPEC.

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

DESIGN.

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

EXPERT TIP.

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

EST-SR Speed Resistor

SPECIFICATION.

Resistance tubes are 94" long and can stretch up to 24ft, providing 12.7 lbs of resistance at 100% elongation and 20 lbs at 200%. Belt attachment can fit up to a 39" waist.



ATHLETIC.

RESISTANCE PARACHUTE.

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

DESIGN.

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

STORAGE.

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

EXPERT TIP.

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



EST-RP Resistance Parachute



BATTLE ROPES.

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

TECH SPEC.

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

FUNCTIONAL FRAMES.

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

TRAINING.

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

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

SPECIFICATIONS.

Size approx 33ft length. 1 1/4": Weight approx 11 lbs. 2": Weight approx 22 lbs. Rope diameter subject to -15% shrinkage during use.

UNCOVERED.



COVERED.



ATHLETIC.

POWER BANDS.

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

EXPERT TIP.

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

TECH SPEC.

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

FUNCTIONAL FRAMES.

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

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

SPECIFICATIONS.

- WBANDS:** Width 1". Length 40". Resistance 24 lbs-80 lbs.
- WBANDM:** Width 1 1/4". Length 40". Resistance 50 lbs-120 lbs.
- WBANDL:** Width 2 1/2". Length 40". Resistance 60 lbs-150 lbs.





STRENGTH.

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

STRENGTH.

- DUMBBELLS
- DUMBBELL STORAGE
- BARBELLS
- KETTLEBELLS
- PLATES
- BAR
- LIFT ZONE
- CABLE ATTACHMENTS
- COLLARS
- ADJUSTABLE BENCH

DUMBBELLS.

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



COMPARISON CHART.

FEATURES.	URETHANE DUMBBELLS.	SBX DUMBBELLS.	RUBBER DUMBBELLS.	CLASSIC URETHANE DUMBBELLS.
USE	Strength training spaces where durability is paramount	Freeweight areas	Freepweight areas, PT studios	PT zones, lighter use
HEAD MATERIAL	Urethane	SBX™ rubber	Solid steel	Molded urethane
HANDLE	Knurled ergo design handle	Knurled ergo design handle	Chrome	Knurled ergo design handle
LOCKING	Delta-Lock	Delta-Lock	Pressed and welded head	Threaded
WEIGHTS	5 lbs-125 lbs (5 lbs increments)	5 lbs-125 lbs (5 lbs increments)	2.5 lbs-100 lbs (2.5 lbs increments to 15 lbs, then 15 lbs increments)	2 lbs-20 lbs (2 lbs increments)
WARRANTY	3 years	2 years	1 year	1 year



HOW TO CHOOSE.

01 URETHANE DUMBBELLS.

Made from high-quality urethane, these dumbbells are hard-wearing and are guaranteed to stay looking good for longer.



While stocks last.

STRENGTH.

02 SBX™ DUMBBELLS.

SBX is a material unique to Escape that performs better than natural rubber – it's very durable and tough. The urethane end plate uses our Delta-Lock fixing system, which means they'll never work loose.



03 RUBBER DUMBBELLS.

For practicality and long-lasting performance, these dumbbells are made from a solid steel core with a rubber coating. No-frills functional fitness at its best.



04 CLASSIC URETHANE DUMBBELLS.

These molded urethane dumbbells are our most cost-effective solution. This is a classic 2-20 lbs dumbbell set that's ideal for PT zones and freeweight areas.



URETHANE DUMBBELLS.

Our Urethane Dumbbells have been designed with large numbering so users can quickly select the correct weight. Made out of high-quality urethane, the dumbbells have single-piece heads with precision machined bores.



While stocks last.

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

TECH SPEC.
Made from high quality urethane rubber, these dumbbells are designed with long-term performance in mind. The smooth finish makes urethane the perfect material for hand weights; they're kind to gym floors if dropped.

EXPERT TIP.
The perfect introduction to strength training, our Urethane Dumbbells are a great choice for fundamental lifts. The clear numbering makes it easy to increase or decrease the load quickly in PT sessions.

DESIGN.
Our Delta-Lock system ensures our freeweights are of the best possible quality. They feature an end plate retaining bolt, a large diameter lock nut and a machined steel head locator, making them durable no matter how tough the workout.

URETHANE DUMBBELL SETS.

AEPDB1000	5-50 lbs	Urethane Dumbbell Set
AEPDB1001	25-70 lbs	Urethane Dumbbell Set
AEPDB1002	55-70 lbs	Urethane Dumbbell Set
AEPDB1003	55-100 lbs	Urethane Dumbbell Set
AEPDB1004	75-100 lbs	Urethane Dumbbell Set
AEPDB1005	105-125 lbs	Urethane Dumbbell Set



SBX™ DUMBBELLS.

SBX rubber has been designed specifically for use in weighted gym equipment. A purer form of rubber, manufactured to ISO9000 standards, ensures that these dumbbells are hard-wearing and impact absorbing, prolonging their performance for a longer life.



STRENGTH.

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

TECH SPEC.
SBX rubber has been developed exclusively for Escape and is durable, impact absorbing and resistant to scratches. Therefore these dumbbells will stay looking great for longer.

DESIGN.
Our Delta-Lock system ensures our freeweights are of the best possible quality. They feature an end plate retaining bolt, a large diameter lock nut and a machined steel head locator, making them durable no matter how tough the workout.

CERTIFICATION.
Our SBX Dumbbell range carries TÜV SÜD Certification.

SBX DUMBBELL SETS.

ACTDB1000	5-50 lbs	SBX Dumbbell Set
ACTDB1001	25-70 lbs	SBX Dumbbell Set
ACTDB1005	105-125 lbs	SBX Dumbbell Set
ACTDB1008	5-75 lbs	SBX Dumbbell Set
ACTDB1009	5-100 lbs	SBX Dumbbell Set



RUBBER DUMBBELLS.

Rubber is a great material for a dumbbell covering as it's durable, impact absorbing and scratch resistant, so it stays looking good after plenty of use. Add in the smart chrome handle and this is a formula that will always look great and perform.



TECH SPEC.

Made from a solid steel head, pressed and welded to a chrome handle. The rubber coating features weight indicators permanently molded into the heads.

STORAGE.

Two choices of rack for storing 10 or 15 pairs of dumbbells are also available.

SIMPLE BUT EFFECTIVE.

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

PAA0025	2.5 lbs	Rubber Dumbbell Pair
PAA0075	7.5 lbs	Rubber Dumbbell Pair
PAA0100	10 lbs	Rubber Dumbbell Pair
PAA0125	12.5 lbs	Rubber Dumbbell Pair
PAA0800	80 lbs	Rubber Dumbbell Pair
PAA0850	85 lbs	Rubber Dumbbell Pair
PAA0900	90 lbs	Rubber Dumbbell Pair
PAA0950	95 lbs	Rubber Dumbbell Pair
PAA0100	100 lbs	Rubber Dumbbell Pair

PAA550	5-50 lbs	Rubber Dumbbell Set (5 lb increments)
PAA550R	5-50 lbs	Rubber Dumbbell Set with rack
PAA575	5-75 lbs	Rubber Dumbbell Set (5 lb increments)
PAA575R	5-75 lbs	Rubber Dumbbell Set with rack

RACK SPECIFICATIONS.

Size 35" x 22" x 94". Weight 152 lbs.



CLASSIC URETHANE DUMBBELL SET.

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



TECH SPEC.

These rubber dumbbells are made from a solid steel, making it tough, resilient and kind to gym floors. The comfortable handle is perfect for prolonged sessions using the weights, and clients' hands won't take any of the impact from their hard work.

DESIGN.

This may be our most affordable dumbbell set, but it provides everything you need to add weight to exercises and introduce strength training. The cool gray color complements any facility and large numbering makes for quick weight identification.

STORAGE.

Partnering Classic Urethane Dumbbells with the XRack brings some style to freeweight storage. As a rack specially designed for our dumbbells it's also a great way to keep pairs together, ready for the next time a member wants to get lifting.

APUD50	2-20 lbs	Classic Urethane Dumbbell Set
APUD1X	2-20 lbs	Classic Urethane Dumbbell Set (10 Pairs and XRack)

ESCPAD Protective rubber feet for racks

RACK SPECIFICATIONS.

Size 53" x 25" x 38". Weight 94 lbs. Silver.



STRENGTH.



OCTAGON STORAGE RACKS.

Get more from your fitness space with slim footprint, freestanding and easy access storage options to accommodate a range of training tools. Lower level storage means it doesn't obstruct visibility in your gym, so you can store more without covering up brand value wall decals, windows, mirrors or views of showpiece fitness stations such as Octagon HIT HUB frames.



ULLDB20.



ULLDB15.



ULLDB10.

You can also link these racks together, expanding into any space as stand-alone units or with an Octagon frame.

- ULLDB20** 20 Pair Dumbbell Rack
Size 15" x 149" x 30". Weight 260 lbs.
- ULLDB15** 15 Pair Dumbbell Rack
Size 15" x 124" x 30". Weight 238 lbs.
- ULLDB10** 10 Pair Dumbbell Rack
Size 15" x 78" x 30". Weight 130 lbs.
- ULLDB05** 5 Pair Dumbbell Rack
Size 15" x 53" x 30". Weight 108 lbs.



ULLDB05.

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



STRENGTH.

MAKE YOUR SPACE WORK HARDER FOR YOU.

UPRIGHT STORAGE RACK.

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

While stocks last.

ESC5RACK Vertical Dumbbell Rack holds 10 pairs
Size 42½" x 21½" x 22". Weight 99 lbs.

ESCPAD Protective rubber feet for racks



ESC5RACK.

HORIZONTAL STORAGE RACKS.

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



ESC1RACK.



ESC2RACK.



ESC3RACK.



While stocks last.

ESC1RACK Horizontal Dumbbell Rack holds 10 pairs
Size 32" x 35" x 59". Weight 134 lbs.

ESC2RACK Horizontal Dumbbell Rack holds 10 pairs
Size 32" x 35" x 79". Weight 163 lbs.

ESC3RACK Horizontal Dumbbell Rack holds 10-15 pairs
Size 32" x 35" x 95". Weight 179 lbs.

ESCPAD Protective rubber feet for racks

SBX™ BARBELL SET.

Made from SBX rubber, our SBX Barbells are hard-wearing and impact-absorbing. SBX rubber has been designed for use in weighted gym equipment and helps to prolong performance for a longer life. The easy grip handles ensure a comfortable feel, while the clear numbering makes the SBX Barbell Set easy to use in a PT session.



STRENGTH.



TECH SPEC.

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

EXPERT TIP.

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

CERTIFICATION.

Our SBX Barbell Sets carry TÜV SÜD Certification.

ACTBB1001R 20-40 lbs Barbell Set and ESC15RACK

ACTBB1002R 60-100 lbs Barbell Set and ESC15RACK

ACTBB1004R 20-110 lbs Barbell Set and ESC9RACK

ESCPAD Protective rubber feet for racks

RACK SPECIFICATIONS.

ESC9RACK Size 41" x 38" x 40". Weight 114 lbs.

ESC15RACK Size 42½" x 24" x 40". Weight 77 lbs.



KETTLEBELLS.

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



PRODUCT TRAINING AVAILABLE.

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

COMPARISON CHART.

FEATURES.	COMPETITION PRO KETTLEBELLS 2.0.	CAST IRON KETTLEBELLS.	RUBBER KETTLEBELLS.	STUDIO KETTLEBELLS.
USE	Kettlebell sport lifting, cross training	PT sessions, strength training	PT sessions, strength training	Studio workouts, group training
BELL MATERIAL	Stainless steel handle welded to carbon steel bell	Powder coated cast iron	Rubber covered with a cast iron core	Vinyl dip with a cast iron core
HANDLE	Brushed stainless steel	Powder coated cast iron	Stainless steel	Cast iron
FEATURE	Anti-rust handle	Engraved weight indicators	Grippable textured surface	Vinyl coating and colors
TOLERANCE	+/- 2%	+/- 3%	+/- 2.5%	+/- 3%
WEIGHTS	18 lbs-70 lbs	20 lbs-70 lbs	20 lbs-70 lbs	8 lbs-40 lbs in 8 lbs increments
WARRANTY	2 years	3 years	2 years	1 year



HOW TO CHOOSE.

01 COMPETITION PRO KETTLEBELLS 2.0.

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



02 CAST IRON KETTLEBELLS

A gym favorite that will never go out of fashion. Classic kettlebell style and functionality in a cast iron, powder coated, flat bottomed package. The formula of smaller bells for smaller weights makes them ideal as an all-rounder, but with the toughness demanded for heavy use.



STRENGTH.

03 RUBBER KETTLEBELLS.

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



04 STUDIO KETTLEBELLS.

These Studio Kettlebells are the perfect choice for introducing kettlebell group workouts to your studio class timetables. Bright colors are inviting and allow for easy weight identification. Weights starting at 8 lbs mean that even novice fitness members can get involved. A vinyl dip covering ensures the cast iron bell is kind to studio floors and keeps equipment in top condition.



COMPETITION PRO KETTLEBELLS 2.0.

The Competition Pro Kettlebell is designed and engineered as the perfect choice for the most demanding clubs and members. Now it's upgraded with more even weight distribution, extra-tough powder coating and engraved weight indicators for life-long visibility.



TECH SPEC.

Cast stainless steel handles won't rust. The wide, flat base is perfect for renegade rows and push-ups. A new manufacturing process has created a hollow core design that enables more of the weight to be distributed closer to the handle rather than the base.

STORAGE.

Dedicated equipment storage is vital for member safety and contributes to a feeling of quality in a club. Storage options for the Competition Pro Kettlebells 2.0 now include Ultra Low Level Storage Racks (pictured). These keep kettlebells in top condition while maintaining a smaller footprint than most storage and improving visibility across the fitness space.

TRAINING.

Get the very best from your kettlebells with the instructor training course. This provides trainers and coaches with all the knowledge they need to properly implement and teach key kettlebell exercises like the swing, snatch and Turkish get-up. It also includes workouts and training to implement in your club.

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

ULLSS11 Octagon Storage Solution - holds up to 14 Competition Pro Kettlebells (as shown)

TMAT11 Protective shelf mat for 1.1m Octagon Storage Solution

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 89)

RACK SPECIFICATIONS.

ULLSS11: Size 16" x 53" x 30". Weight 114 lbs.

PAKBR10: Size 33" x 20" x 47". Weight 79 lbs.

Equipment sold separately.



PLEASE NOTE: Protective shelf mat available, recommended for all cast kettlebell storage.

CAST IRON KETTLEBELLS.

The classic choice for all-round performance with universal appeal. These take a traditional approach of getting larger as they get heavier, giving members who prefer a lighter bell a smaller size to work out with.



STRENGTH.

TECH SPEC.

Powder-coated with permanently-engraved weight indicators and color-coded bands for fast identification. A flat base provides stability for storage, and enables them to be used for body weight exercises.

STORAGE.

HIT HUB storage provides the ideal place to keep the kettlebells off the floor. Having dedicated storage for products is also vital for members' safety and provides an all-round positive fitness experience.

TRAINING.

The instructor training course, available in-club and online, provides trainers and coaches with all they need to teach key kettlebell exercises like the swing, snatch and Turkish get-up.

AECK20	20 lbs	Cast Iron Kettlebell
AECK25	25 lbs	Cast Iron Kettlebell
AECK30	30 lbs	Cast Iron Kettlebell
AECK35	35 lbs	Cast Iron Kettlebell
AECK40	40 lbs	Cast Iron Kettlebell
AECK45	45 lbs	Cast Iron Kettlebell
AECK50	50 lbs	Cast Iron Kettlebell
AECK55	55 lbs	Cast Iron Kettlebell
AECK60	60 lbs	Cast Iron Kettlebell
AECK70	70 lbs	Cast Iron Kettlebell

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (as shown)

ULLSS11 Octagon Storage Solution - holds up to 2 sets of 20 - 70 lb (14 Cast iron kettlebells)

TMAT11 Protective shelf mat for 1.1m Octagon Storage Solution

ESC20RACK Kettlebell Rack - holds up to - 14 Cast Iron kettlebells - While stocks last

RACK SPECIFICATIONS.

PAKBR10: Size 33" x 20" x 47". Weight 79 lbs.

ULLSS11: Size 16" x 53" x 30". Weight 114 lbs.

ESC20RACK Size 17" x 22" x 58". Weight 93 lbs.

Equipment sold separately.





RUBBER KETTLEBELLS.

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



STRENGTH.

REGISTERED PATENT. **REGISTERED DESIGN.**

TECH SPEC.

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

TRAINING.

Be sure to get the very best from your kettlebells with the Kettlebell Instructor Training Course. This provides trainers and coaches with all the knowledge they need to properly implement and teach key kettlebell exercises like the swing, snatch and Turkish get-up. It also includes workouts and training programs to implement in your club.

DESIGN.

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

ARKB20	20 lbs	Rubber Kettlebell
ARKB25	25 lbs	Rubber Kettlebell
ARKB35	35 lbs	Rubber Kettlebell
ARKB45	45 lbs	Rubber Kettlebell
ARKB50	50 lbs	Rubber Kettlebell
ARKB60	60 lbs	Rubber Kettlebell
ARKB70	70 lbs	Rubber Kettlebell

ULLSS11 Octagon Storage Solution - holds up to 2 sets of 20 - 70 lb (14 Rubber kettlebells)

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 89)

ESC20RACK Kettlebell Rack - holds up to 10 Rubber kettlebells - While stocks last

RACK SPECIFICATIONS.

ULLSS11: Size 16" x 53" x 30". Weight 114 lbs.

PAKBR10: Size 33" x 20" x 47". Weight 79 lbs.

ESC20RACK: Size 17" x 22" x 58". Weight 93 lbs.

Equipment sold separately.





STUDIO KETTLEBELLS.

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



STRENGTH.

TECH SPEC.

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

STORAGE.

Store the Studio Kettlebells on the Ultra Low level storage rack, which holds 2 pairs of each weight – 8, 16, 24, 32 and 40 lbs. If you want to mix kettlebells with other equipment, the RACK5 and the Corner Storage unit can store combinations of your choice on each shelf.

TRAINING.

Get the very best from your kettlebells with the instructor training course. This provides trainers and coaches with all the knowledge they need to implement key kettlebell exercises such as the swing and the snatch.

AEST-VKB8	8 lbs	Studio Kettlebell – Each – Pink
AEST-VKB16	16 lbs	Studio Kettlebell – Each – Green
AEST-VKB24	24 lbs	Studio Kettlebell – Each – Blue
AEST-VKB32	32 lbs	Studio Kettlebell – Each – Gray
AEST-VKB40	40 lbs	Studio Kettlebell – Each – Black

ULLSS11 Octagon Storage Solution - holds up to 4 sets of 8 - 40 lb (20 Studio kettlebells)

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 89)

ESC20RACK Kettlebell Rack - holds up to 10 Studio kettlebells - While stocks last

RACK SPECIFICATIONS.

ULLSS11: Size 16" x 53" x 30". Weight 114 lbs.

PAKBR10: Size 33" x 20" x 47". Weight 79 lbs.

ESC20RACK: Size 17" x 22" x 58". Weight 93 lbs.

Equipment sold separately.



PLATES.

Whatever your lifting needs – technique, training or competition – our comprehensive collection of plates means there's a solution for you. Bright and engaging colors have been cleverly combined with high-quality materials to create a range that will inject energy and give your freeweight area the ultimate USP.



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



COMPARISON CHART.

