

**ESCAPE FITNESS.**

# NUCLEUS FREE WEIGHT RANGE.

VERSION TWO.



# ESCAPE NUCLEUS FREE WEIGHTS - AT THE CORE OF ALL THAT WE DO.

**Nucleus.** *noun. the central and most important part of an object, movement, or group, forming the basis for its activity and growth.*

**Overcoming resistance and escaping our limits have been at the core of our mission and workout philosophy since we embarked on this journey over 22 years ago.**

A simple and resistance training tool built by my father when I was teenager became the central idea for our family business startup. This problem we chose to get to grips with, leading to the formation of Escape Fitness, was to be the first company to develop an affordable SBX dumbbell for the UK fitness industry.

That first product we saved up to import into England afforded us an opportunity to help a client in a time of need. A small fitness start-up contacted us with a problem; they had been let down by their supplier and urgently needed a set of dumbbells for their grand opening the next morning.

A lucky break, or moment of opportunity, I jumped at the chance to deliver a set of our new dumbbells that evening. That small operator went on to become one of the biggest fitness chains in Europe and helped Escape to go on and become one of the largest suppliers of commercial free weights in world. Over 1m kilos shipped in the last 12 months alone proves that, when you invest in an Escape product, you can rest assured your investment is in safe hands.

Over two decades later, we continue to solve problems for our

customers and continue to design and build high quality functional free weight training equipment. As one of the few companies to own a dedicated manufacturing facility, we produce patented dumbbells and weight plates with full control of the supply chain, from raw materials to shipping cartons. With no middle men, no trading agents and no additional costs built into the supply chain, you can be assured you're getting the best possible price and quality on the market.

Today, after two years in development and testing, the Escape team is proud to announce the birth of a new line of free weight training equipment. But we needed a name... A name that's simple and powerful like the product itself. A name that represents the ideas that Escape has been built upon. A name to describe a gym essential and one of the most important training tools in thousands of fitness facilities. A name for something that lives in the palm of potentially millions of fitness enthusiasts and athletes committed to improving themselves and pushing for one more rep, even when no one else is counting.

Introducing Nucleus – the central and most important part of an object, movement, or group, forming the basis for its activity and growth.

**Matthew Januszek**





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# REAL INNOVATION IS WORTH THE WEIGHT.



# URETHANE DUMBBELLS.

With a permanently-bonded, steel head and dual lock construction, this innovative dumbbell range even features weight indications with the opportunity to customise for your brand. The unique head shape is a mathematical transition from round at the front face to an Octagon at the rear, giving the parallel faces for anti-roll benefits.



**HANDLES.**  
Salt spray tested chrome handles.

**BADGE.**  
3D embossed micro injection badge.

**FIXING.**  
Premium textures for squat and swing grip variation.

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

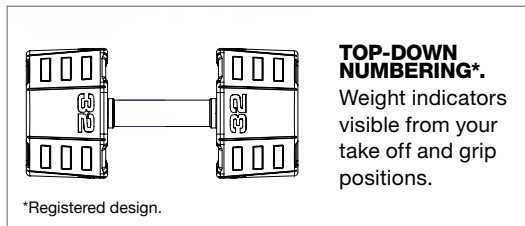
**LOGO.**  
Client branding available.

**URETHANE DUMBBELL PAIRS.**

<b>PUDB01</b>	1kg	Urethane Dumbbell Pair
<b>PUDB02</b>	2kg	Urethane Dumbbell Pair
<b>PUDB03</b>	3kg	Urethane Dumbbell Pair
<b>PUDB04</b>	4kg	Urethane Dumbbell Pair
<b>PUDB05</b>	5kg	Urethane Dumbbell Pair
<b>PUDB06</b>	6kg	Urethane Dumbbell Pair
<b>PUDB07</b>	7kg	Urethane Dumbbell Pair
<b>PUDB08</b>	8kg	Urethane Dumbbell Pair
<b>PUDB09</b>	9kg	Urethane Dumbbell Pair
<b>PUDB10</b>	10kg	Urethane Dumbbell Pair
<b>PUDB12</b>	12kg	Urethane Dumbbell Pair

**ULLDB10** 10 Pair Dumbbell Rack (as shown)

Dumbbells are also available in 14kg to 50kg (2kg increments).  
Codes **PUDB14** to **PUDB50**.



