

GRIPR.

Grip, lift, throw and slam; show me what you've got.

This grip resistance trainer is a great way to add a new challenge to traditional exercises and is built to withstand the roughest of treatment.



TECHNICAL INFORMATION.

Warranty:

1 year.

Dimensions:

Thickness: **3.5cm/1.8"** (2kg) increasing to **6cm/2.4"** (20kg).

Materials:

Double stitched neoprene bag with a filling of micro-grade steel sand.

Country of origin: Taiwan.

20cm / 7.9"	24cm / 9.4"	27cm / 10.6"	30cm / 11.8"	33cm / 13"
2kg/4.4lbs	4kg/8.8lbs	6kg/13.2lbs	8kg/17.6lbs	10kg/22lbs
34.5cm / 13.6"	35cm / 13.8"	36.5cm / 14.4"	38cm / 15"	39.5cm / 15.6"
12kg/26.5lbs	14kg/30.9lbs	16kg/35.3lbs	18kg/39.7lbs	20kg/44lbs

CLUB BENEFITS.

- Exciting alternative strength tool.
- Will not mark or scratch studio floors.
- Introduce beginners to fundamental movements.

PT BENEFITS.

- Ideal for Group X and 1-on-1 sessions.
- Unstable tool keeps the core guessing.
- Ultimate challenge for the kinetic chain.

USER BENEFITS.

- Colourful and stylish.
- Easy weight identification.
- Ten different weights to suit your ability level.



Double stitched, completely sealed neoprene bag meaning there is no leakage.



Water resistant material means it can be used outdoors.



Micro grade steel sand moves freely with the bag so no two repetitions are ever the same.



Will not injure if dropped on toes and feet and can be rested on forearms without fear of injury.



Unique rubber printing treatment stretches with the fabric ensuring it doesn't crack or deteriorate over time.

WHY CHOOSE AN ESCAPE GRIPR?

Grip strength is the foundation of all lifting exercises so the GRIPR has been created to develop wrists, forearm and general arm strength.

By developing grip strength a user will build forearm strength, meaning they can expect to see fantastic results when visiting a freeweight area to lift.

Therefore the GRIPR will play a key role in any facility, not just because of added variety in a functional workout but also for the benefits users will see in other workouts they attempt.

The safety element is also key. Beginners, and even kids, can use the GRIPR in confidence to learn truly functional movement patterns that would previously have been too difficult, or potentially harmful, with either a kettlebell or dumbbell.