FEATURES.	ELITE URETHANE BUMPER PLATES.	URETHANE BUMPER PLATES.	RUBBER BUMPER PLATES.	RUBBER OLYMPIC PLATES.	CROSS GRIP OLYMPIC PLATES.	SBX OLYMPIC PLATES.
USE	Heavy use facilities, Olympic lifting, cross training	High level Olympic lifting, competitive use, cross training	Olympic lifting, cross training	Heavy use facilities, plate load machines, curl bars, Smith machines	Heavy use facilities, plate load machines, curl bars, Smith machines	Strength training, plate load machines, curl bars, Smith machines
MATERIAL	Urethane, machined steel core	Steel core, PU coated	Solid rubber	Rubber coated, pressed stainless steel inserts	Steel core, urethane coating with a stainless steel sleeve	Steel core, SBX rubber coating, stainless steel sleeve
WEIGHTS/THICKNESS	10 lbs - 1" 25 lbs - 1" 35 lbs - 1½" 45 lbs - 2" 55 lbs - 2½"	10 lbs - 1" 25 lbs - 1½" 35 lbs - 1¾" 45 lbs - 2" 55 lbs - 2¼"	10 lbs 25 lbs 35 lbs 45 lbs	2.5 lbs 5 lbs 10 lbs 25 lbs 35 lbs 45 lbs	2.5 lbs - 1" 5 lbs - 1½" 10 lbs - 2" 25 lbs - 2½" 35 lbs - 2½" 45 lbs - 2¼"	2.5 lbs - 1" 5 lbs - 1½" 10 lbs - 2" 25 lbs - 2½" 35 lbs - 2½" 45 lbs - 2¼"
DUROMETER RATING (HARDNESS*)	89°	95°	-	-	85°	75°
INTERNAL DIAMETER	2"	2"	2"	2"	2"	2"
WEIGHT TOLERANCE	+/- 2%	+/- 2%	+/- 2%	+/- 5%	+/- 2%	+/- 2%
WARRANTY	3 years	3 years	1 year	1 year	3 years	2 years

*The higher the hardness rating the less bounce.

HOW TO CHOOSE.



01 ELITE URETHANE BUMPER PLATES.

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



02 URETHANE BUMPER PLATES.

Easy to identify, the embossed design on these polyurethane plates stands out in any fitness space.



03 RUBBER BUMPER PLATES.

Impact absorbing and scratch resistant, these back-to-basics bumper plates are a simple but effective way of bulking out any barbell set up.



04 RUBBER OLYMPIC PLATES.

Ideal for a barbell or loading a machine, and they're also perfect for performing workouts and exercises as resistance training with a single plate.



05 CROSS GRIP OLYMPIC PLATES.

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



06 SBX™ OLYMPIC PLATES.

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

STRENGTH.



ELITE URETHANE BUMPER PLATES.

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

TECH SPEC.

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

DESIGN.

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

STORAGE.

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

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

Plates sold individually.

- APUFPP1** PU Fractional Plate Pack - 2 Pairs of 2.5 lbs and 5 lbs - Black



FRACTIONAL PLATES.

The perfect partner for your Elite Urethane Bumper Plates or Elite Competition Bumper Plates. These Fractional Plates are ideal for beginners and intermediate users steadily progressing their lifts, and for elite lifters pushing their personal best a fraction higher. Available in 2.5 lbs and 5 lbs, they fit tight against bumper plates for a snug fit and are a must-have for Olympic lifting areas or athletic training spaces.

URETHANE BUMPER PLATES.

The bright and clear lettering gives these bumper plates a distinctive look and means that users can identify and grab the right weight every time. Clubs will welcome the use of urethane as it's low-odor and especially good at preventing marks to gym flooring.

TECH SPEC.

The PU Bumper Plates are made with a polyurethane coating over a chromed steel core. Embossed weight indicators increase visibility, with standard Olympic weights in pounds and kilograms, with a high tolerance of +/- 2%.

TRAINING.

Escape also offers an Olympic weightlifting instructor course that's available from the escape.training website. Learn how to increase any client or member's speed, acceleration, coordination and power through a masterclass in traditional weightlifting techniques.

- PABP050** 5 kg / 10 lbs Urethane Olympic Bumper Plate
- PABP100** 10 kg / 25 lbs Urethane Olympic Bumper Plate
- PABP150** 15 kg / 35 lbs Urethane Olympic Bumper Plate
- PABP200** 20 kg / 45 lbs Urethane Olympic Bumper Plate
- PABP250** 25 kg / 55 lbs Urethane Olympic Bumper Plate

Plates sold individually.



STRENGTH.

RUBBER BUMPER PLATES.

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

TECH SPEC.

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

STORAGE.

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

- PABR050** 5 kg / 10 lbs Rubber Olympic Bumper Plate
- PABR100** 10 kg / 25 lbs Rubber Olympic Bumper Plate
- PABR150** 15 kg / 35 lbs Rubber Olympic Bumper Plate
- PABR200** 20 kg / 45 lbs Rubber Olympic Bumper Plate

Plates sold individually.



RUBBER OLYMPIC PLATES.

An ergonomic design means these rubber grip plates can be used for many different workouts, or combined in one routine. Load them onto a bar or perform movements that complement bodyweight exercises for strength, cardio, core training and more.

TECH SPEC.

Rubber coated with pressed stainless steel inserts, the easy grip handles make for a variety of workouts, with molded weight indicators clearly marking both pounds and kilograms.

SIMPLE BUT EFFECTIVE.

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



PADR012	1.25 kg / 2.5 lbs	Rubber Olympic Plate
PADR025	2.5 kg / 5 lbs	Rubber Olympic Plate
PADR050	5 kg / 10 lbs	Rubber Olympic Plate
PADR100	10 kg / 25 lbs	Rubber Olympic Plate
PADR150	15 kg / 35 lbs	Rubber Olympic Plate
PADR200	20 kg / 45 lbs	Rubber Olympic Plate

Plates sold individually.

SBX™ OLYMPIC PLATES.

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

TECH SPEC.

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



ATOD1025R	2.5 lbs	SBX Olympic Plate – Red
		While stocks last
ATOD1050R	5 lbs	SBX Olympic Plate – Red
		While stocks last
ATOD1100R	10 lbs	SBX Olympic Plate – Red
		While stocks last
ATOD1025B	2.5 lbs	SBX Olympic Plate – Black
ATOD1050B	5 lbs	SBX Olympic Plate – Black
ATOD1100B	10 lbs	SBX Olympic Plate – Black
ATOD1250B	25 lbs	SBX Olympic Plate – Black
ATOD1350B	35 lbs	SBX Olympic Plate – Black
ATOD1450B	45 lbs	SBX Olympic Plate – Black
ATOD1001	245 lbs	SBX Olympic Plate Set – Black
		(12 Plates supplied as 6 Pairs)

Olympic Plate storage options also available.



STRENGTH.

URETHANE OLYMPIC GRIP PLATES.

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

TECH SPEC.

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



While stocks last.

APOD1025	2.5 lbs	Urethane Olympic Grip Plate – Red
APOD1050	5 lbs	Urethane Olympic Grip Plate – Red
APOD1100	10 lbs	Urethane Olympic Grip Plate – Gray
APOD1250	25 lbs	Urethane Olympic Grip Plate – Gray
APOD1350	35 lbs	Urethane Olympic Grip Plate – Black
APOD1450	45 lbs	Urethane Olympic Grip Plate – Black
APOD1001	2.5 - 45 lbs	Urethane Olympic Grip Plate Set
		(12 Plates supplied as 6 Pairs)

Olympic Plate storage options also available.

BARS.

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



COMPARISON CHART.

FEATURES.	TECHNIQUE BAR.	WOMEN'S WOD BAR.	WOD BAR.	GYM BAR.
USE.	Technique	Cross Training	Cross Training	General Strength Training
WEIGHT.	5 kg / 11 lbs	15 kg / 33 lbs	20 kg / 44 lbs	20 kg / 44 lbs
LENGTH.	1580mm / 5' 2"	2010mm / 6' 7"	2200mm / 7' 2½"	2200mm / 7' 2½"
SHAFT DIAMETER.	25mm / 1"	25mm / 1"	28mm / 1"	30mm / 1"
SLEEVE LENGTH.	110mm / 4"	325mm / 13"	410mm / 16"	390mm / 15"
KNURL.	Single mark no center knurl	Single mark no center knurl	Single mark no center knurl	Center knurl
SHAFT FINISH.	Aluminum	High Alloy Steel	High Alloy Steel	Carbon Steel
TENSILE STRENGTH.	N/A	162k PSI	162k PSI	128k PSI
BUSHING/BEARING.	Fixed	8 needle bearing (4 per sleeve)	8 needle bearing (4 per sleeve)	Bushed
WARRANTY.	1 year	1 year	1 year	1 year
HEAT TREATMENT.	N/A	Twice	Twice	Once
PERFORMANCE				
WHIP.	N/A	★★★★★	★★★★★	★★★★★
KNURL COURSENESS.	★★★★★	★★★★★	★★★★★	★★★★★
ROTATION.	N/A	★★★★★	★★★★★	★★★★★

★★★★★ = High
 ★★★★★ = Low

HOW TO CHOOSE.

GYM BAR.

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

SA7112 44 lbs Olympic Power Bar

WOD BAR.

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

WOD001 44 lbs WOD Bar

WOMEN'S WOD BAR.

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

WWOD01 33 lbs Women's WOD Bar

TECHNIQUE BAR.

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

TECHB1 11 lbs Technique Bar

OLYMPIC CURL BAR.

The Olympic Curl Bar (also known as an EZ curl bar) keeps your wrists at the perfect angle when performing reps in comfort and safety.

SA7115C Olympic Curl Bar

STRENGTH.



LIFT ZONE.

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



TECH SPEC.

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

EXPERT TIP.

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

FUNCTIONAL FRAMES.

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

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

SPECIFICATIONS.

Small size 79" x 39" x 1½". Weight: 176 lbs
Large size 79" x 79" x 1½". Weight: 353 lbs

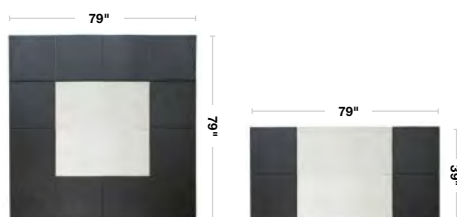
LIFT ZONE.

Incorporates a permanent water-jet logo.



LIFT ZONE BASIC.

Comes without the Lift Zone logo.



CABLE ATTACHMENTS.

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

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



SEATED ROW DOUBLE HANDLE.

PA105 Seated Row Double Handle

SPECIFICATION. Length 7½". Weight 4.4 lbs.



STIRRUP HANDLE.

PA110 Stirrup Handle

SPECIFICATION. Length 5½". Weight 2.2 lbs.



ANGLED TRICEP BAR.

PA102 Angled Tricep Bar

SPECIFICATION. Length 12½". Weight 4.4 lbs.



DOUBLE HANDLE TRICEP ROPE.

PA111 Double Handle Tricep Rope



SOFT GRIP STIRRUP.

PA112 Soft Grip Stirrup



FOOT LOOP.

PA113 Foot Loop

STRENGTH.



COLLARS.

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

WOD COLLAR.

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

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



OLYMPIC CLAMP COLLAR.

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

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



STRENGTH.



ADJUSTABLE BENCH.

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

TECH SPEC.

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

ALL ABOUT ANGLES.

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

ADJBEN1 Adjustable Bench

SPECIFICATION.

Dimensions: 52" x 16" x 23". Weight: 81.5 lbs.



FLAT.

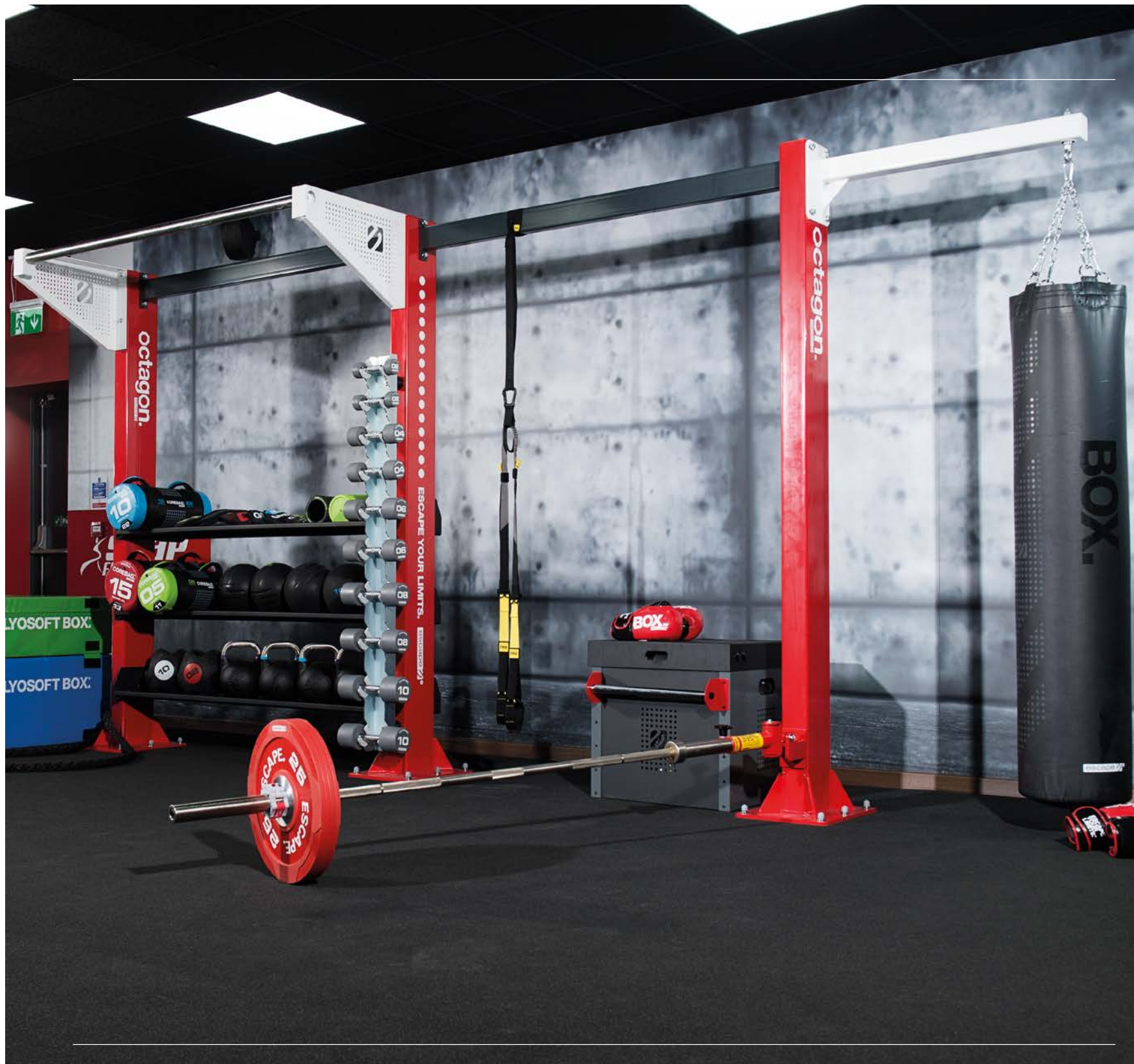


50° INCLINE.



80° INCLINE.





OCTAGON.

There is one piece of equipment that grabs user attention like no other – the challenging and versatile functional frame. This Escape equipment really stands out from the rest and provides a full range of functional training experiences to fitness clubs – including body conditioning training, cross training and athletic-based training. Suitable for all members, from the fitness beginner to the advanced athlete, these functional frames and storage-based products offer a comprehensive solution to optimize any space.

OCTAGON.

THE OCTAGON
FRAME RANGE
WALL-BASED FRAMES
BODY CONDITIONING
TRAINING FRAMES
CROSS TRAINING FRAMES
ATHLETIC
TRAINING FRAMES
OCTAGON ATTACHMENTS
STANDARD
COLOR OPTIONS

THE OCTAGON FRAME RANGE.

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

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

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

MAKE IT YOURS.

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



OCTAGON™

01 WALL-BASED FRAMES.

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

These frames are ideal for:

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

Wall-based frames also available.



02 BODY CONDITIONING TRAINING FRAMES.

When members move on from CV and weight machines into functional training they can tell within minutes that it's going to help them achieve more than ever, and have more fun in the process. That's what the Octagon Hub Training System (HTS) frames are all about. With integrated storage shelves, an HTS is the ideal station for workouts that get people moving quickly between functional tools, suspension training and bodyweight exercises.

These frames are ideal for:

- **Club** – Gyms with a variety of members who want to increase their functional training offering. Also ideal for hotels and multi-housing.
- **Trainer** – One-to-one sessions with beginners. Trainers who want to expand their earning potential with group training.
- **User** – Those new to functional training, seeking to learn more. Seasoned fitness fans looking to improve their overall strength and conditioning.

Body conditioning training frames also available.



03 CROSS TRAINING FRAMES.

Cross training frames build on from the body conditioning frames, introducing extra training tools and styles for more confident and skilled users. The Escape range of cross training frames accommodates barbells, free weights and bodyweight movements for a challenging strength and conditioning workout.

These frames are ideal for:

- **Club** – Cross training clubs, private PT studios and gyms with members who want to take their functional training to the next level.
- **Trainer** – Those wanting to push their clients to improve strength and power. Ideal for trainers to provide group cross training sessions.
- **User** – An ideal frame for cross training enthusiasts to work on their squats, pull-ups and overall strength. Great for those who have mastered the basics of functional training and want to push themselves.

Cross training frames also available.



04 ATHLETIC TRAINING FRAMES.

When elite members are looking to develop strength, power, muscular endurance and all-round physical fitness, these frames give them something special. The emphasis is on weight training, with individual stations that let users focus on their technique and performance.

These frames are ideal for:

- **Club** – University gyms, competitive and high-performance sports centers and cross training-style clubs.
- **Trainer** – Professional conditioning coaches and personal trainers working one-to-one with their clients.
- **User** – Sports teams and competitive athletes. Members looking to build muscle, strength and overall lifting performance.

Athletic training frames also available.



SMALL

11 WALL-BASED TRAINING FRAMES.

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

SINGLE SIDED HIT HUB.



FRAME AVAILABLE AS FREESTANDING.

DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS FREESTANDING.

FREESTANDING HIT HUB.



FRAME AVAILABLE AS FREESTANDING.

FREESTANDING DOUBLE SIDED HIT HUB.



FRAME AVAILABLE AS FREESTANDING.

MEDIUM

LARGE

12 BODY CONDITIONING TRAINING FRAMES.

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

HTS 90.



FRAME AVAILABLE AS FREESTANDING.

4 LEG HTS.



6 LEG HTS.



8 LEG HTS.



13 CROSS TRAINING FRAMES.

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

T1.



T2.



QUAD.



OCTAGON.



FRAME AVAILABLE AS FREESTANDING.

14 ATHLETIC TRAINING FRAMES.

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

MONO.



FRAME AVAILABLE AS FREESTANDING.

HALF BOX.



WOD BOX.



HALF SQUAD.



OCTAGON

WALL BASED.

BODY CONDITIONING.

CROSS TRAINING.

ATHLETIC.

31

WALL-BASED FRAMES.

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

HIT HUB - THE MOST VERSATILE FRAME EVER MADE.



OCTAGON.

SINGLE SIDED, ONE BAY, TYPE 1.

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

Connect to a MONO for maximum functionality with minimum footprint.



PLEASE NOTE.

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



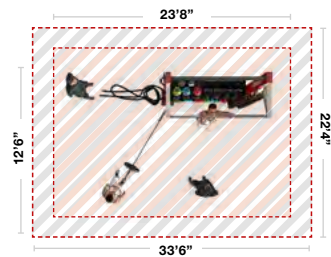
USERS AND WORKING AREA.

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

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

301ft² Minimum working area for up to 4 users.

753ft² Optimum space working area.



OHHW011 HIT HUB - Single Sided, One Bay, Type One

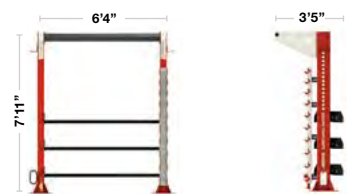
HIT HUB - Single Sided, One Bay, Type One attachments include:

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.

Other color options available, please call for details.

DIMENSIONS.



SINGLE SIDED, ONE BAY, TYPE 2.

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



PLEASE NOTE.