**URETHANE DUMBBELL SETS.**

<b>PUDB110</b>	1-10kg	Urethane Dumbbell Set
<b>PUDB220</b>	2-20kg	Urethane Dumbbell Set
<b>PUDB2230</b>	22-30kg	Urethane Dumbbell Set
<b>PUDB3240</b>	32-40kg	Urethane Dumbbell Set
<b>PUDB4250</b>	42-50kg	Urethane Dumbbell Set



**STORAGE:**  
For more details on the Octagon dumbbell rack and other storage see the Octagon Storage brochure.



# FREE WEIGHT STORAGE AND STUDIO WORKOUT IN ONE: THE STRONGBOX.

# SBX DUMBBELLS.

Despite being the entry-level option to the new Escape free weight range, these SBX dumbbells still feature the same patented “Dual Lock Plus” process, splined press fit at three tonnes and are full penetration welded.



**BADGE.**  
3D embossed  
micro injection badge.

#### SBX DUMBBELL PAIRS.

<b>RBDB025</b>	2.5kg	SBX Dumbbell Pair
<b>RBDB050</b>	5kg	SBX Dumbbell Pair
<b>RBDB075</b>	7.5kg	SBX Dumbbell Pair
<b>RBDB100</b>	10kg	SBX Dumbbell Pair
<b>RBDB125</b>	12.5kg	SBX Dumbbell Pair
<b>RBDB150</b>	15kg	SBX Dumbbell Pair
<b>RBDB175</b>	17.5kg	SBX Dumbbell Pair
<b>RBDB200</b>	20kg	SBX Dumbbell Pair
<b>RBDB225</b>	22.5kg	SBX Dumbbell Pair

Dumbbells are also available in 25kg to 50kg (2.5kg increments).  
Codes **RBDB250** to **RBDB500**.

#### SBX DUMBBELL SETS.

<b>RBDB2525</b>	2.5-25kg	SBX Dumbbell Pair Set
<b>RBDB2750</b>	27.5-50kg	SBX Dumbbell Pair Set
<b>RBDB1235</b>	12.5-35kg	SBX Dumbbell Pair Set

