

ESCAPE DECK 2.0.

escape 

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THE ONE STOP **WORKOUT PLATFORM.**

The Escape Deck 2.0 is a **multi-purpose, portable workout system** that can be used as an **aerobic stepping platform** and an **adjustable strength training bench**. It can be **configured in 16 different ways**, making this the perfect tool for bringing variety to your workouts.

WARRANTY AND BUILD.

Warranty: 1 year.

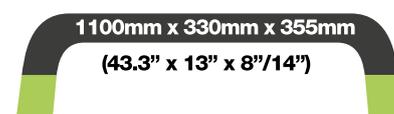


DIMENSIONS AND WEIGHTS.

Safe total work load: **110kg/242.5lb**

Max load: **170kg/375lb**

Weight: **12.5kg/27.5lb**



CLUB BENEFITS.

NEW ANATOMIC SURFACE TARGETS TO CREATE NEW PROGRAMMING OPTIONS.

TWO DIFFERENT HEIGHTS TO CATER FOR ALL USERS.

CAN BE USED IN ALL **BODYPUMP®** WORKOUT CLASSES.

PT BENEFITS.

LOWEST SETTING IS PERFECT FOR LOW IMPACT AEROBICS.

USE TUBES OR BANDS FOR ADDED WORKOUT OPTIONS.

INTERNAL STORAGE IS IDEAL FOR THE PT ON-THE-MOVE.

USER BENEFITS.

ANTI-SLIP SURFACE FOR IMPROVED GRIP.

EASILY SWITCH BETWEEN DIFFERENT CONFIGURATIONS.

VERSATILE, COMPACT AND INTUITIVE TO USE.



CONFIGURE IN 16 DIFFERENT WAYS for huge variety.



TALLER BUT SMARTER – our Deck is 20.5cm high (most decks are 4cm shorter) as this is the best stepping height for optimal health benefits while minimising joint loads.



INTELLIGENTLY DESIGNED WITH TARGET ZONES to challenge steppers in new ways.



STURDY LEGS AND LOW CENTER OF GRAVITY MAKE THE DECK EXTREMELY STABLE. This and the anti-slip rubber mat surface mean it's ultra safe to use, in all arenas.



ERGONOMICALLY DESIGNED ROUNDED EDGES won't dig into a user's sides when they're lying on it and using it as a bench.

WHAT ARE THE ADVANTAGES OF STEPPING? Stepping is one of the most proven aerobic training formats available to users and is superb for providing simple but effective cardio workouts. In its lowest 205mm setting, the adjustable step lends itself perfectly to low impact aerobics – great for burning stored body fat. If more intensity is required, the legs can be extended, raising the platform to 355mm.

“For a coach or trainer there are few products that can be used with an absolute beginner and conditioned athletes. I've worked on the Escape Deck with both types of people – the beginners are unfazed by its features while ultra-fit athletes can be drilled through extreme strength and conditioning workouts, while group exercise instructors can utilise the incline/decline feature into their choreography.”

Steve Barrett,
Product Developer.



SEE THIS PRODUCT IN ACTION ONLINE.