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



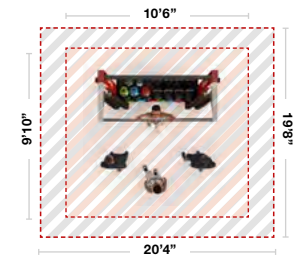
USERS AND WORKING AREA.

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

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

107ft² Minimum working area for up to 4 users.

398ft² Optimum space working area.



OHHW012 HIT HUB - Single Sided, One Bay, Type Two

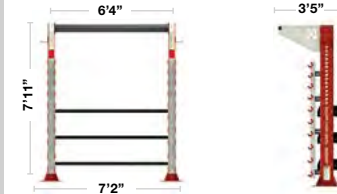
HIT HUB - Single Sided, One Bay, Type Two attachments include:

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

HOLSTER x 2 - Store a set of 2.5-35 lbs dumbbells on both HOLSTERS or for heavy weights, the HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

DOUBLE SIDED, ONE BAY.

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



PLEASE NOTE.

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

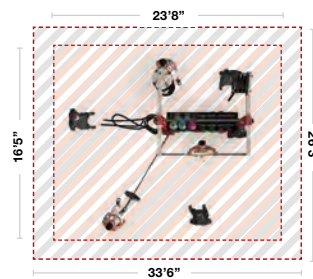
USERS AND WORKING AREA.

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

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

387ft² Minimum working area for up to **6 users**.

882ft² Optimum space working area.

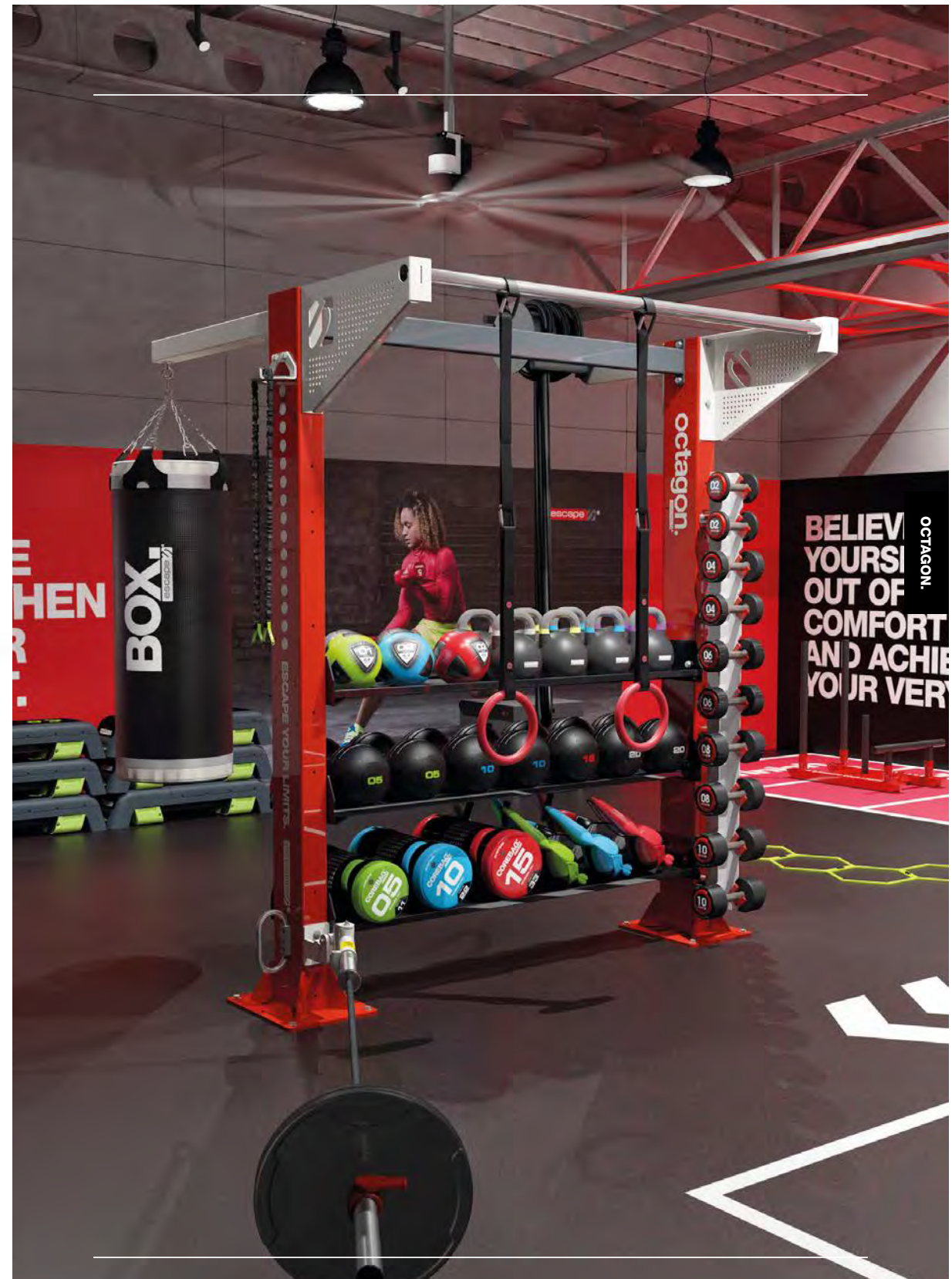
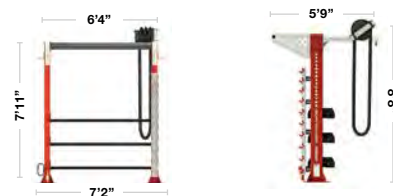


OHHW021 HIT HUB - Double Sided, One Bay
HIT HUB - Double Sided, 1 Bay attachments include:

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs. Other color options available, please call for details.

DIMENSIONS.



SINGLE SIDED, TWO BAY.

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



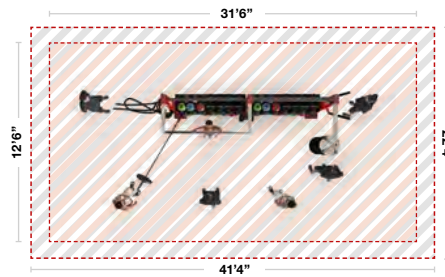
PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbag or WOD Rings.

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

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

398ft² Minimum working area for up to 7 users.

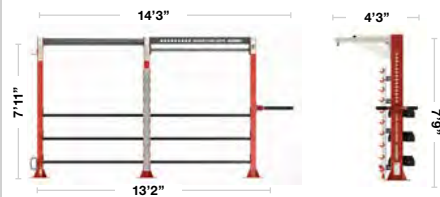
915ft² Optimum space working area.



- OHHW012** HIT HUB - Single Sided, Two Bay
HIT HUB - Single Sided, Two Bay attachments include:
- 1 x HIT Wing
 - 1 x Battle Rope Eye
 - 1 x Torso Trainer
 - 1 x HOLSTER (holds dumbbells)
 - 1 x Boxing Arm and Swivel
 - 1 x Claw (holds ropes and tubes)
 - 1 x Fixed Dip Station

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.
Other color options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, TWO BAY.

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



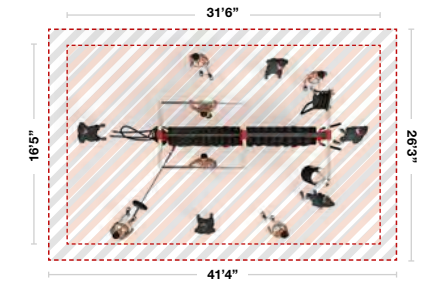
PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbag or WOD Rings.

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

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

516ft² Minimum working area for up to 11 users.

1076ft² Optimum space working area.



- OHHW022** HIT HUB - Double Sided, Two Bay
HIT HUB - Double Sided, Two Bay attachments include:
- 2 x HIT Wing
 - 1 x Battle Rope
 - 1 x Torso Trainer
 - 1 x Boxing Arm and Swivel
 - 1 x Claw (holds ropes and tubes)
 - 1 x Rope Pulley Attachment
 - 1 x Fixed Dip Station

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

SINGLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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

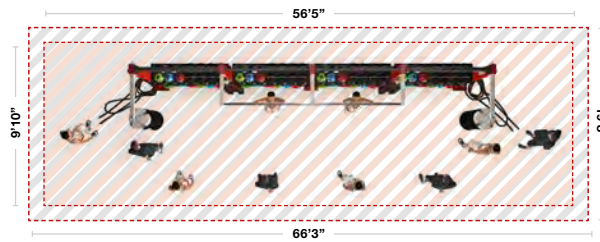


USERS AND WORKING AREA.

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

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

560ft² Minimum working area for up to 10 users.
1302ft² Optimum space working area.



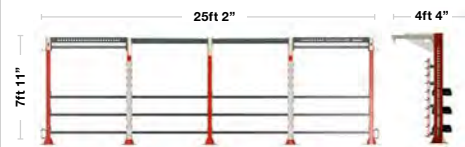
OHHW014 HIT HUB - Single Sided, Four Bay
 HIT HUB - Single Sided, Four Bay attachments include:

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

HOLSTER x 2 - Store a set of 2.5-35 lbs dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



DOUBLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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

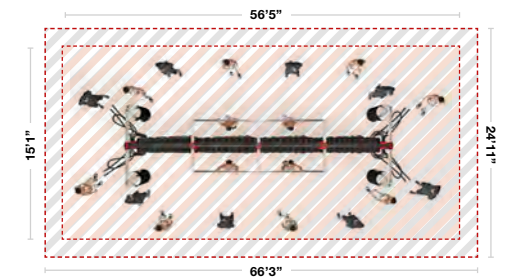


USERS AND WORKING AREA.

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

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

850ft² Minimum working area for up to 20 users.
1647ft² Optimum space working area.



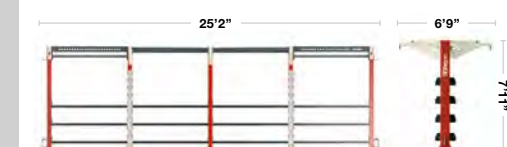
OHHW024 HIT HUB - Double Sided, Four Bay
 HIT HUB - Double Sided, Four Bay attachments include:

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

HOLSTER x 4 - Store a set of 2-20kg/2.5-35 lbs dumbbells on each HOLSTER. The HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



HIT HUB ATHLETIC.

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

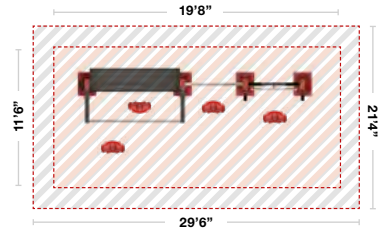


PLEASE NOTE.
Frames do not include balls, bags, bars, kettlebells, plates, dumbbells, punchbags or WOD Rings.



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

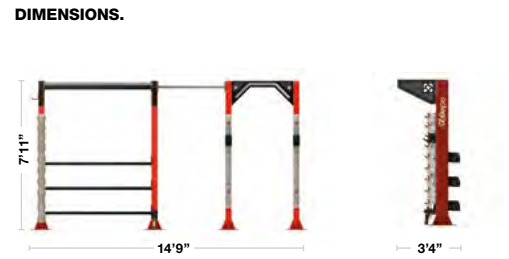
- 4 USERS.** Can accommodate up to 4 users working on the frame.
- 237ft²** Minimum working area for up to 4 users.
- 635ft²** Optimum space working area.



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

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.
Other color options available, please call for details.



INTRODUCING FREESTANDING FRAMES.

With such a tiny footprint, it's hard to match the robustness of our frames. Now we've gone one step further – you can have the storage and versatility of the HIT HUB in a freestanding frame. Using the high-grade European steel that underpins the quality and durability our frames are known for, our impressive engineers have developed freestanding versions of the HIT HUB in almost the same footprint as the fixed modules. The SINGLE, DOUBLE and QUAD are all available as freestanding options, opening up your opportunities if your floor is unsuitable for a fixed frame. What's more, you don't need expensive building inspections prior to installation and you can move it as you redesign your club.



OCTAGON.

FREESTANDING SINGLE SIDED, ONE BAY.

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



PLEASE NOTE.

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

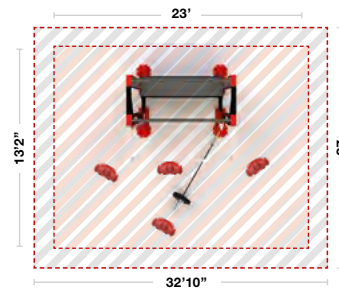
USERS AND WORKING AREA.

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

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

131ft² Minimum working area for up to 4 users.

753ft² Optimum space working area.



OFHHW011 HIT HUB - Single Sided, One Bay, Freestanding

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

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.

Other color options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, ONE BAY.

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



PLEASE NOTE.

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

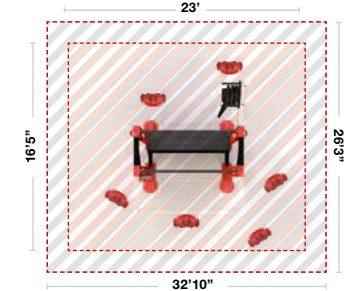
USERS AND WORKING AREA.

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

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

377ft² Minimum working area for up to 6 users.

861ft² Optimum space working area.



OFHHW021 HIT HUB - Double Sided, One Bay, Freestanding

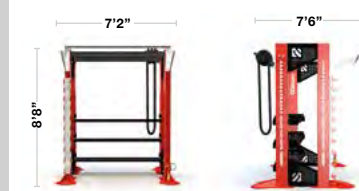
HIT HUB - Double Sided, One Bay, Freestanding attachments include:

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

FREESTANDING SINGLE SIDED, TWO BAY.

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



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

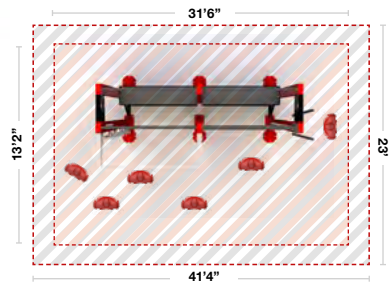
USERS AND WORKING AREA.

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

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

420ft² Minimum working area for up to 6 users.

947ft² Optimum space working area.



OFHHW012 HIT HUB - Single Sided, Two Bay, Freestanding

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

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

HOLSTER - Store a range of single dumbbells from 2.5-50lbs.
Other color options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, TWO BAY.

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



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

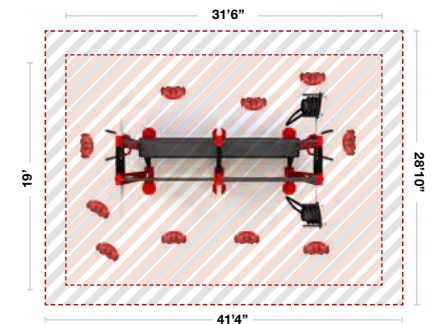
USERS AND WORKING AREA.

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

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

581ft² Minimum working area for up to 10 users.

1162ft² Optimum space working area.



OFHHW022 HIT HUB - Double Sided, Two Bay, Freestanding

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

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

HOLSTER x 2 - Store a set of 2.5-35 lbs dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



FREESTANDING SINGLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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



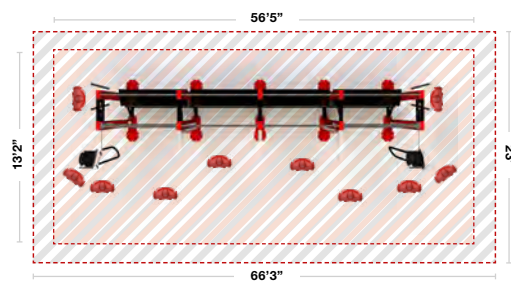
USERS AND WORKING AREA.

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

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

743ft² Minimum working area for up to 10 users.

1518ft² Optimum space working area.



OFHHW014 HIT HUB - Single Sided, Four Bay, Freestanding

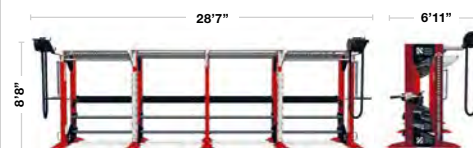
HIT HUB - Single Sided, Four Bay, Freestanding attachments include:

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

HOLSTER x 2 - Store a set of 2.5-35 lbs dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



FREESTANDING DOUBLE SIDED, FOUR BAY.

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



PLEASE NOTE.

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



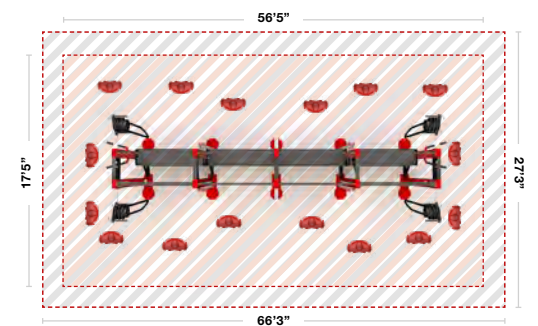
USERS AND WORKING AREA.

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

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

947ft² Minimum working area for up to 16 users.

1755ft² Optimum space working area.



OFHHW024 HIT HUB - Double Sided Four Bay, Freestanding

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

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

HOLSTER x 4 - Store a set of 2-20kg/2.5-35 lbs dumbbells on each HOLSTER. The HOLSTER can handle a range of up to 50 lbs.

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



BODY CONDITIONING TRAINING FRAMES.

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

HTS – TAKING FUNCTIONAL WORKOUTS TO THE NEXT LEVEL.



OCTAGON.



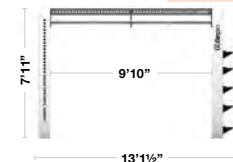
OCTAGON HTS 4.

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

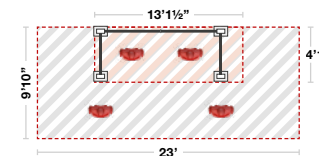
HTS 4.2.

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

DIMENSIONS.



USERS AND WORKING AREA.



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

64ft² Frame-based working area for up to **2 users**.

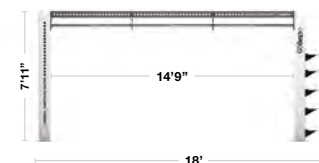
226ft² Floor-based working area for up to **4 users**.

OHTS402 Octagon HTS 4 Leg 2 Beam

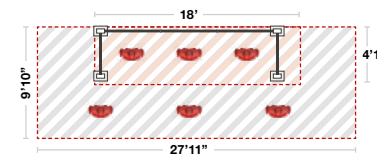
HTS 4.3.

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

DIMENSIONS.



USERS AND WORKING AREA.



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

89ft² Frame-based working area for up to **3 users**.

274ft² Floor-based working area for up to **6 users**.

OHTS403 Octagon HTS 4 Leg 3 Beam

OCTAGON.



OCTAGON HTS 6.

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

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

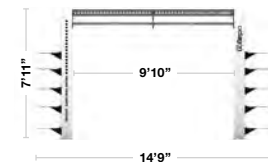
MOVE IT.



HTS 6.2.

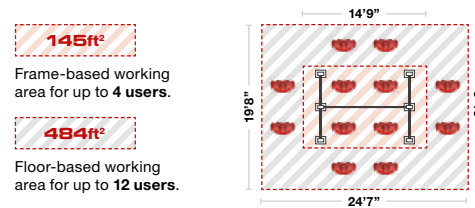
The HTS 6.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more. For more details on full program equipment packs see [page 17](#).

DIMENSIONS.



USERS AND WORKING AREA.

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

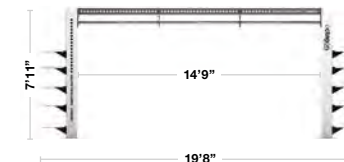


OHTS602 Octagon HTS 6 Leg 2 Beam

HTS 6.3.