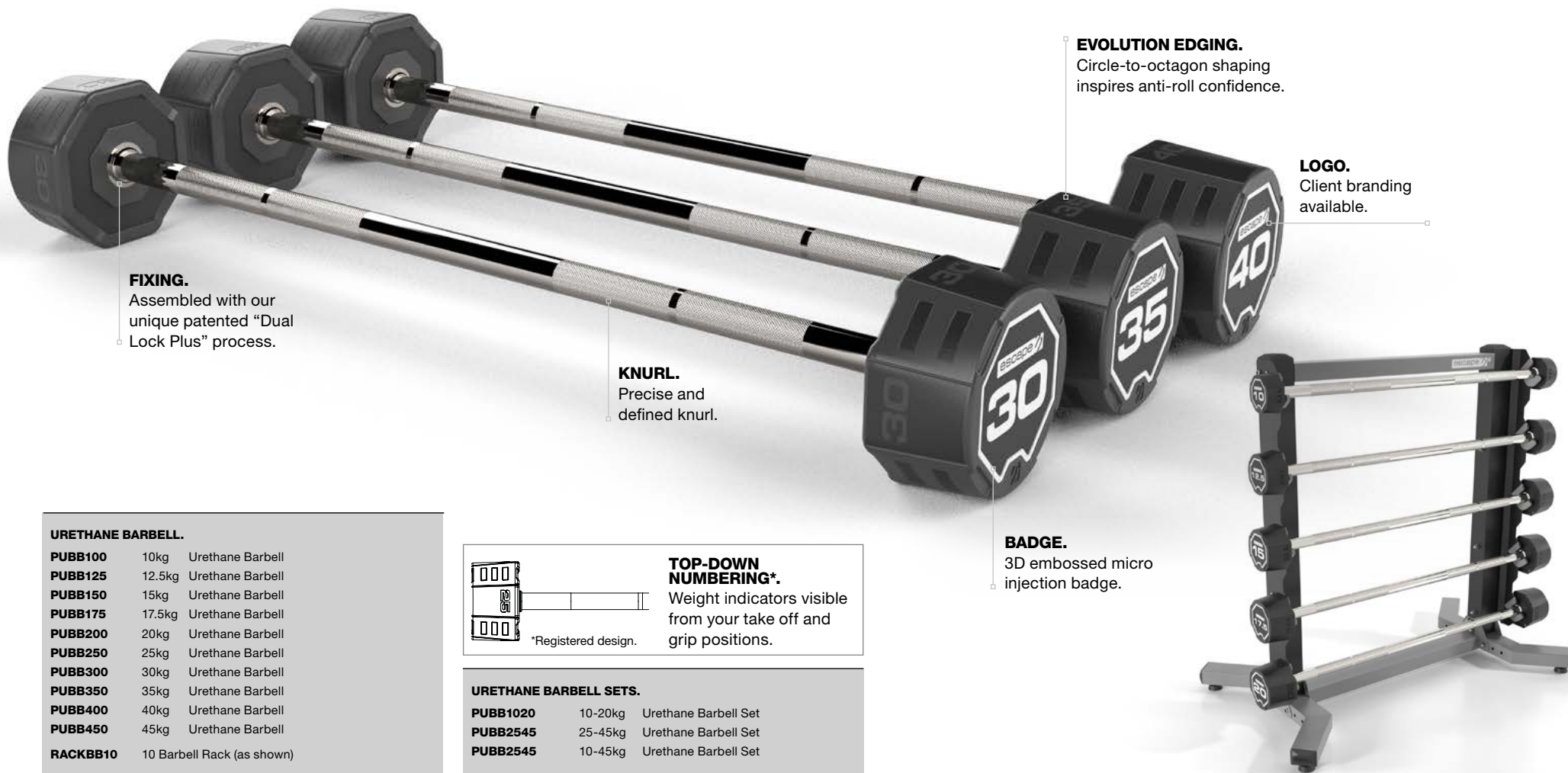
<b>STRBDB</b>	STRONGBOX with Dumbbells
<b>STRBEP</b>	STRONGBOX full equipment pack (as shown)



**STRONGBOX FULL EQUIPMENT PACK:**  
6 Pairs SBX Dumbbells, 2 x SBX Kettlebells, Total Grip Medball, GRIPR, Resistance Tube.

# URETHANE BARBELLS.

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



**FIXING.**

Assembled with our unique patented “Dual Lock Plus” process.

**KNURL.**

Precise and defined knurl.

**EVOLUTION EDGING.**

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

**LOGO.**

Client branding available.

**BADGE.**

3D embossed micro injection badge.

**URETHANE BARBELL.**

<b>PUBB100</b>	10kg	Urethane Barbell
<b>PUBB125</b>	12.5kg	Urethane Barbell
<b>PUBB150</b>	15kg	Urethane Barbell
<b>PUBB175</b>	17.5kg	Urethane Barbell
<b>PUBB200</b>	20kg	Urethane Barbell
<b>PUBB250</b>	25kg	Urethane Barbell
<b>PUBB300</b>	30kg	Urethane Barbell
<b>PUBB350</b>	35kg	Urethane Barbell
<b>PUBB400</b>	40kg	Urethane Barbell
<b>PUBB450</b>	45kg	Urethane Barbell
<b>RACKBB10</b>	10 Barbell Rack (as shown)	



\*Registered design.

**TOP-DOWN NUMBERING\*.**

Weight indicators visible from your take off and grip positions.

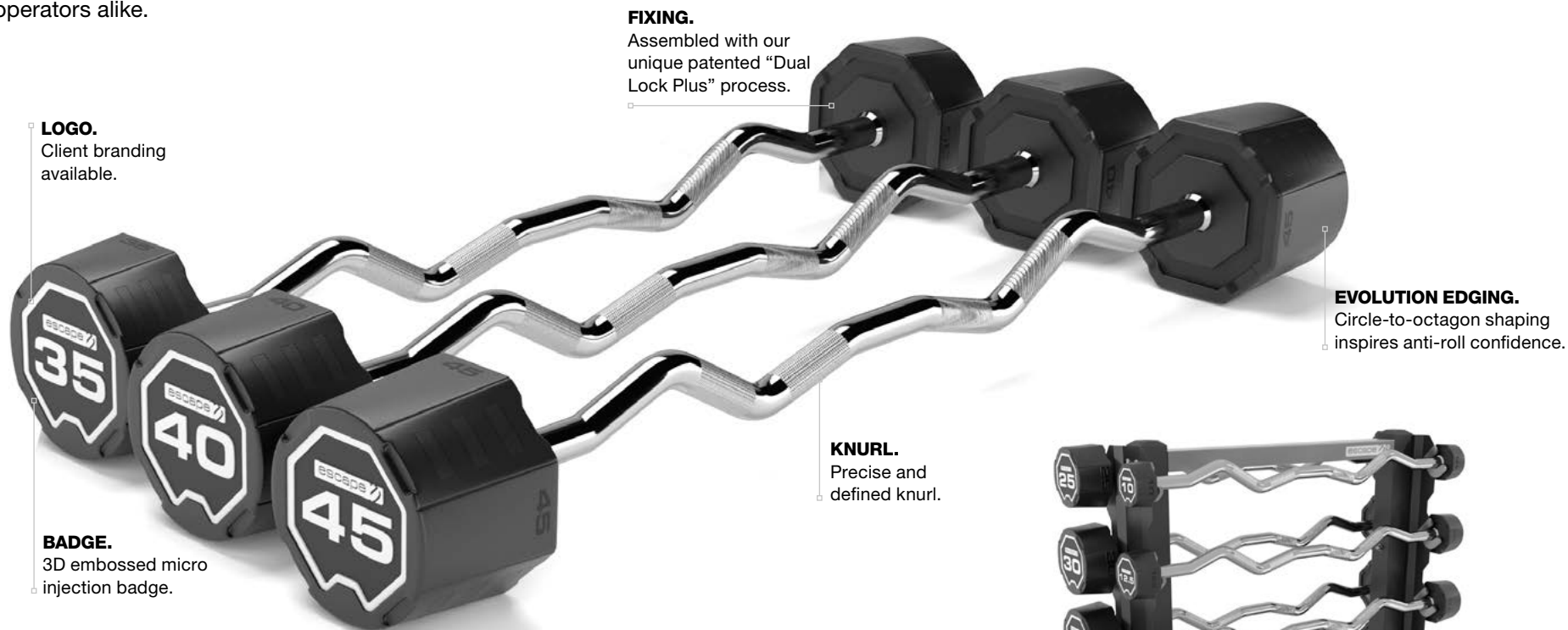
**URETHANE BARBELL SETS.**

<b>PUBB1020</b>	10-20kg	Urethane Barbell Set
<b>PUBB2545</b>	25-45kg	Urethane Barbell Set
<b>PUBB2545</b>	10-45kg	Urethane Barbell Set



# FIXED CURL BARBELLS.

The perfect bar for concentrating on bicep curls and tricep extensions has now got even better, with patented designs and innovation that inspires confidence and longevity for both members and operators alike.



**LOGO.**  
Client branding available.

**BADGE.**  
3D embossed micro injection badge.

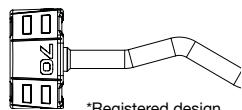
**FIXING.**  
Assembled with our unique patented "Dual Lock Plus" process.

**KNURL.**  
Precise and defined knurl.

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

## URETHANE FIXED CURL BARBELL.

<b>PUCBB100</b>	10kg	Urethane Fixed Curl Barbell
<b>PUCBB125</b>	12.5kg	Urethane Fixed Curl Barbell
<b>PUCBB150</b>	15kg	Urethane Fixed Curl Barbell
<b>PUCBB175</b>	17.5kg	Urethane Fixed Curl Barbell
<b>PUCBB200</b>	20kg	Urethane Fixed Curl Barbell
<b>PUCBB250</b>	25kg	Urethane Fixed Curl Barbell
<b>PUCBB300</b>	30kg	Urethane Fixed Curl Barbell
<b>PUCBB350</b>	35kg	Urethane Fixed Curl Barbell
<b>PUCBB400</b>	40kg	Urethane Fixed Curl Barbell
<b>PUCBB450</b>	45kg	Urethane Fixed Curl Barbell