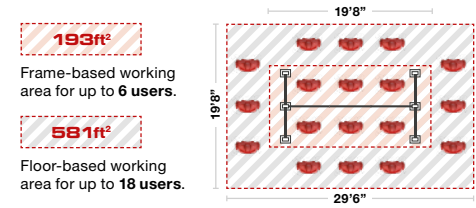
The HTS 6.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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

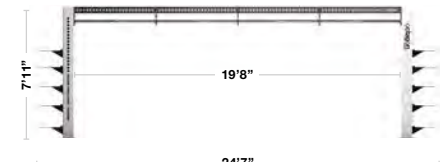


OHTS603 Octagon HTS 6 Leg 3 Beam

HTS 6.4.

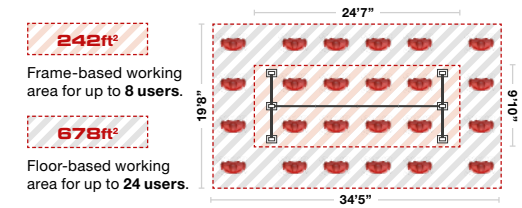
The HTS 6.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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



OHTS604 Octagon HTS 6 Leg 4 Beam



OCTAGON HTS 8.

The largest HTS configuration delivers the ultimate in capacity, with configurations from 14ft 9" right up to 29ft 6". A set of monkey bars is incorporated into the design, a feature that's always a big hit with members looking for fun and new challenges. There's extensive storage capacity for Bulgarian Bags, kettlebells, Corebags, CMTs and more so users can quickly switch from frame-based exercise to using functional equipment.

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



octagon

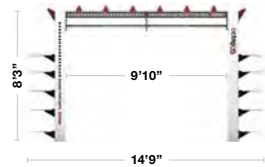


OCTAGON

HTS 8.2.2.

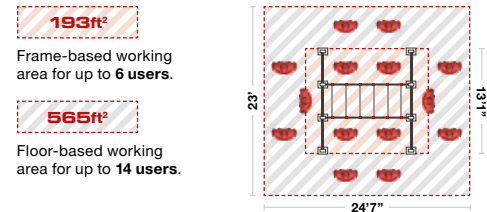
The HTS 8.2 features 22 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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

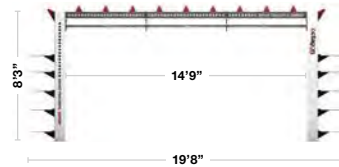


OHTS822 Octagon HTS 8 Leg 2x2 Beam

HTS 8.2.3.

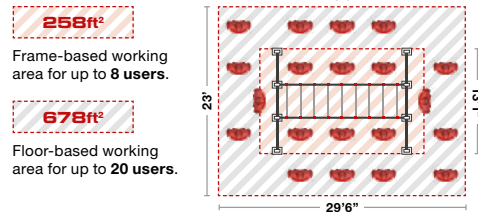
The HTS 8.3 features 30 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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

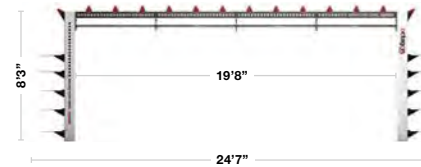


OHTS823 Octagon HTS 8 Leg 2x3 Beam

HTS 8.2.4.

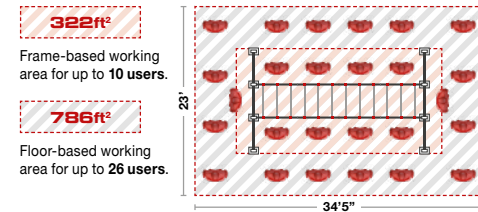
The HTS 8.4 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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

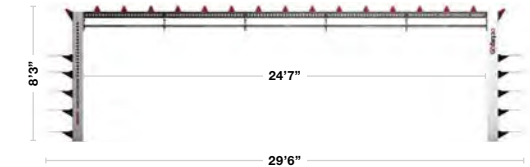


OHTS824 Octagon HTS 8 Leg 2x4 Beam

HTS 8.2.5.

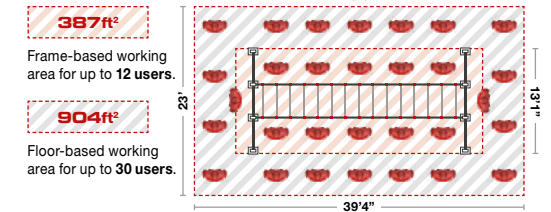
The HTS 8.5 features 38 integrated storage shelves for functional training equipment – kettlebells, medicine balls, training bags and more.

DIMENSIONS.



USERS AND WORKING AREA.

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



OHTS825 Octagon HTS 8 Leg 2x5 Beam

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



OCTAGON.

OCTAGON HTS 90.

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



PLEASE NOTE.

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



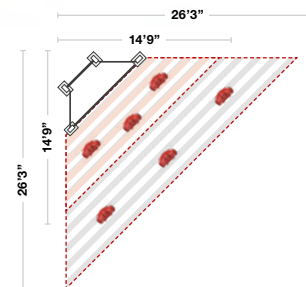
USERS AND WORKING AREA.

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

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

108ft² Frame-based working area for up to **3 users**.

344ft² Floor-based working area for up to **6 users**.



- OCTC202** HTS 90 Type 2, 8 storage shelves
- OCTC201** HTS 90 Type 1, 6 storage shelves
- OCTC205** HTS 90 Type 5, 4 storage shelves

HTS 90 attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 1.

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



PLEASE NOTE.

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



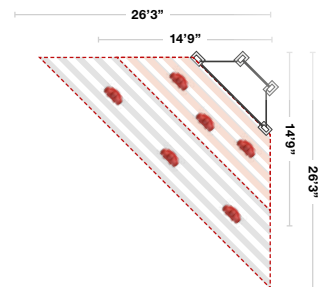
USERS AND WORKING AREA.

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

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

108ft² Frame-based working area for up to **3 users**.

344ft² Floor-based working area for up to **6 users**.



OFSC01 HTS 90 Freestanding Type 1

HTS 90 Freestanding Type 1 attachments include:

- 2 x Pull Up Handles
- 1 x Battle Rope Eye
- 1 x Fixed Dip Station

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

OCTAGON HTS 90 FREESTANDING TYPE 2.

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



PLEASE NOTE.

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



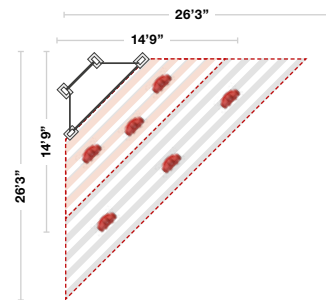
USERS AND WORKING AREA.

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

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

108ft² Frame-based working area for up to **3 users**.

344ft² Floor-based working area for up to **6 users**.



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

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON HTS 90 FREESTANDING TYPE 3.

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



PLEASE NOTE.

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



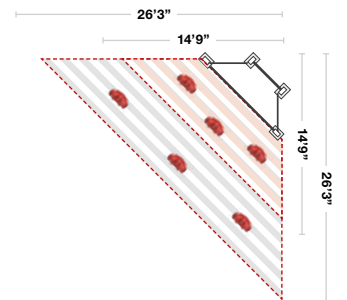
USERS AND WORKING AREA.

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

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

108ft² Frame-based working area for up to **3 users**.

344ft² Floor-based working area for up to **6 users**.



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

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

HOLSTER x 2 - Store a set of 2.5-35 lbs dumbbells on both HOLSTERS. The HOLSTER can handle a range of up to 50 lbs. Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



OCTAGON HTS BOA RAIL.

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

PLEASE NOTE.

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



BOA RAIL.

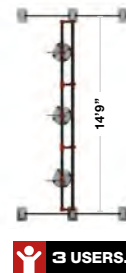
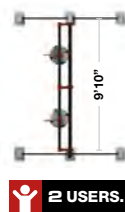
The BOA Rail is a secure anchor point for punchbags, opening up the opportunities for developing the strength, endurance, coordination, speed and agility that boxing is known for.

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

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

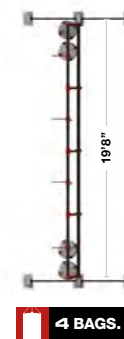
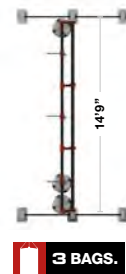
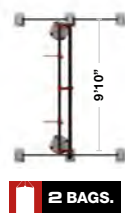
WORKING POSITION.

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



DOCKED POSITION.

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



PROVEN DURABILITY.

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





OCTAGON.

03

CROSS TRAINING FRAMES.

Cross training incorporates strength, bodyweight and cardio exercises in order to improve all-round fitness and physical ability. These cross training frames provide stations to give users just what they need in order to achieve their goals. From pull-ups to squats, and boxing to battling rope, the Escape cross training frames equip instructors with the tools they need to deliver effective group training sessions. With multiple frame options, you're sure to find one to suit your club and members.

T1 - THE MOST SPACE EFFICIENT FRAME ON THE MARKET.

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

REGISTERED DESIGN.



OCTAGON.

OCTAGON T1 TYPE 1

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



PLEASE NOTE. OCTT01 does not include bar, battle rope, punchbag, plates or suspension trainer.

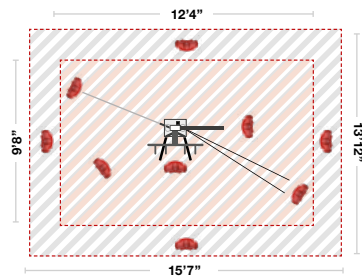
USERS AND WORKING AREA.

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

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

36ft² Frame-based working area for up to 5 users.

62ft² Floor-based working area for up to 9 users.



OCTT01 T1 Type 1

T1 Type 1 attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 2

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



PLEASE NOTE. OCTT02 does not include bar, battle rope, punchbag, plates or suspension trainer.

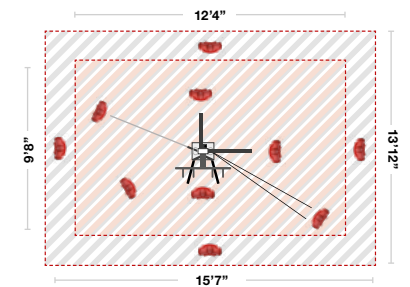
USERS AND WORKING AREA.

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

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

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

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



OCTT02 T1 Type 2

T1 Type 2 attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.



OCTAGON T1 TYPE 3

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



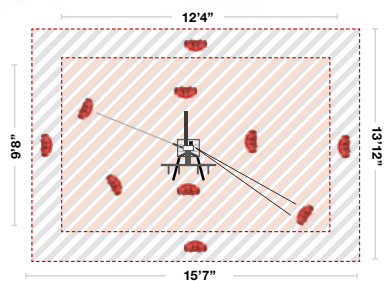
PLEASE NOTE.
OCTT203 does not include bar, battle rope, punchbag, plates or suspension trainer.

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

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

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

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



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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON T1 TYPE 4

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



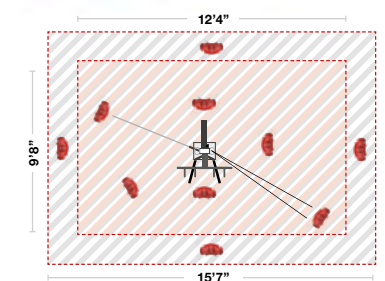
PLEASE NOTE.
OCTT204 does not include bar, battle rope, plates or suspension trainer.

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

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

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

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



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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON.

OCTAGON T2 TYPE 1.



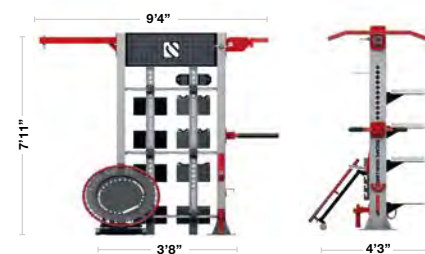
PLEASE NOTE.
OCT201 does not include bar, mats, battle rope, punchbag, plates or suspension trainer.

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



- OCT201** T2 Type 1
T2 Type 1 attachments include:
- 1 x Boxing Arm and Swivel
 - 1 x Torso Trainer
 - 1 x Weight Horn
 - 1 x Pull-Up Station
 - 1 x Fixed Dip Station
 - 1 x Reaction Pro Bounder
 - 1 x Bar Holder
 - 1 x Battle Rope Eye
 - 1 x Mat Rack Storage (Holds 20 core mats)
 - 1 x Suspension Trainer Anchor Point
- Other color options available, please call for details.

DIMENSIONS.



OCTAGON T2 TYPE 2.



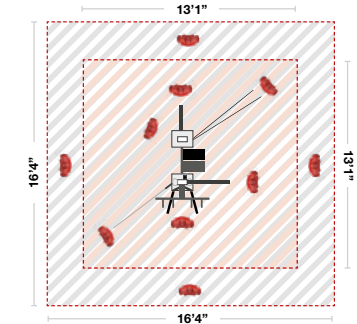
PLEASE NOTE.
OCT202 does not include bar, mats, battle rope, plates or suspension trainer.

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

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

52ft² Frame-based working area for up to **6 users**.

82ft² Floor-based working area for up to **10 users**.

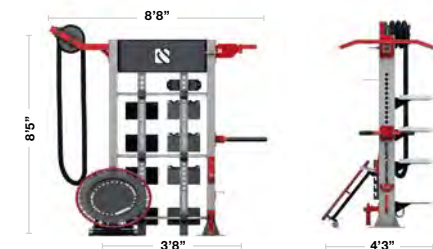


- OCT202** T2 Type 2
T2 Type 2 attachments include:

- 1 x Rope Pulley Attachment
- 1 x Torso Trainer
- 1 x Weight Horn
- 1 x Pull-Up Station
- 1 x Fixed Dip Station
- 1 x Reaction Pro Bounder
- 1 x Bar Holder
- 1 x Battle Rope Eye
- 1 x Mat Rack Storage (Holds 20 core mats)
- 1 x Suspension Trainer Anchor Point

Other color options available, please call for details.

DIMENSIONS.



OCTAGON™ 2.0.

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



REGISTERED DESIGN.

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

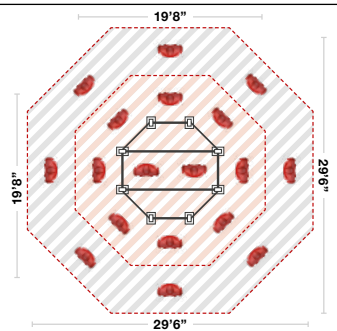
USERS AND WORKING AREA.

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

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

387ft² Frame-based working area for up to **10 users**.

871ft² Floor-based working area for up to **18 users**.



OCTA201 Octagon 2.0 Frame and Attachments
Octagon attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON QUAD™ 2.0.

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



PLEASE NOTE.

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

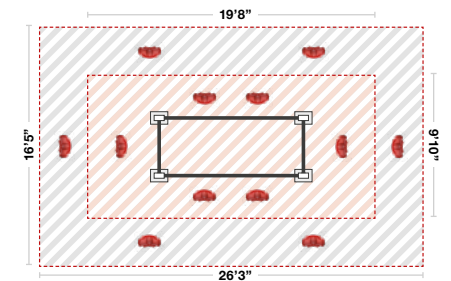
USERS AND WORKING AREA.

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

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

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

430ft² Floor-based working area for up to **12 users**.



OQUA201 QUAD2 Frame and Attachments
QUAD2 attachments include:

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

Other color options available, please call for details.

DIMENSIONS.





ATHLETIC TRAINING FRAMES.

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

HEAVY DUTY FRAMES FOR HEAVY DUTY LIFTING.



OCTAGON.

MONO.

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

Connect to a HIT HUB for maximum functionality with minimum footprint. See page 122 for details.

RUBBER OCTAGON FEET.

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

PLEASE NOTE.
All attachments, bars and plates are sold separately.



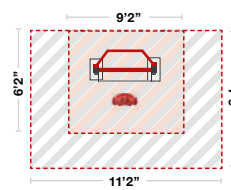
USERS AND WORKING AREA.

The MONO can accommodate one user at a time.

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

16ft² Minimum working area for 1 user.

26ft² Optimum space working area.



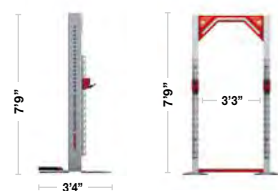
OSQR01 MONO Frame and Attachments
MONO attachments include:

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

Other color options available, please call for details.

Bolt to floor and freestanding versions available.

DIMENSIONS.



HALF BOX.

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



PLEASE NOTE.
Bars and plates are sold separately.

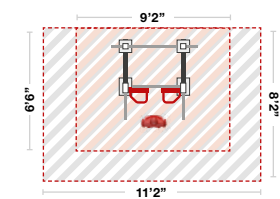
USERS AND WORKING AREA.

The Half BOX can accommodate one user at a time.

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

16ft² Minimum working area for 1 user.

29ft² Optimum space working area.

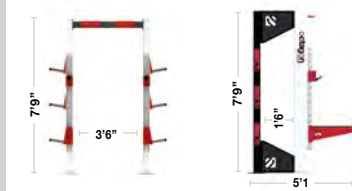


OHB101 Half BOX Frame and Attachments
Half BOX attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



WOD BOX 248.

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



WOD BOX 279.

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



OCTAGON.

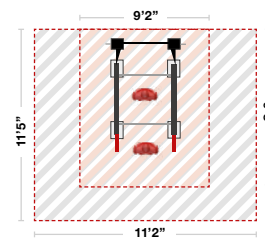
USERS AND WORKING AREA.

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

2 USERS. Can accommodate up to 2 users working on the frame

26ft² Minimum working area for 2 users.

39ft² Optimum space working area.



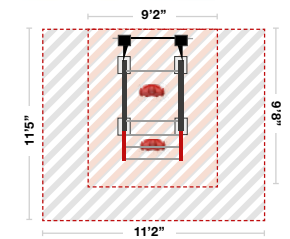
USERS AND WORKING AREA.

The WOD BOX 249 can accommodate two users at a time, typically with one person lifting and the other doing pull-ups and wing exercises.

2 USERS. Can accommodate up to 2 users working on the frame

26ft² Minimum working area for 2 users.

39ft² Optimum space working area.



OWOD248 WOD BOX 248
OWODS248 WOD BOX 248 with Storage
 Octagon attachments include:

- 2 x Catch Rack Pairs
- 1 x Extended Catch Rack Pair
- 1 x Cross Beam
- 6 x Weight Horns (with storage only)
- 1 x Bull Horn Pull Up Bar
- 1 x Safety Strap Pair

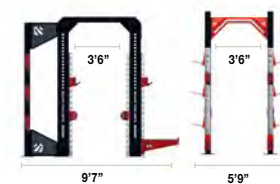
Other color options available, please call for details.

DIMENSIONS.

Without storage



With storage



OWOD279 WOD BOX 279
OWODS279 WOD BOX 279 with Storage
 Octagon attachments include:

- 2 x Catch Rack Pairs
- 1 x Extended Catch Rack Pair
- 1 x Cross Beam
- 6 x Weight Horns (with storage only)
- 1 x Safety Strap Pair
- 1 x Wing

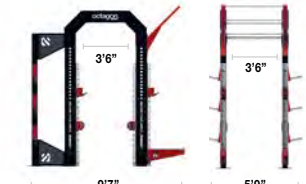
Other color options available, please call for details.

DIMENSIONS.

Without storage



With storage



OCTAGON HALF SQUAD 2.0.

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



OCTAGON.



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

REGISTERED DESIGN.

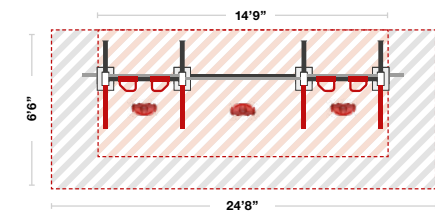
USERS AND WORKING AREA.

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

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

30ft² Minimum working area for up to 3 users.

49ft² Optimum working area



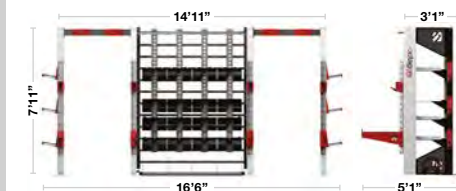
- OBHS201** Half Squad 2.0 Frame, 16 Storage Shelves,
- OBHS202** Half Squad 2.0 Frame, 8 Storage Shelves

Half Squad attachments include:

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

Other color options available, please call for details.

DIMENSIONS.



OCTAGON FRAME ATTACHMENTS.

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

MARS FRAME ATTACHMENT.

The MARS frame attachment fits a universal iPad mount to any Octagon frame leg, via a VESA compatible mounting point. Not only will this fixture complement your frame and training tools, it'll draw attention and create a focal point surrounded by numerous workout locations.

The MARS screen is perfect for increasing ROI by enhancing user experience and keeping gym-goers engaged in any fitness space, manned or unmanned.



OCA062 MARS Octagon leg bracket. Includes Octagon leg bracket and MARS screen mount plate.

LEG, DOCK AND WALL TARGETS.

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



OCE051 T1 Target
OCE016 Dock Target
OCE017 Leg Target
OCE013 Wall Target
SPECIFICATIONS.
Dock Target: Size 23½" x 33½". Weight 25.4 lbs
Leg Target: Size 23½" x 37½". Weight 9.5 lbs
Wall Target: Size 23½" x 23½". Weight 29.3 lbs

REACTION PRO BOUNDER.

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



OCA051 Reaction Pro Bounder
OCA052 Reaction Pro Bounder Teeth
SPECIFICATIONS.
Reaction Pro Bounder: Size 28" x 32" x 37".

TORSO TRAINER.



OCA056 Torso Trainer

DOCK BOXING BRACKET.



OCA061 Dock Boxing Bracket

BOXING ARM.



OCA007 Boxing Arm with Swivel

ROPE PULLEY UNIT.



OCA015 Rope Pulley (without Mount Arm)
OCA012 Rope pulley Mount Arm - Order with Rope Pulley

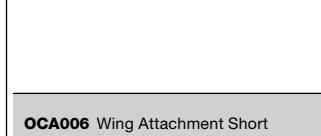
CLAW.

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



OCA014 Claw

WING.



OCA006 Wing Attachment Short

FIXED DIP STATION.

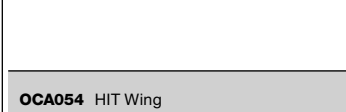
OCA016 Fixed Dip Station



OCA069 Weight Horn

WEIGHT HORN.

HIT WING.



OCA054 HIT Wing

EXTENDED CATCH RACK ARMS.

OCA053 Extended Catch Rack Arms (pair)



BAR HOLDER.

OCA011 Single Bar Holder

HOLSTER.

Store a full range of 2.5-35lbs dumbbells on two HOLSTERS or for heavy weights, the HOLSTERS can handle a range of up to 50lbs.

HOLDS THE FOLLOWING DUMBBELLS:

- 5-50lbs and 10-30lbs for ACTDB-SBX
- 5-50lbs and 10-30lbs for AEPDB
- 2-20lbs full set Classic urethanes APUD
- 2.5-35lbs for PAA

OCA076 HOLSTER



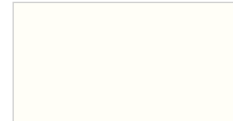
OCTAGON.



STANDARD COLOR OPTIONS.

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

TRAFFIC WHITE
RAL9016



ANTHRACITE GREY
RAL7016



TRAFFIC RED
RAL3020



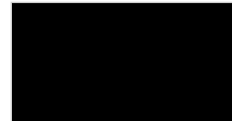
YELLOW GREEN
RAL6018



TRAFFIC ORANGE
RAL2009



JET BLACK
RAL9005



METALLIC SILVER
RAL9007



TRAFFIC BLUE
RAL5017



RAPESEED YELLOW
RAL1021



CHOOSE YOUR COLORS.

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

01

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



02

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



03

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



04

LEGS:
ALUMINIUM ■
RAL9006

ATTACHMENTS:
ANTHRACITE GREY ■
RAL7016

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



05

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



06

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



07

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



08

LEGS:
ANTHRACITE GREY ■
RAL7016

ATTACHMENTS:
ALUMINIUM ■
RAL9006

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



09

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
YELLOW GREEN ■
RAL6018

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



10

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
SKY BLUE ■
RAL5015

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



11

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
TRAFFIC RED ■
RAL3020

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



12

LEGS:
TRAFFIC WHITE □
RAL9016

ATTACHMENTS:
ALUMINIUM ■
RAL9006

CROSS BEAMS:
ANTHRACITE GREY ■
RAL7016



OCTAGON.



STUDIO.

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

STUDIO.

- STEP PLATFORM SOLUTION
 - DECK 2.0
- URETHANE REP SET
 - ECO REP SET
- URETHANE HANDWEIGHTS
- STUDIO KETTLEBELLS
- POWER TUBES
- RESISTANCE TUBES
- TRAINING BARS
- PRO BOUNDER
- STRONGBOX



STEP PLATFORM SOLUTION.

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

TECH SPEC.

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

DESIGN.

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

EXPERT TIP.

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

ANATOMIC HOT SPOTS.

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



HEAT WELDED TOP MATS.

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

REGISTERED DESIGN. PATENTED.

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

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

SPECIFICATIONS.

STEP01: Size 4" x 17½" x 42". Weight 13.7 lbs.

LOCKING CONNECTORS.

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

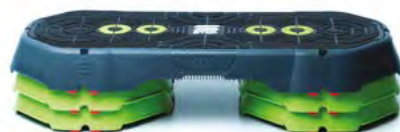
01 STEP.



02 RISERS.



03 RISERS RAISING STEP.



04 RISERS RAISING STEP INTO INCLINE POSITION.



THE ESCAPE RISER.

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



STUDIO.

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

SPECIFICATIONS.

STEP02: Size 4" x 17" x 17". Weight 4.1 lbs.

DECK 2.0.

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

TECH SPEC.

The Deck 2.0 is packed with features to support performance: a top surface with hot spots and intelligent grip, strong steel tubing supporting the adjustable back rest, resistance tube channels, and integrated equipment storage.

DESIGN.

The key to the Deck 2.0's versatility is its three modes. Step mode has low (8") and high (14") settings, Ramp mode adds a different step challenge, and Bench mode means you can incorporate lifting into workouts.

TRAINING.

Escape's HIIT THE DECK group training program works for large groups, small groups, boutique studios and one-to-one PT. The package includes workout videos and templates, trainer education materials, and even the music you need for large group choreographed sessions.

D1 LOW STEP.



D2 RAMP (8° INCLINE/DECLINE).



D3 HIGH STEP.



D4 BENCH.

ANATOMIC HOT SPOTS.

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

HEAT WELDED TOP MATS.

Robust heat welding secures the top mat for long-term durability.

INTELLIGENT GRIP.

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

EQUIPMENT STORAGE.

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

ADJUST THE ANGLES.

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

REGISTERED DESIGN. REGISTERED PATENT.

EST-DECK Deck 2.0

SPECIFICATION.

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



STEP, RAMP OR BENCH? YOU DECIDE.



PRODUCT TRAINING AVAILABLE.

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

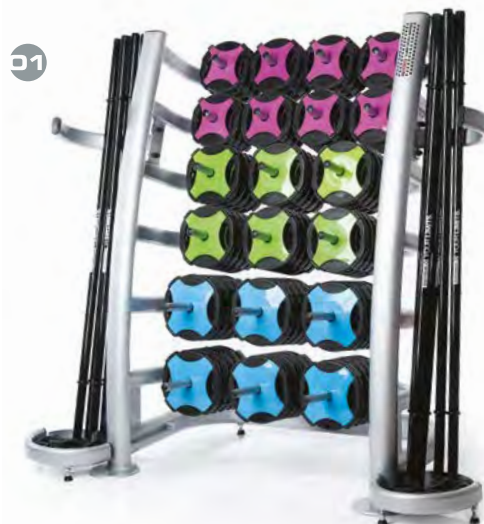


URETHANE REP SET.

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



While stocks last.



TECH SPEC.

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

DESIGN.

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

STORAGE.

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

EST-PURWSET Urethane Rep Set
 2 x 2.75 lbs Urethane Plates – Pink
 2 x 5.5 lbs Urethane Plates – Green
 2 x 11 lbs Urethane Plates – Blue
 2 x 1 1/4" Rep Set Clamp Collars with protective rubber inserts
 1 1/4" Hollow Bar (pictured on the right) with urethane end caps to help protect flooring

EST-REPB Rep Set Bar
EST-RRSCC SBX Rep Set Clamp Collar – Pair

01. ESC300RACKS 30 Rep Set Rack – Holds 30 Sets
02. PARS02 10 Rep Set Rack – Holds 10 Sets

RACK SPECIFICATIONS.

ESC300RACKS: Size 56" x 30" x 68".
PARSR01: Size 63" x 25" x 30".

Rep Sets not included with racks.



URETHANE ECO REP SET.

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



PATENT PENDING. **ECO FRIENDLY.**

TECH SPEC.

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

DESIGN.

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

STORAGE.

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

ECOSSET Urethane Eco Rep Set
 2 x 2.75 lbs Urethane Eco Plates
 2 x 5.5 lbs Urethane Eco Plates
 2 x 11 lbs Urethane Eco Plates
 2 x 1 1/4" Rep Set Clamp Collars with protective rubber inserts
 1 1/4" Hollow Bar with urethane end caps to help protect flooring

EST-REPB Rep Set Bar
EST-RRSCC SBX Rep Set Clamp Collar - Pair

PARSR02 10 Rep Set Rack – Holds 10 Sets

RACK SPECIFICATIONS.

Size 63" x 25" x 30".

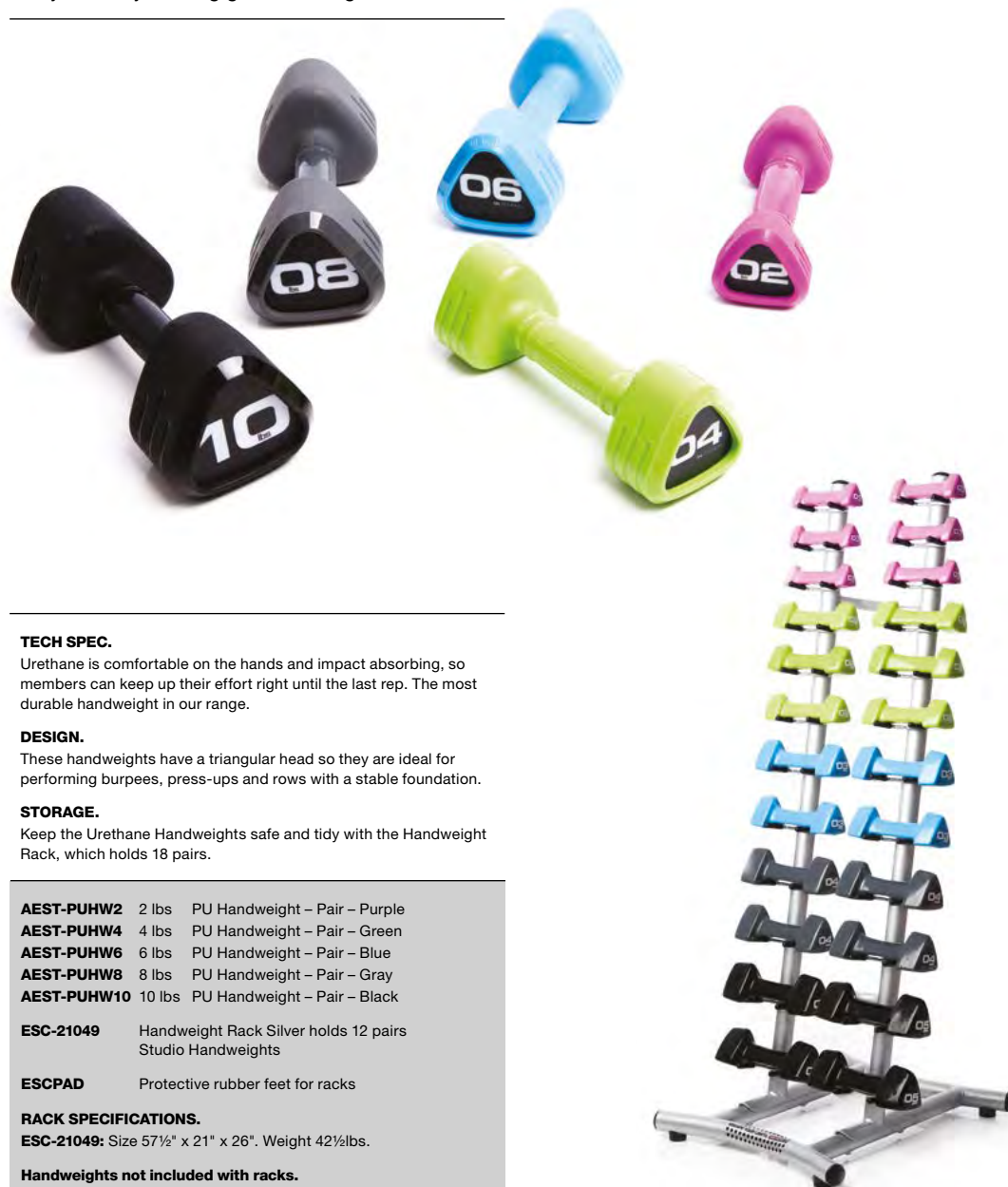
Eco Rep Sets not included with racks.



STUDIO.

URETHANE HANDWEIGHTS AND RACK.

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



TECH SPEC.

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

DESIGN.

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

STORAGE.

Keep the Urethane Handweights safe and tidy with the Handweight Rack, which holds 18 pairs.

AEST-PUHW2	2 lbs	PU Handweight – Pair – Purple
AEST-PUHW4	4 lbs	PU Handweight – Pair – Green
AEST-PUHW6	6 lbs	PU Handweight – Pair – Blue
AEST-PUHW8	8 lbs	PU Handweight – Pair – Gray
AEST-PUHW10	10 lbs	PU Handweight – Pair – Black

ESC-21049 Handweight Rack Silver holds 12 pairs Studio Handweights

ESCPAD Protective rubber feet for racks

RACK SPECIFICATIONS.

ESC-21049: Size 57½" x 21" x 26". Weight 42½lbs.

Handweights not included with racks.

STUDIO KETTLEBELLS.

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



TECH SPEC.

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

STORAGE.

Store the Studio Kettlebells on the Ultra Low level storage rack, which holds 2 pairs of each weight – 8, 16, 24, 32 and 40 lbs. If you want to mix kettlebells with other equipment, the RACK5 and the Corner Storage unit can store combinations of your choice on each shelf.

TRAINING.

Get the very best from your kettlebells with the instructor training course. This provides trainers and coaches with all the knowledge they need to implement key kettlebell exercises like the swing and the snatch.

AEST-VKB8	8 lbs	Studio Kettlebell – Each – Pink
AEST-VKB16	16 lbs	Studio Kettlebell – Each – Green
AEST-VKB24	24 lbs	Studio Kettlebell – Each – Blue
AEST-VKB32	32 lbs	Studio Kettlebell – Each – Gray
AEST-VKB40	40 lbs	Studio Kettlebell – Each – Black

ULLSS11 Octagon Storage Solution - holds up to 4 sets of 8 - 40 lb (20 Studio kettlebells)

PAKBR10 Kettlebell Rack Oval Frame - holds up to 10 kettlebells (see page 89)

ESC20RACK Kettlebell Rack - holds up to 10 Studio kettlebells - While stocks last

RACK SPECIFICATIONS.

ULLSS11: Size 16" x 53" x 30". Weight 114 lbs.

PAKBR10: Size 33" x 20" x 47". Weight 79 lbs.

ESC20RACK: Size 17" x 22" x 58". Weight 93 lbs.

Equipment sold separately.



STUDIO.



POWER TUBES.



DESIGN.

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

TECH SPEC.

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

STORAGE.

Keep your studio accessories tidy – use the Ammo Box to store this equipment (sold separately).

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

RESISTANCE TUBES.



DESIGN.

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

TECH SPEC.

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

STORAGE.

Keep your Resistance Tubes tidy – use the Ammo Box to store this equipment. (sold separately).

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

TRAINING BARS.

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



STUDIO.

DESIGN.

The Training Bars are the same length and diameter, regardless of weight – 49" x 1.5". A sleek, eye-catching design adds an outstanding experience to group X sessions.

EXPERT TIP.

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

STORAGE.

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

EST-TB3	7 lbs	Training Bar – Pink
EST-TB4	9 lbs	Training Bar – Green
EST-TB5	11 lbs	Training Bar – Blue

ESC18RACKS Training Bar Rack

ESCPAD Protective rubber feet for racks

RACK SPECIFICATIONS.

Size 45" x 28" x 46". Weight 75 lbs.

Training Bars not included with racks.



Rubber Feet not included.

PRO BOUNDER.™

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



TECH SPEC.

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

DESIGN.

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

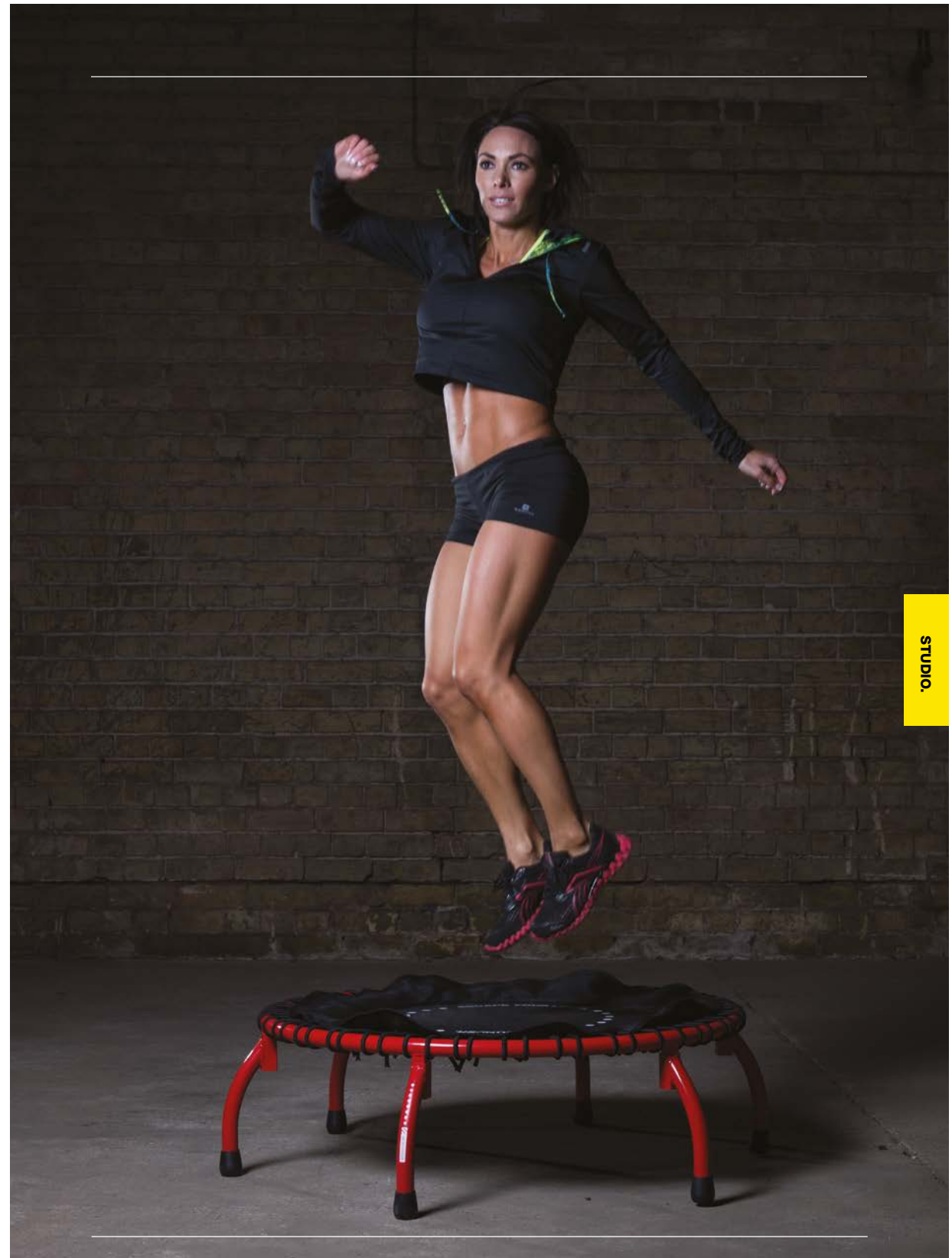
EXPERT TIP.