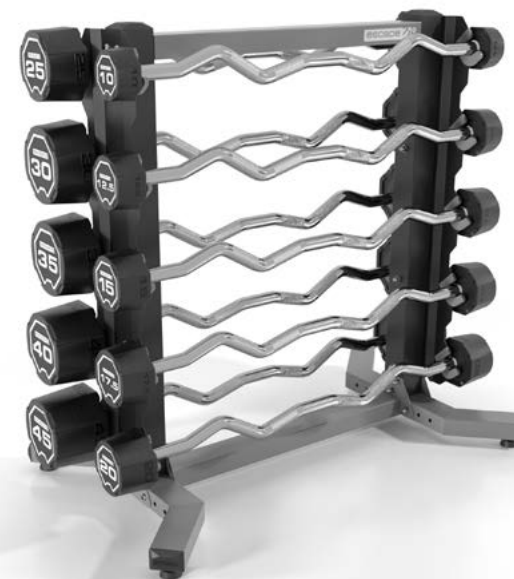


\*Registered design.

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

## URETHANE FIXED CURL BARBELL SETS.

<b>PUCBB1020</b>	10-20kg	Urethane Fixed Curl Barbell Set
<b>PUCBB2545</b>	25-45kg	Urethane Fixed Curl Barbell Set
<b>PUCBB1045</b>	10-45kg	Urethane Fixed Curl Barbell Set



10 | NUCLEUS FREE WEIGHT RANGE

# SWEAT. STRENGTH. STORAGE. SORTED.



# SBX KETTLEBELLS.

An innovative example of strategy for strength, the new kettlebell range offers another level of practicality that lasts. Textures and grooves across the kettlebell allow for more dynamic grip options with dynamic feedback when shifting weight, while the hard satin chromed and salt tested handles ensure longevity.

**SALT TESTED.**  
Hard satin chromed handles have been salt tested to last.

**LOGO.**  
Client branding available.

**BADGE.**  
3D embossed micro injection badge.

**GRIP.**  
360-degree grip and dynamic feedback.

**HANDLE.**  
Patented 'fish tail' welded into cast iron core bell.

**LONGEVITY.**  
A flat-moulded base reduces damage to racks when stored.

<b>RBKB04</b>	4kg	SBX Kettlebell
<b>RBKB08</b>	8kg	SBX Kettlebell
<b>RBKB12</b>	12kg	SBX Kettlebell
<b>RBKB16</b>	16kg	SBX Kettlebell
<b>RBKB20</b>	20kg	SBX Kettlebell
<b>RBKB24</b>	24kg	SBX Kettlebell
<b>RBKB28</b>	28kg	SBX Kettlebell
<b>RBKB32</b>	32kg	SBX Kettlebell
<b>RBKB424</b>	4-24kg	SBX Kettlebell Set
<b>ULLSS11</b>	Octagon Storage solution	



**STORAGE:**  
For more details on the Octagon kettlebell rack and other storage see the Octagon Storage brochure.

# RAISE THE BAR TO AN ELITE STANDARD.



# 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.

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



**COLOURS.**  
Bright IWF-compliant colours and contrasting weight indicators.



**FRACTIONAL PLATES.**  
Available in 1.5kg and 2.5kg, they fit tight against bumper plates for a snug fit and are a must-have for Olympic lifting areas or athletic training spaces.

**MATERIAL.**  
Hard wearing Urethane over a steel core shrugs off impacts to look new for longer.

- PUBP05** 5kg Elite Urethane Bumper Plate – Black (*Technique Only*)
- PUBP10** 10kg Elite Urethane Bumper Plate – Green
- PUBP15** 15kg Elite Urethane Bumper Plate – Yellow
- PUBP20** 20kg Elite Urethane Bumper Plate – Blue
- PUBP25** 25kg Elite Urethane Bumper Plate – Red

**Plates sold individually.**

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

# MORE PRACTICAL = MORE PERFORMANCE.

# URETHANE GRIP PLATES.

Textured for better grip, these PLATES also feature material variances to the face, allowing quality laser engraving and text PU filling for client branding options. The weight indicators are also debossed onto the periphery face of each plate for easy identification when racked horizontally.