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

EST-REBOU Pro Bouncer

SPECIFICATION.

Size 45¾" x 12¼".



STUDIO.



STRONGBOX.

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

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



**PATENT
PENDING.**

TECH SPEC.

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

STORAGE AND ACCESSIBILITY.

- Rack shelving with integrated covers for dumbbell protection. Stores up to six pairs of dumbbells:
 - SBX dumbbells (5lbs-30lbs or 10lbs-35lbs).
 - Urethane dumbbells (5lbs-30lbs or 10lbs-35lbs).
 - Classic Urethane dumbbells (2lbs-12lbs, 4lbs-14lbs, 6lbs-16lbs, 8lbs-18lbs or 10lbs-20lbs).
 - Edge Urethane dumbbells (2lbs-12lbs, 4lbs-14lbs, 6lbs-16lbs or 8lbs-18lbs).
- Three storage shelves and quick release compartment stores a choice of:
 - Up to 2 GRIPRs.
 - Up to 2 kettlebells (20lbs and 25lbs).
 - Resistance Tubes.
 - Med balls.
- Hooks for resistance bands and Power/Resistance Tubes.

EXPERT TIP.

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

STRBOX2 STRONGBOX

SPECIFICATIONS.

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



INNOVATE AND EVOLVE. CREATE A STAND-OUT EXPERIENCE.

STUDIO.

DUMBBELLS.

- SBX.
- Urethane.
- Classic Urethane.
- Edge Urethane.

INJECTION MOULDED PADS.

Injection moulded pads are tough and hygienic.

PRODUCT STORAGE.

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

PLEASE NOTE:

Accessories sold separately.

LEATHER JUMP ROPE.

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

DESIGN. A heavier and thicker rope – the Leather Jump Rope is perfect for specialist combat and boxing gyms.	TECH SPEC. The weight of the rope means the user has to work the upper body and the arms, which gets the heart racing.	TESTING. The Leather Jump Rope is stress tested to 50,000 rotations to ensure maximum durability.
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EST-SRL Leather Jump Rope - Length 118"

FITNESS JUMP ROPE.

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

DESIGN. A lightweight rope that is a true all-rounder – ideal for PTs who are on the go or for incorporating into group training sessions.	EXPERT TIP. A great tool to improve endurance, coordination and timing. Up the speed as technique improves.	TESTING. This rope is stress tested to 50,000 rotations so it will stand up to your members' toughest workouts.
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EST-ROPE5 Fitness Jump Rope - Length 114"

CROSS TRAINING JUMP ROPE.

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

DESIGN. Designed with passionate CrossFit fans in mind, this ultra-thin rope is ideal for perfecting double-unders.	EXPERT TIP. Use jump ropes with members or clients who want to tone up and build muscle. This exercise provides a complete body workout.	TESTING. Stress tested to 50,000 rotations – the bearings in this rope will ensure smooth and speedy rotations.
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EST-ROPE3 Cross Training Jump Rope - Length 116"



RACK5.™

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

RACK5 MAT ATTACHMENT.

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



DESIGN.

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

TECH SPEC.

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

TRAINING.

Maximize your members' opportunities to develop their functional, power, strength, mobility and core performance with RACK5 packs that have been designed specifically to propel clients towards exceptional physical performance.

RACK5 RACK5
RACK5B5 RACK5 Mat Attachment

RACK SPECIFICATIONS.

RACK5: Size 73" x 23½" x 27½". Weight 165 lbs.
RACK5B5: Size 15¾" x 4¼" x 14".

REGISTERED
 PATENT.



UNIVERSAL SHELVING.

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

01 BAG AND ROLLER SHELF.



02 KETTLEBELL SHELF.



03 CMT AND BOSU SHELF.



04 GYM BALL SHELF.



05 VERTBALL SHELF.



06 TOTAL GRIP MEDBALL AND VERTMINI SHELF.



07 MULTI GRIP MEDBALL AND SLAMBALL SHELF.



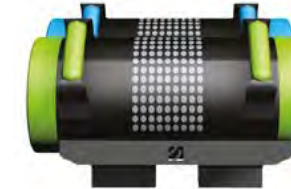
08 BULGARIAN BAG SHELF.



STORAGE EXAMPLES.

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

01



02



04



05



03



06



07



08



STORAGE.



FLEXIBILITY.

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

FLEXIBILITY.

MATS
ROLLERS
GYM BALLS
DUAL ACTION PUMP
BOSU

MATS.

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



COMPARISON CHART.

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

HOW TO CHOOSE.



01 YOGA MAT.

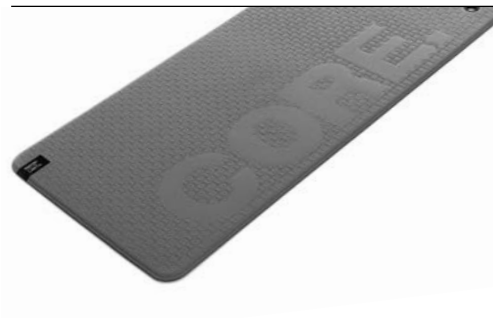
This mat features a centered dotted line for guidance, which makes it the ideal mat for beginners.



While stocks last.

02 ECO YOGA MAT.

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



03 CORE MAT.

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



04 FLEX MAT.

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



05 MULTI MAT.

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

FLEXIBILITY.



YOGA MAT.

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

TECH SPEC.

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

DESIGN.

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

STORAGE.

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

YMAT01 Yoga Mat – Black

SPECIFICATION.
Size 68" x 24" x 1/8".



Eyelets for hanging on Escape's mat storage racks.

ECO YOGA MAT.

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



While stocks last.

TECH SPEC.

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

DESIGN.

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

STORAGE.

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

EST-EYMAT Eco Yoga Mat – Pink

SPECIFICATION.
Size 72" x 24" x 1/4".



Eyelets for hanging on Escape's mat storage racks.

YOGA BLOCK AND STRAP.

YOGA BLOCK.

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

YOGA STRAP.

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

EST-YOGB Yoga Block – Pink

EST-YOGS Yoga Strap

SPECIFICATIONS.

EST-YOGB: Size 9" x 5 1/2" x 3".

EST-YOGS: Size 67 1/8".



FLEXIBILITY.

CORE MAT.

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

TECH SPEC.

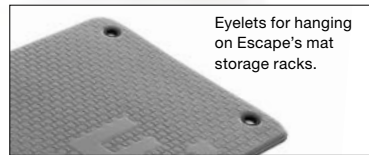
Welded and laminated foam and PVC cover is easy-to-clean and has eyelets for safe and hygienic storage.

DESIGN.

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

STORAGE.

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



Eyelets for hanging on Escape's mat storage racks.

EST-CMATA Core Mat – Anthracite

SPECIFICATION.

Size 40" x 20" x 3/8".

FLEX MAT.

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

TECH SPEC.

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

DESIGN.

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

STORAGE.

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



EST-FMGRY Flex Mat – Anthracite

SPECIFICATION.

Size 72½" x 24" x 3/8".

MULTI MAT.

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



TECH SPEC.

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

DESIGN.

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

EXPERT TIP.

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

MULTI MAT LARGE.

M0022B Multi Mat Large – Black

M0022 Multi Mat Large – Gray

SPECIFICATIONS.

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

RIDGE ROLLER.

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

TECH SPEC.

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

EXPERT TIP.

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

TRAINING.

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

EST-RRC Ridge Roller

SPECIFICATION.

Size 15" x 5½".



FLEXIBILITY.

ULTRAFLEX ROLLER.

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

TECH SPEC.

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

DESIGN.

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

TRAINING.

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



EST-HFR Ultraflex Roller – Green
EST-SFR Ultraflex Soft Roller – Purple
 While stocks last

SPECIFICATION.
 Size 18" x 5½".

UBERSOFT ROLLER.

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

TECH SPEC.

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

FLOORING.

Use the Ubersoft Roller on Escape Flexi-Soft flooring for a comfortable rolling experience. **(Sold separately).**

TRAINING.

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



USR001 Ubersoft Roller – Gray
EST-LRRS Ubersoft Roller – Blue
 While stocks last

SPECIFICATION.
 Size 35½" x 6".

MAX BALL.

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



MAXBAL55 22" / 55cm Max Ball – Anthracite
MAXBAL65 25" / 65cm Max Ball – Gold

All Max Balls have a 1650 lbs burst resistance.

DURA-BALL PRO.

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



DURA65 25" / 65cm Dura-Ball Pro – Black

All Dura-Ball Pros have a 1100 lbs burst resistance.

DUAL ACTION PUMP.

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



MG-33 Dual Action Pump

Height 18". Weight 1.7 lbs.

FLEXIBILITY.

STEADYBALL.™

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



TECH SPEC.

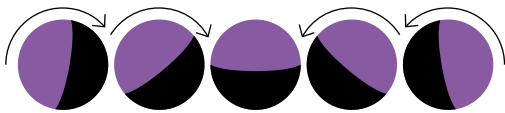
Our balls are made from anti-burst foam PVC, so there is little risk of sudden deflation. Plus they're fully tested with a safe maximum user weight of 242lbs.

FLOORING.

Use the Steadyball on Escape Flexi-Soft flooring to protect hands and knees, and to keep the ball in top condition (see page 239).

STORAGE.

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



- EST-GB55** 22" / 55cm Steadyball – Purple
- EST-GB65** 25" / 65cm Steadyball – Green
- EST-GB75** 28½" / 75cm Steadyball – Blue



- EST-GBSR** STAKR Ring – Each
- 9GBR** Nine Ball Storage Rack

RACK SPECIFICATION.

Size 69" x 51" x 51".

Steadyballs sold separately.

BOSU.®

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



- BOSU** BOSU® Pro Balance Trainer

FLEXIBILITY.

FEATURE FLOORING.

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

COMPARISON CHART.

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

GIVE MEMBERS INDUSTRY-LEADING TECHNOLOGY.

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

CREATE SUPERB TRAINING ENVIRONMENTS.

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

LET US SUPPORT YOUR PERFECT FLOORING INSTALLATION.

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



SHOCKTURF.

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

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

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

USAGE.

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

DESIGN.

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

PERFORMANCE.

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

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

SPECIFICATION.

Roll Size 40ft x 6ft.

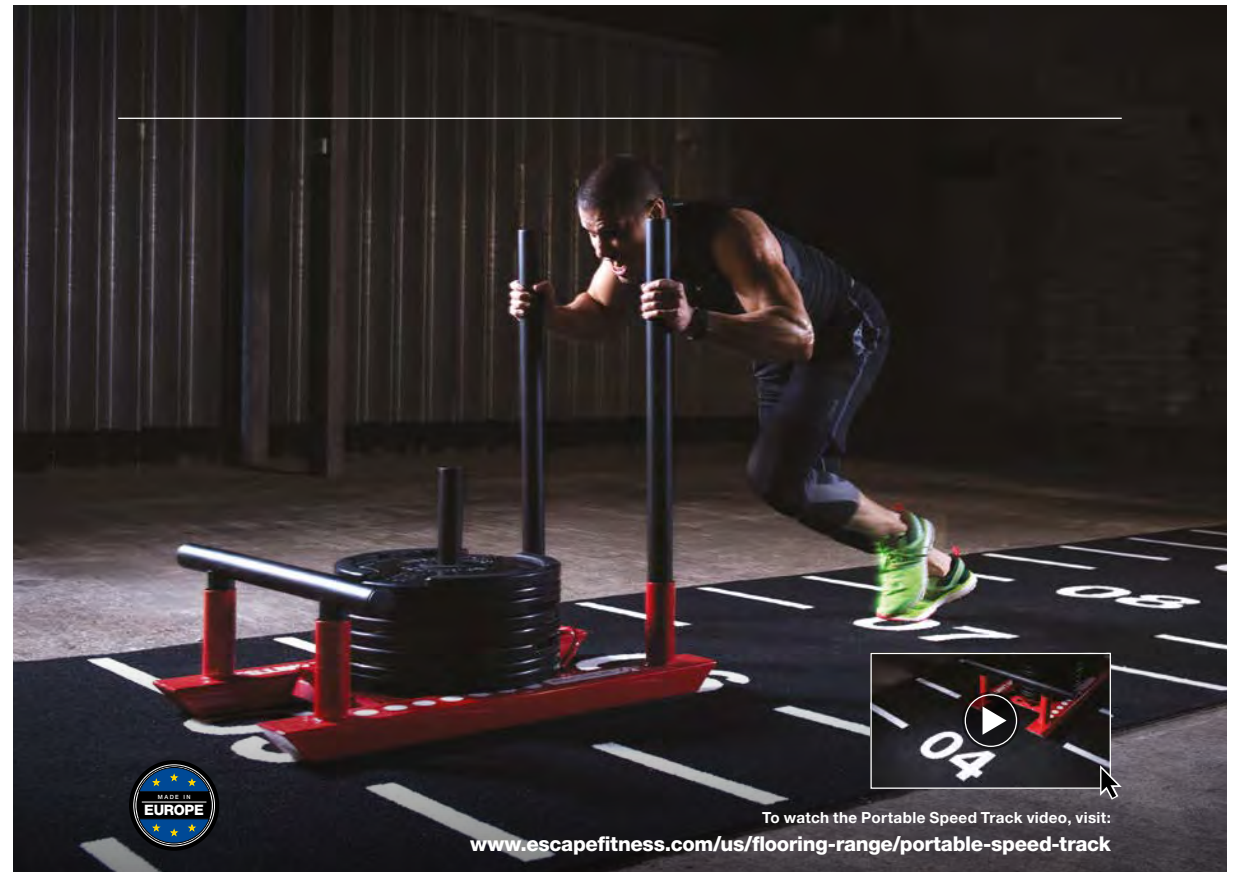
Price shown is per roll and the minimum order quantity is 2 rolls. Line markings and logos are available – please call for details.



FLOORING.



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



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

SPEED TRACK.

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

USAGE.

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

TECH SPEC.

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

INSTALLATION.

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

- AGRASS10** 5' x 33' Speed Track
- AGRASS12** 5' x 40' Speed Track
- AGRASS15** 5' x 49' Speed Track
- AGRASS20** 5' x 66' Speed Track

Please call for color options and installation details.



PORTABLE SPEED TRACK.

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

USAGE.

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

FLEXIBILITY.

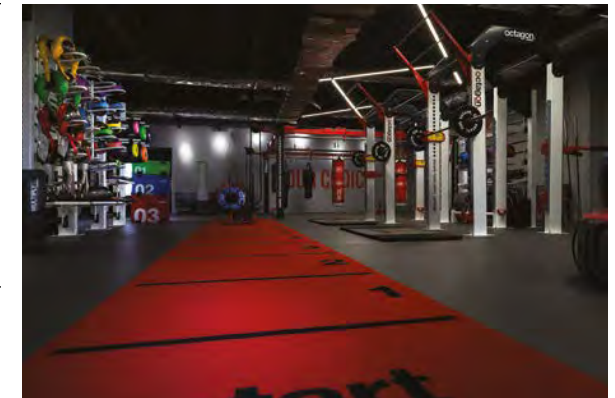
Facilities do not have to install a permanent track to benefit from speed training. The Portable Speed Track can be easily rolled out, used for training sessions and packed away after use.

DESIGN.

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

- APORTST10** 5' x 33' Portable Speed Track
- APORTST12** 5' x 40' Portable Speed Track
- APORTST15** 5' x 49' Portable Speed Track
- APORTST20** 5' x 66' Portable Speed Track

Please call for color options and installation details.



FLOORING.



FLEXI-TUF.

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

USAGE.

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

DESIGN.

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

INSTALLATION.

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

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

SPECIFICATION.

- MATCB12:** Size 20" x 20" x 1/2".
- MATES12:** Size 20" x 7 1/2" x 1/2".
- MATFT12:** Size 7 1/2" x 7 1/2" x 1/2".

Price is per tile and does not include fitting.



FLEXI-SOFT.

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

INSTALLATION.

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

PROTECTIVE.

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

DESIGN.

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

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

SPECIFICATION.

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

Price is per tile and does not include fitting.



AVAILABLE IN FOUR COLORS.



FLOORING.



FLEXI-HARD.

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

DESIGN.

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

USAGE.

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

PROTECTIVE.

A good base support with an element of cushioning.

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

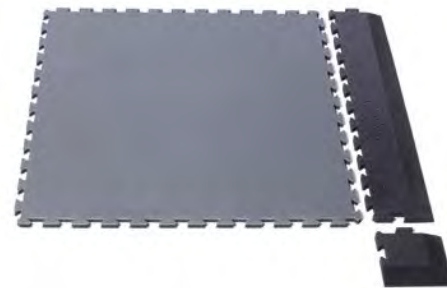
SPECIFICATION.

- 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.



AVAILABLE IN FOUR COLORS.



EVERFLEX.

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

TECH SPEC.

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

DESIGN.

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

USAGE.

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

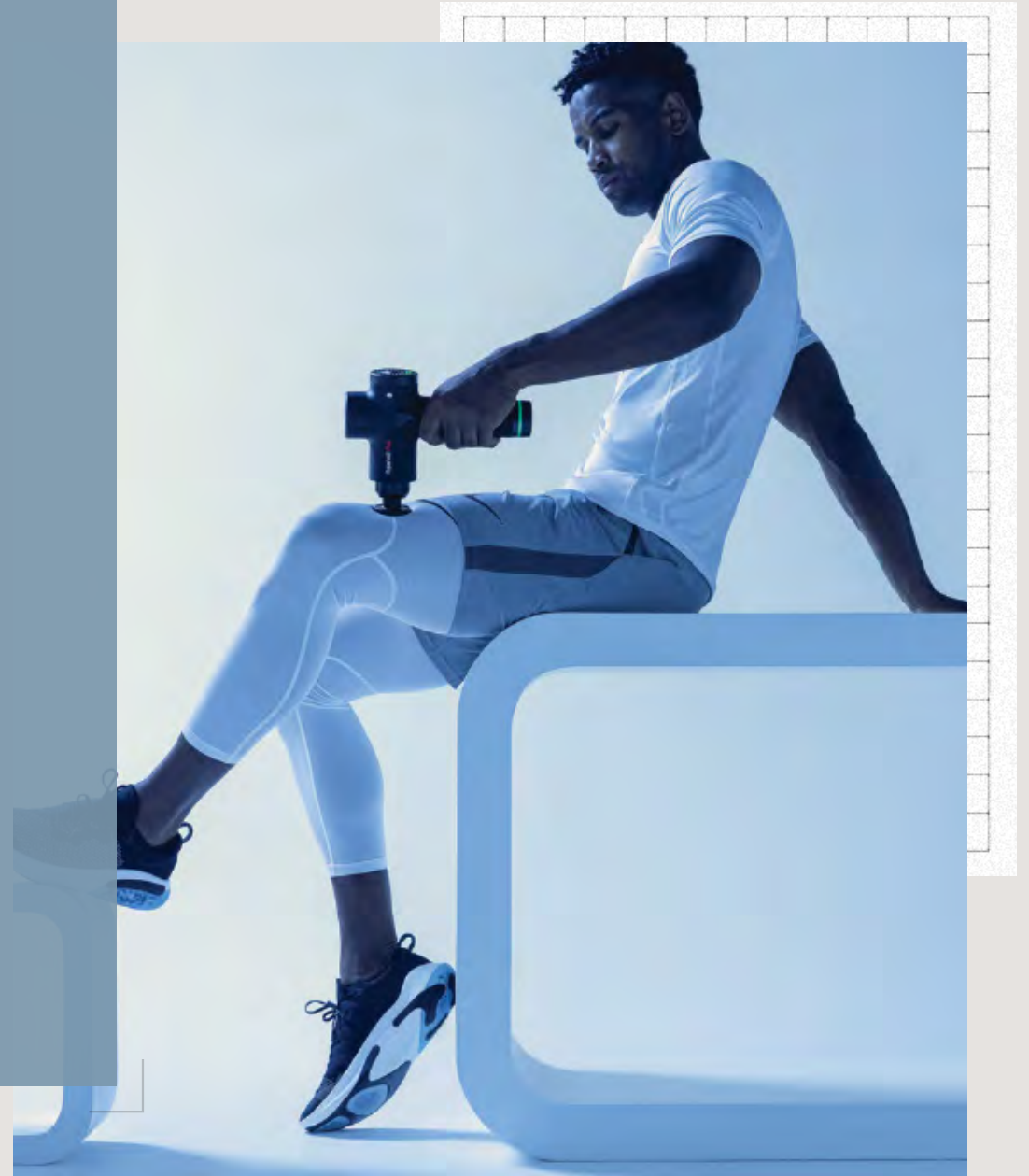
PLEASE NOTE: For Everflex codes and prices please contact your sales representative.



FLOORING.



Rehabilitation & Recovery



STRENGTH & CONDITIONING

REHABILITATION & RECOVERY

FACILITY SUPPLIES

SQUAREROOTBRANDS.COM
INFO@SQUAREROOTBRANDS.COM

OUR PRODUCTS

Hyperice connects the innovation of technology to the art of movement. Our products are designed with a synthesis of science and physiology to support and advance the human condition. Beyond just changing the game, we challenge the industry and forge a new way forward.



RELENTLESS INNOVATION

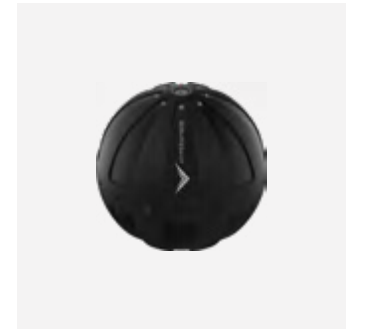
2012
Hyperice ICT



2014
Vyper



2015
Hypersphere



2016
Venom



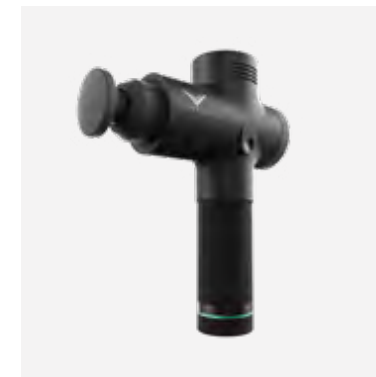
2018
Hypervolt



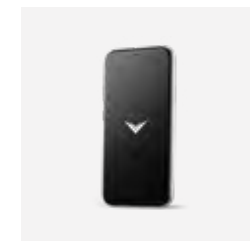
2015
Normatec



2019
Hypervolt Plus



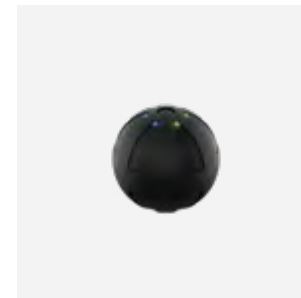
2020
The Hyperice App



2020
Hypervolt GO



2019
Hypersphere Mini



OUR VISION



We believe the quality of life is intimately connected to movement. Whether you're an elite athlete, a fitness enthusiast, or seeking a healthier lifestyle, the way you move determines the way you feel. Our devices allow you to move better, so you can feel your absolute best.

PERCUSSION TECHNOLOGY

Hypervolt Plus
Hypervolt
Hypervolt GO

DYNAMIC AIR COMPRESSION

Normatec Pulse 2.0
Normatec Pulse Pro 2.0

VIBRATION TECHNOLOGY

Vyper 2.0
Hypersphere
Hypersphere Mini

THERMAL TECHNOLOGY

Venom

ICE COMPRESSION TECHNOLOGY

ICT

DIGITAL TECHNOLOGY

The Hyperice App

PERCUSSION TECHNOLOGY

Percussion technology provides targeted pulses of pressure into the muscle tissue of the body, helping to relieve muscle pain, stiffness and soreness, and increase range of motion. Percussive stimulation provides comprehensive relief by reaching both the superficial and deep muscle fibers. The Hypervolt line delivers three speeds of rapid percussion almost silently, making Hypervolts ideal to relieve tension and accelerate warmup and recovery.



HYPERVOLT PLUS

Handheld Percussion Massage Device
Featuring QuietGlide™ Technology

PRO PERFORMANCE

Warm up and recover like the pros with this iconic ultra-premium percussion device. Seriously strong, aesthetically sleek, and unbelievably quiet: the best of the best.



54020 001-00

Hours of Power

30% more power than the original Hypervolt backed by a brushless high-torque 90 W motor.

Whisper-Quiet

Our patented QuietGlide™ technology provides relief at a whisper so you can use it anytime, anywhere without interruption.

Sensor Technology

Patented pressure sensor with three levels, giving you a digital indication of how much pressure you're applying.

TECH FEATURES

- Bluetooth® connected to the Hyperice App (automated speed control)
- 3 speeds – up to 3200 percussions per minute
- 24 V rechargeable lithium-ion battery (2+ hrs of use per charge)
- Lightweight, easy to use (3 lbs)
- TSA approved for carry-on



WHAT'S INSIDE

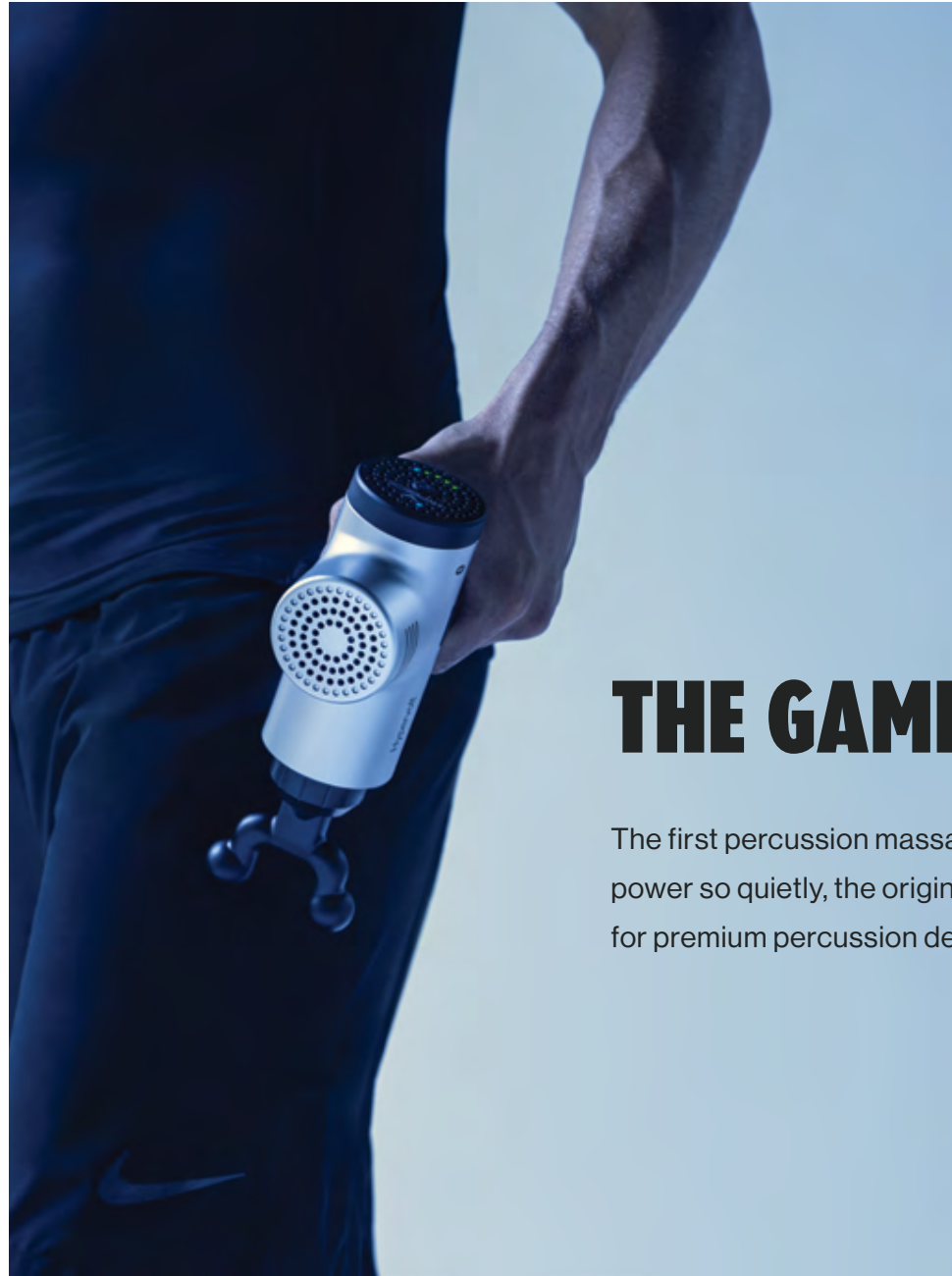
- 1 Hypervolt Plus
- 2 Head attachment pouch
- 3 AC cable
- 4 24 V charger
- 5 Head attachments:
Fork, Ball, Cushion, Flat, Bullet



HYPERVOLT

Handheld Percussion Massage Device

Featuring QuietGlide™ Technology



THE GAME CHANGER

The first percussion massage device to deliver so much power so quietly, the original Hypervolt changed the game for premium percussion devices worldwide.

Customized for You

Featuring three speeds of rapid percussion that can be changed with a single button to whatever speed you need.

Do Not Disturb

Thanks to our patented QuietGlide™ technology the Hypervolt provides relief almost silently.

Patented Pressure

Discover pressure preferences with the Hypervolt's patented pressure sensor (3 levels).

TECH FEATURES

- Bluetooth® connected to the Hyperice App (automated speed control)
- Brushless high-torque 60 W motor
- 3 speeds – up to 3200 percussions per minute
- 24 V rechargeable lithium-ion battery (2.5+ hrs of use per charge)
- Lightweight, easy to use (2.5 lbs)
- TSA approved for carry-on



53000 001-00



WHAT'S INSIDE

- 1 Hypervolt
- 2 Head attachment pouch
- 3 AC cable
- 4 24 V charger
- 5 Head attachments:
Fork, Ball, Cushion, Flat, Bullet

HYPERVOLT GO

Handheld Percussion Massage Device
Featuring QuietGlide™ Technology

GET GOING

Portable percussion at 1.5 pounds, the GO was designed with your active lifestyle in mind. With surprising power and near-silent operation, the Hypervolt GO provides serious relief at home or on the road.



55000 001-00

Operate with Ease

With a small build and lightweight design cycle through three speeds of rapid percussion without lifting a finger.

Non-disruptive

Our patented QuietGlide™ technology is fundamental to Hyperice percussion devices, and the GO is no exception.

Surprising Power

The ultra-lightweight GO delivers all the power you need to relax, recover, and keep going.

TECH FEATURES

- Brushless high-torque 40 W motor
- 3 speeds – up to 3200 percussions per minute
- 18 V rechargeable lithium-ion battery (2.5+ hrs of use per charge)
- Ultra lightweight, easy to use (1.5 lbs)
- TSA approved for carry-on

WHAT'S INSIDE

- 1 Hypervolt GO
- 2 Head attachments: Flat, Bullet
- 3 18 V charger
- 4 Additional plug adapters (3)



DYNAMIC AIR COMPRESSION

Dynamic air compression effectively mimics the natural motions of the arms and legs to move metabolites and fluids from the limbs after intense activity. The Normatec line combines targeted air pressure with a patented massage pattern, pulsing movements, and backflow-preventing distal release. Studies show it can relieve muscle aches and/or pain and temporarily increase circulation resulting in increased flexibility and range of motion, injury prevention, and accelerated recovery time.



NORMATEC PULSE 2.0

Dynamic Air Compression with
Patented Pulse Massage Technology

TRAIN HARD. RECOVER FASTER.

Normatec Pulse 2.0 works as both a high-tech warmup and a dynamic way to recover faster post workout. Engineered by a physician bioengineer (MD, PhD), Normatec's patented Pulse massage pattern employs three key techniques – pulsing, distal release, and gradients – to enhance blood flow and speed recovery. Normatec Pulse 2.0 also features a Bluetooth® enabled app, allowing you to integrate your recovery session seamlessly into your training plan and control your session directly from your phone.



BENEFITS

- Increases blood flow / circulation
- Promotes healing and recovery
- Decreases muscle fatigue after acute exercise
- Improves range of motion / flexibility (studies show)
- Lessens pain sensitivity

TECH FEATURES

- Color display panel
- 7 intensity levels
- Customizable time, pressure, and zone settings
- ZoneBoost™ feature
- Compact, lightweight control unit (3.6 lbs)
- 12 V power and rechargeable lithium-ion battery
- Reinforced, durable construction (attachments)



NORMATEC PULSE 2.0 LEG SYSTEM

The Normatec Pulse 2.0 Leg System uses dynamic air compression and patented Pulse technology to flush out soreness and bring oxygenated blood to the part of the body furthest from the heart.

60030 001-03



NORMATEC PULSE 2.0 LOWER BODY SYSTEM

Home to some of your most used muscle groups, the lower body gets a lot of activity and therefore needs a lot of recovery. The Normatec Pulse 2.0 Lower Body System brings compression and patented Pulse technology to over half your body.

60040 001-03



WHAT'S INSIDE

- ① Leg attachments (2)
- ② Normatec Pulse 2.0 Control Unit
- ③ Hose
- ④ Power supply
- ⑤ Additional plug adapters (3)



WHAT'S INSIDE

- ① Leg attachments (2)
- ② Hip attachment
- ③ Normatec Pulse 2.0 Control Unit
- ④ Hose
- ⑤ Power supply
- ⑥ Additional plug adapters (3)

NORMATEC PULSE 2.0 FULL BODY SYSTEM



When it comes to a more effective warm up or recovery for a full body workout, the Normatec Pulse 2.0 Full Body System reigns supreme. A combination of leg, arm, and hip attachments helps circulate oxygenated blood to all your extremities so you can skip the soreness and build muscle faster.

60050 001-03

WHAT'S INSIDE

- ① Leg attachments (2)
- ② Arm attachments (2)
- ③ Hip attachment
- ④ Normatec Pulse 2.0 Control Unit
- ⑤ Hose
- ⑥ Power supply
- ⑦ Additional plug adapters (3)



NORMATEC PULSE PRO 2.0

Dynamic Air Compression with
Patented Pulse Massage Technology

THE NEXT LEVEL

Created by a physician bioengineer (MD, PhD), Normatec's patented Pulse massage pattern employs three key techniques – pulsing, distal release, and gradients – to enhance blood flow and speed recovery. The Normatec Pulse Pro 2.0 takes Pulse technology to the next level with highly customizable programming options and a sophisticated touchscreen display. It also features a Bluetooth® wireless technology enabled app, allowing you to integrate your recovery session seamlessly into your training plan and control your session directly from your phone. The Normatec Pulse Pro 2.0 System brings you cutting-edge connectivity and powerful results in a compact, modern design that travels well and is built to last.



BENEFITS

- Increases blood flow / circulation
- Promotes healing and recovery
- Decreases muscle fatigue after acute exercise
- Improves range of motion / flexibility (studies show)
- Lessens pain sensitivity

TECH FEATURES

- Touchscreen color display panel
- 10 intensity levels
- Preprogrammed rehab modes: Recovery Flush, Rehab, Custom
- Customizable time, pressure, and zone settings
- ZoneBoost™ feature
- Compact, lightweight control unit (3.6 lbs)
- 12 V power and rechargeable lithium-ion battery
- Reinforced, durable construction (attachments)



NORMATEC PULSE PRO 2.0 LEG SYSTEM

The Normatec Pulse Pro 2.0 Leg System uses compression and patented Pulse technology to flush out soreness and bring oxygenated blood to the part of the body furthest from the heart.

60030 001-03



NORMATEC PULSE PRO 2.0 LOWER BODY SYSTEM

Home to some of your most used muscle groups, the lower body gets a lot of activity and therefore needs a lot of recovery. The Normatec Pulse Pro 2.0 Lower Body System brings compression and patented Pulse technology to over half your body.

60040 001-03



WHAT'S INSIDE

- 1 Leg attachments (2)
- 2 Normatec Pulse Pro 2.0 Control Unit
- 3 Hose
- 4 Power supply
- 5 Additional plug adapters (3)



WHAT'S INSIDE

- 1 Leg attachments (2)
- 2 Hip attachment
- 3 Normatec Pulse Pro 2.0 Control Unit
- 4 Hose
- 5 Power supply
- 6 Additional plug adapters (3)

NORMATEC PULSE PRO 2.0 FULL BODY SYSTEM

When it comes to a more effective warm up or recovery for a full body workout, the Normatec Pulse Pro 2.0 Full Body System reigns supreme. A combination of leg, arm, and hip attachments helps circulate oxygenated blood to all your extremities so you can skip the soreness and build muscle faster.

60050 001-03



WHAT'S INSIDE

- 1 Leg attachments (2)
- 2 Arm attachments (2)
- 3 Hip attachment
- 4 Normatec Pulse Pro 2.0 Control Unit
- 5 Hose
- 6 Power supply
- 7 Additional plug adapters (3)



VIBRATION TECHNOLOGY

Featuring the Vyper 2.0, Hypersphere, and Hypersphere Mini, vibration technology provides rapid oscillations of localized pressure into the body's muscle and connective tissues. Lower speeds are useful for muscle relaxation and recovery while high speed is more ideal for muscle activation and performance. Muscles involuntarily relax and contract, promoting the body's recovery from aches and pains, and helping enhance range of motion, pain tolerance, and muscle performance.



VYPER 2.0

High-Intensity Vibrating Fitness Roller

THE FITNESS ROLLER, REIMAGINED

Strong, sleek, and durable, The Vyper 2.0 is the world's most powerful vibrating fitness roller. Featuring all the traditional benefits of foam rolling amplified by three powerful speeds of vibration, the Vyper 2.0 changes the rolling game.



31000 001-00

BENEFITS

- Accelerates warmup and recovery
- Enhances muscle performance
- Improves range of motion and flexibility
- Reduces muscle soreness and stiffness

TECH FEATURES

- Digital circuitry control
- 3 speeds
- Rechargeable lithium-ion battery (2+ hrs of use per charge)
- Dual zone exterior (smooth and grooved)
- Eco-friendly polypropylene foam
- TSA approved for carry-on

WHAT'S INSIDE

- 1 Vyper 2.0
- 2 18 V charger
- 3 Additional plug adapters (2)



HYPERSPHERE

High-Intensity Vibrating Massage Ball

UNLOCK YOUR BODY

Intensive and comprehensive, the high-intensity vibrating Hypersphere can be used for trigger point release on your tightest muscles so you can recover faster and move better.



BENEFITS

- Accelerates warmup and recovery
- Enhances muscle performance
- Improves range of motion and flexibility
- Reduces muscle soreness and stiffness

TECH FEATURES

- Digital circuitry control
- 3 speeds
- Rechargeable lithium-ion batteries (2+ hrs of use per charge)
- Dual exterior for grip and balance
- TSA approved for carry-on



32000 001-00



WHAT'S INSIDE

- ① Hypersphere
- ② 18 V charger
- ③ Additional plug adapters (2)

HYPERSPHERE MINI

Compact Vibrating Massage Ball

POWER MEETS PORTABILITY

Perfect for travel, the TSA carry-on approved Hypersphere Mini targets your tightest areas with precision to help you move better wherever you roam.