**LOGO.**  
Client branding available.

**HANDLES.**  
Ergonomic handle increases workout opportunity.

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

## URETHANE GRIP PLATES.

<b>PUGD012</b>	1.25kg	Urethane Grip Plate
<b>PUGD025</b>	2.5kg	Urethane Grip Plate
<b>PUGD050</b>	5kg	Urethane Grip Plate
<b>PUGD100</b>	10kg	Urethane Grip Plate
<b>PUGD150</b>	15kg	Urethane Grip Plate
<b>PUGD200</b>	20kg	Urethane Grip Plate
<b>PUGD250</b>	25kg	Urethane Grip Plate

## URETHANE GRIP PLATE SETS.

<b>PUGD1252</b>	1.25-25kg	Urethane Grip Plate Set (2 of each)
<b>PUGD1254</b>	1.25-25kg	Urethane Grip Plate Set (4 of each)

Total number of PLATES = 14 per pack.



**NUMBERING.**  
Easy weight identification on a bar or rack.

# SBX GRIP PLATES.

With many of the same texture and tactile innovations for movement variety, these SBX grip PLATES offer an entry-level price point in the range but with a huge amount of practicality. Integrated handles and a grippable ridge mean that the PLATES are more than just about bar work; they can be used for a full-body workout.

**HANDLES.**  
Ergonomic handle increases workout opportunity.

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



## SBX GRIP PLATES.

<b>RBGD01</b>	1.25kg SBX Grip Plate
<b>RBGD02</b>	2.5kg SBX Grip Plate
<b>RBGD05</b>	5kg SBX Grip Plate
<b>RBGD10</b>	10kg SBX Grip Plate
<b>RBGD15</b>	15kg SBX Grip Plate
<b>RBGD20</b>	20kg SBX Grip Plate
<b>RBGD25</b>	25kg SBX Grip Plate

## SBX GRIP PLATE SETS.

<b>RBGD1252</b>	1.25-25kg SBX Grip Plate Set (2 of each)
<b>RBGD1254</b>	1.25-25kg SBX Grip Plate Set (4 of each)

Total number of PLATES = 14 per pack.



# CUSTOM BRANDED.

We believe in giving one more rep, even when no one else is counting. That's why we've worked so hard on these new innovations that you can custom brand for your facility. The Nucleus Free Weight Range is the core of our business, and we want it to be at the heart of yours to benefit your members.

Your branding and the weight micro injection badge will be 3D embossed with a longevity-tested bonding process. This means it's an integral part of the head mouldings and built to last.

## TOGETHER, THERE IS NOTHING WE CAN NOT DO WHEN WE SET OUR MINDS TO IT.



**ESCAPE FITNESS LTD  
HEAD OFFICE.**

11-14 Tresham Road, Orton Southgate,  
Peterborough, Cambridge, PE2 6SG, England

**TELEPHONE** +44(0)1733 313 535

**FACSIMILE** +44(0)1733 316 539

**EMAIL** sales@escapefitness.com

**WEBSITE** www.escapefitness.com

Registered in England 4215703

**ESCAPE FITNESS USA LLC.**

4434 Muhlhauser Road, Suite 300,  
Westchester, OH 45011, USA

**TELEPHONE** +1 614 706 4462

**EMAIL** salesusa@escapefitness.com

**WEBSITE** www.escapefitness.com/us

Registered in USA 201206600158

**ESCAPE FITNESS GMBH.**

Escape Fitness GmbH, Overweg 21,  
59494 Soest, Deutschland

**TELEPHONE** +49(0)2921 590 10 70

**FACSIMILE** +49(0)2921 590 10 710

**EMAIL** sales@escapefitness.de

**WEBSITE** www.escapefitness.com/de

Registered in Germany HRB 8838 ARNSBERG

**ESCAPE FITNESS  
POLAND SP. Z O.O.**

**TELEPHONE** +48(0)59 8634 322

**EMAIL** poland@escapefitness.com

**WEBSITE** www.escapefitness.com/pl

Registered in Poland 0000244786

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