34000 001-00

BENEFITS

- Accelerates warmup and recovery
- Enhances muscle performance
- Improves range of motion and flexibility
- Reduces muscle soreness and stiffness

TECH FEATURES

- Digital circuitry control
- 3 speeds
- High intensity vibrating core
- Patented design with textured silicone exterior
- Rechargeable lithium-ion battery (2+ hrs of use per charge)
- Lightweight, compact size (1 lb / 3.5")
- TSA approved for carry-on

WHAT'S INSIDE

- 1 Hypersphere Mini
- 2 Desktop stand
- 3 USB cable



THERMAL TECHNOLOGY

FEATURING VENOM



VENOM

Wearable Vibration + Heat

WRAP WITH WARMTH

The Venom line features digitally connected wearable devices that combine heat and vibration to warm, loosen, and relax stiff muscles. Pushing out soreness and reducing pain, Venom devices feature a premium Plush™ neoprene compression wrap that holds heat and vibration right where you need it most.



BENEFITS

- Relaxes tense muscles
- Reduces joint pain and stiffness
- Increases body temperature

TECH FEATURES

- Digital touch screen control
- Nano-technology heat with 3 adjustable temperature levels: 130°F (55° C) / 145° F (63° C) / 160° F (72° C)
- 4 vibration pods with variable sequences
- 18 V rechargeable lithium-ion battery
- Premium Plush™ neoprene wrap
- TSA approved for carry-on

VENOM BACK

The Venom Back focuses heat and vibration on your core. Since almost all athletic movement involves your core, the Venom Back is ideal for easing overall muscle soreness and stiffness in the body.



20000 024-00



21000 001-10

VENOM LEG

The Venom Leg is made for recovery on-the-go. Walk, bend, and stretch with it on, or sit back and relax. Wherever you go, the Venom Leg will be there to heal you along the way.



WHAT'S INSIDE

- 1 Venom Back
- 2 Additional plug adapters (2)
- 3 Power supply

WHAT'S INSIDE

- 1 Leg wrap
- 2 Venom Pod
- 3 Additional plug adapters (2)
- 4 Power supply



VENOM RIGHT SHOULDER

The Venom Right Shoulder is designed to focus heat and vibration therapy to one of the most used yet often forgotten body parts. The treatment relieves upper neck and back tension and increases flexibility and range of motion for your arm.



21000 001-22

WHAT'S INSIDE

- ① Right shoulder wrap
- ② Venom Pod
- ③ Additional plug adapters (2)
- ④ Power supply



VENOM LEFT SHOULDER

The Venom Left Shoulder is designed to focus heat and vibration therapy to one of the most used yet often forgotten body parts. The treatment relieves upper neck and back tension and increases flexibility and range of motion for your arm.



21000 001-21

WHAT'S INSIDE

- ① Left shoulder wrap
- ② Venom Pod
- ③ Additional plug adapters (2)
- ④ Power supply



ICE COMPRESSION TECHNOLOGY

FEATURING ICT



ICT

Ice Compression Technology

ICE WITH AN UPGRADE

The product that started it all. A machine washable premium neoprene wrap uses pro-level compression to hold an ultra thin antimicrobial ice cell wherever you need it most. The ice cell features a patented air-release valve to keep the ice in place for extra cold surface contact. Designed in collaboration with the world's best athletes, the ICT takes this recovery staple into the future.



BENEFITS

- Air-release technology improves surface contact, surface area, and compression
- Reduces muscle, nerve, and joint pain
- Decreases swelling and blood flow
- Decreases muscle spasms

TECH FEATURES

Compression Sleeve Features

- 3mm premium grade Plush™ neoprene wrap
- Non-restrictive design allows for greater mobility during icing
- Provides optimal compression with a comfortable fit
- Machine washable

Ice Cell Features

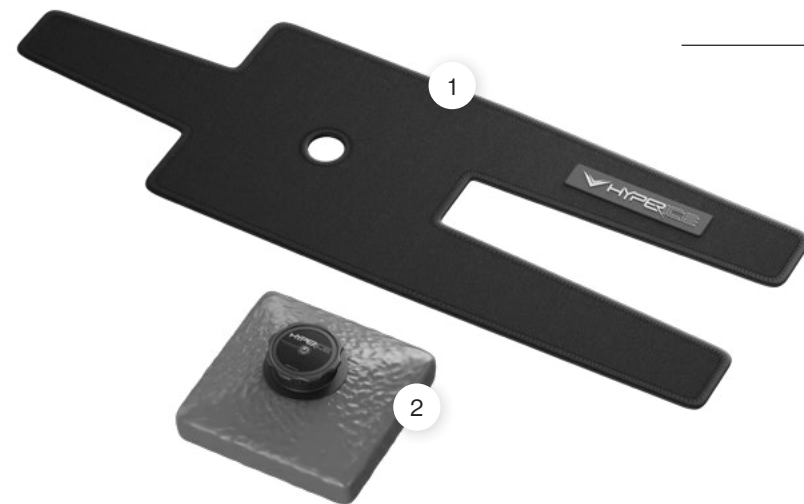
- Patented air-release valve allows for maximum compression
- Wide-mouth opening with watertight seal
- Ultra thin antimicrobial cell "skin" for rapid cold transfer
- 10" X 10" icing surface area

ICT UTILITY

The ICT Utility is the most versatile ICT wrap. King of all trades, it can be used on ankles, elbows, wrists, shins, and forearms. It can also be used for smaller body frames on knees and legs.



10030 001-00



WHAT'S INSIDE

- 1 Utility wrap
- 2 10" x 10" ice cell

ICT KNEE

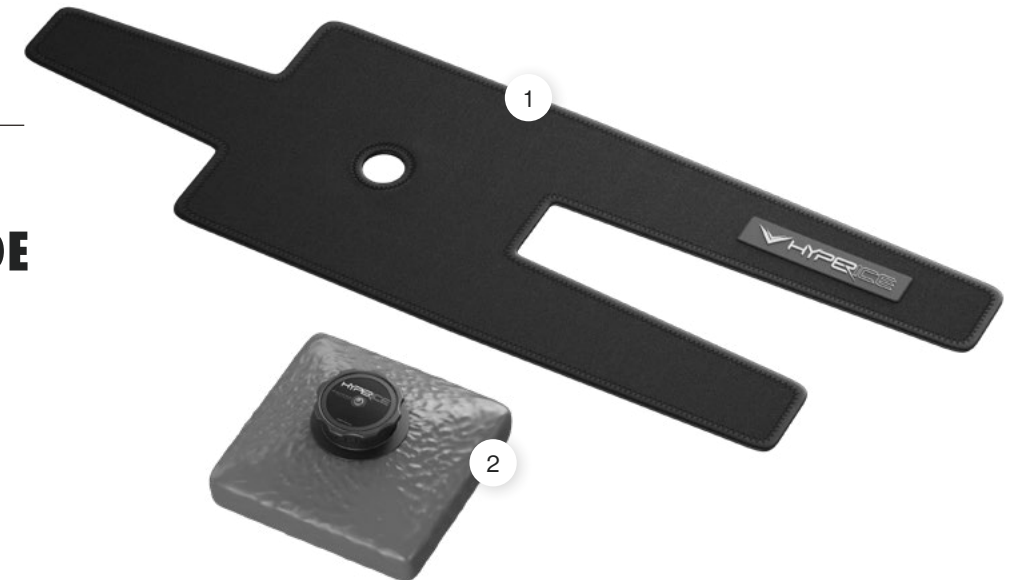
The ICT Knee wrap is made to support motion - walk it out, bend and stretch as desired while wearing the ICT Knee wrap. You're free to go wherever you like while still giving your body the treatment it needs.



10010 001-00

WHAT'S INSIDE

- 1 Knee wrap
- 2 10" x 10" ice cell



ICT RIGHT SHOULDER

The ICT Right Shoulder lets you ice hands free. Where previously one arm had to hold the ice for the other, rendering both arms temporarily immobile, the ICT Right Shoulder provides a wrap-and-go treatment so you can get back in the game faster.



10022 001-00



WHAT'S INSIDE

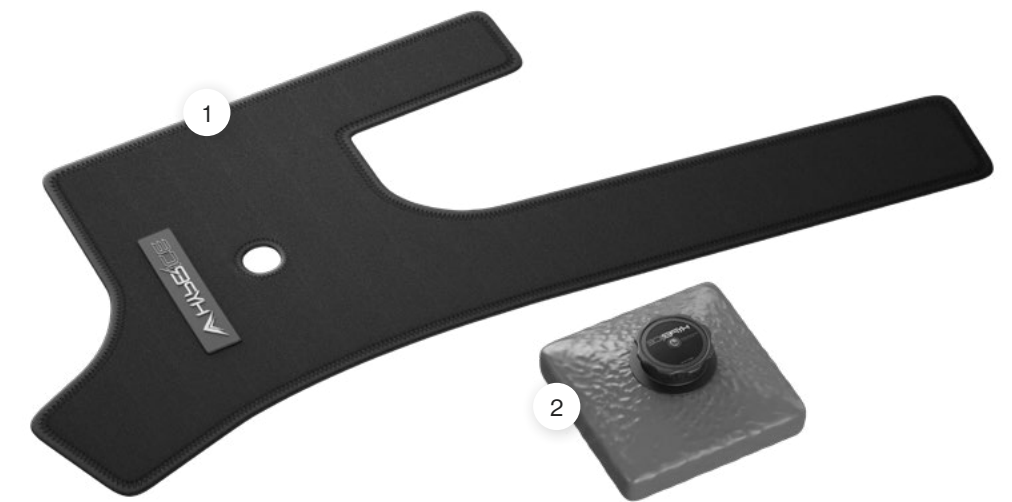
- 1 Right shoulder wrap
- 2 10" x 10" ice cell

ICT LEFT SHOULDER

The ICT Left Shoulder lets you ice hands free. Where previously one arm had to hold the ice for the other, rendering both arms temporarily immobile, the ICT Left Shoulder provides a wrap-and-go treatment so you can get back in the game faster.



10021 001-00



WHAT'S INSIDE

- 1 Left shoulder wrap
- 2 10" x 10" ice cell

ICT BACK

The ICT Back puts you in control of icing the most notoriously hard-to-reach area of your body. You can enjoy free range of movement and independence with the ability to effectively wrap your back and ice sore or injured muscles.



10040 001-00



WHAT'S INSIDE

- 1 Back wrap
- 2 Compression belt
- 3 10" x 10" ice cell



DIGITAL TECHNOLOGY

FEATURING THE HYPERICE APP



THE HYPERICE APP

Health & Wellness App

A CONNECTED WORLD. THE NEXT GENERATION OF HYPERICE.

Transform the way you move with the latest innovation by Hyperice. Powered by HyperSmart™, the Hyperice App seamlessly blends your physical and digital activity to create an experience entirely customized to you. Connect to health and wellness apps, follow guided routines, operate your Hyperice Bluetooth® devices, and get exclusive content from top pros.



CONNECT TO HEALTH & WELLNESS APPS

Get the most out of the Hyperice App by connecting to Strava® and Apple® Health, with more coming soon. Receive recommendations for routines based on your movement and track your activity stats, warmup, recovery, and daily maintenance all in one place.



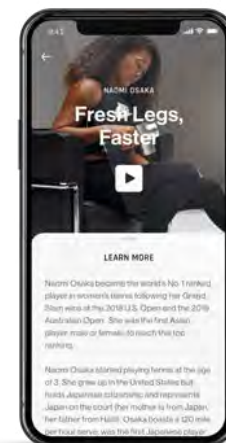
GUIDED WARMUP, RECOVERY, AND MAINTENANCE ROUTINES

Professionally curated routines from Hyperice experts, designed to help you move better.



EXCLUSIVE CONTENT FROM TOP PROS

Follow along as the world's best athletes, trainers, and physiotherapists guide you through their exclusive routines and share personal tips.



OPERATE YOUR BLUETOOTH® DEVICES

Pair your Hyperice Bluetooth® device, begin a routine, and let HyperSmart™ do the thinking. The speed will automatically adjust as you follow along with the guided routine so you can focus on your warmup or recovery.



Download on the
App Store

FACILITY
SUPPLIES

REHABILITATION &
RECOVERY

STRENGTH &
CONDITIONING



Facility Supplies

Wipes



Bulk Rolls

SKU	PRODUCT NAME	WIPE COUNT	CASE COUNT
Z800	Antibacterial Wipes	800/roll	4 rolls/case
Z1000	Wellness Center Wipes	1,150/roll	4 rolls/case
Z2000	Sanitizing Wipes	2,000/roll	4 rolls/case
ZALC800	Alcohol Wipes	800/roll	4 rolls/case



Canisters & Flat Packs

SKU	PRODUCT NAME	WIPE COUNT	CASE COUNT
ZS240	Sanitizing Wipes Canister	240/canister	6 canisters/case
ZALC150	Alcohol Wipes Canister	150/canister	12 canisters/case
ALCWIP	Alcosm Alcohol Wipe Flat Pack	50/pack	24 packs/case



Wipe Dispensers

SKU	PRODUCT NAME	DISPENSER TYPE
Z500-U	Upward Pull Wipe Dispenser	Wall mounted
Z650	Stainless Steel Wipe Dispenser	Floor dispenser
Z650B	Black Powder Coated Wipe Dispenser	Floor dispenser
Z700-Bucket	Bucket Wipe Dispenser	Bucket dispenser
Z500-B	Bucket Stand Wipe Dispenser	Floor dispenser
Z500-S	Free Standing Wipe Dispenser	Floor dispenser
DISP4CRIUC	4.25" Canister Wall Bracket*	Wall mounted
DISPCRZALC	4" Canister Wall Bracket**	Wall mounted

* The 4.25" Canister Wall Bracket fits the Zogics Hand Sanitizing Wipe Tubs

** The 4" Canister Wall Bracket fits the Zogics Alcohol Wipe Tubs





The Cleaning Station

Dispenser + Supplies

SKU	PRODUCT NAME
TCS-30063	The Cleaning Station Dispenser (available in black or silver) <i>- includes hand sanitizer dispenser</i>
TCS-30030	The Cleaning Station Dispenser (available in black or silver) Instant Hand Sanitizer Hydrating Gel Pouches <i>- available in cases of 8</i>
30063	Hand Sanitizer Dispenser (for use with The Cleaning Station)
SB4900	Commercial Spray Cleaning Bottle, 32 oz.
60010	The Cleaning Station Casters (2 locking, 2 non-locking)
70010	The Cleaning Station Acrylic Sign Holder
20015	Centerpull 2-Ply Paper Towels (660/roll, 6 rolls/case)

The All-in-One Wipe, Sanitizer, & Storage Solution for Every Industry

This sleek dispenser contains everything you need to clean, wipe off any surface, and sanitize your hands.

[LEARN MORE](#)



Bulk Hand Sanitizer

SKU	PRODUCT NAME	SANITIZER TYPE	SIZE	CASE COUNT
ZHS80SPR128	80% Alcohol Liquid Hand Sanitizer	Alcohol liquid spray	1 gallon	4/case
ZHS70G128	70% Alcohol Gel Hand Sanitizer	Alcohol gel	1 gallon	4/case
ZHS60G128	60% Alcohol Gel Hand Sanitizer	Alcohol gel	1 gallon	4/case
ZHS70G16	70% Alcohol Gel Hand Sanitizer	Alcohol gel	16 oz.	24/case
ZHS70G8	70% Alcohol Gel Hand Sanitizer, Soothing Cucumber	Alcohol gel	8 oz.	45/case
ZHSCA128	Citrus + Aloe Alcohol-Free Foam Hand Sanitizer	Alcohol-free foam	1 gallon	4/case





Bulk Body Care

SKU	PRODUCT NAME
OBWHC128	Zogics Organics Honey Coconut Body Wash
OSHC128	Zogics Organics Honey Coconut Shampoo
OCHC128	Zogics Organics Honey Coconut Conditioner
OLHC128	Zogics Organics Honey Coconut Lotion
BWCA128	Citrus + Aloe 3-in-1 Body Wash, Hand Soap, Shampoo
SCA128	Citrus + Aloe Shampoo
CCA128	Citrus + Aloe Conditioner
HSCA128	Citrus + Aloe Hand Soap
BLCA128	Citrus + Aloe Body Lotion
E0128	Eucalyptus Oil Blend

*All of our bulk body care are gallon-sized bottles.
Cases include 4 gallons.*



*Products with multiple SKUs are available in different colors or configurations.

** Zogics Touch-Free Hand Sanitizer Dispensers come in two versions: gel dispenser and foaming dispenser.

Bulk Body Care Dispensers

SKU	PRODUCT NAME	DISPENSER TYPE	SIZE	CASE COUNT	COLORS
MULTIPLE	ClearVu Encore Gel Soap Dispenser*	Wall mounted	46 oz.	12/case	White, Gray
MULTIPLE	Personal Care Dispenser 3-Chamber	Tabletop or wall mounted	36 oz./chamber	5/case	White
MULTIPLE	Personal Care Dispenser 2-Chamber	Tabletop or wall mounted	36 oz./chamber	6/case	White
MULTIPLE	Personal Care Dispenser 1-Chamber	Tabletop or wall mounted	36 oz./chamber	12/case	White
ZTTFD-18	Tabletop Foam Hand Sanitizer Dispenser	Tabletop	18 oz.	6/case	White
PB032	Tabletop Gel Pump Dispenser	Tabletop	32 oz.	12/case	White
SPR200ML	Tabletop Liquid Pump Sprayer	Tabletop	6.75 oz.	12/case	Clear
MULTIPLE	Touch-Free Hand Sanitizer Gel or Foam Dispenser**	Wall mounted	33.8 oz.	8/case	Black, White
MULTIPLE	Touch-Free Hand Sanitizer Gel or Foam Dispenser Floor Stand	Floor dispenser	33.8 oz.	8/case	Black, White
MULTIPLE	Touch-Free Hand Sanitizer Gel or Foam Dispenser Table Stand	Tabletop	33.8 oz.	8/case	Black, White





Disinfectants

SKU	PRODUCT NAME	SIZE
HDIS128	Zogics Commercial Disinfectant Concentrate	1 gallon
AKHCA128	WaltzD Hypochlorous Acid RTU	1 gallon
AKHCA32	WaltzD Hypochlorous Acid RTU	32 oz.
MC120575	ND64 Neutral Commercial Disinfectant Concentrate	1 gallon
VO9128	Vital Oxide Commercial Disinfectant	1 gallon
VO9500	Vital Oxide Commercial Disinfectant	5 gallons
MC105036	A2Z Multi-Surface Disinfectant	1 gallon
MC105027	A2Z Multi-Surface Disinfectant	32 oz.
EZB900	EZ-Bleach Commercial Disinfecting Tablets	900/tub



Cleaning Solutions

SKU	PRODUCT NAME	SIZE	CASE COUNT
CLNGPC32CN	General Purpose Cleaner	32 oz.	6/case
CLNGLC32CN	Non-Ammoniated Glass Cleaner	32 oz.	6/case
CLNNEC32CN	All Surface Neutral Cleaner	32 oz.	6/case
CLNREC32CN	Organic Acid Restroom Cleaner	32 oz.	6/case
CLNEZB128	Enzyme Enriched Floor Cleaner & Deodorizer	1 gallon	4/case
CLNBB32RU	Low Acid Toilet Bowl Cleaner	32 oz.	12/case
CLNRFC32CN	Rubber Floor Cleaner & Degreaser	32 oz.	6/case
CLNREC128CN	Rubber Floor Cleaner & Degreaser	1 gallon	4/case





Cleaning Tools

SKU	PRODUCT NAME
Z-DAS	Zogics Disinfectant Atomizing Sprayer
AF-DSP	Commercial Air Freshener Dispenser, Single-Fan
AF-DSP-DUAL	Commercial Air Freshener Dispenser, Single-Fan
AF-12	Natural Air Freshener Fragrance Squares*
7576	5 Gallon EZ Fill Container with Faucet
901	Disinfectant Gallon Pump

*Zogics Natural Air Freshener Fragrance Squares are available in these scents: citrus, grape, jasmine, tropicana, and vanilla.



**PUSHING THE
MULTIPLIER EFFECT™**
EVERY. SINGLE. DAY.

square root
BRANDS™ PRODUCTS THAT MULTIPLY
YOUR PERFORMANCE

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