



GYMHAUS COLLECTION

escape  [®]

BRINGING THE BOUTIQUE FITNESS STUDIO EXPERIENCE HOME.

The Gym Haus collection features some of the latest and greatest at-home workout equipment on the market.

These premium tools are being used by the top trainers and leading fitness brands worldwide. Designed to bring the boutique studio experience into the home, Gym Haus mixes form and function in bespoke ways to deliver a collection of equipment that is easy to use, performs well, and is reliable and safe.

Home workout spaces are becoming inspired places. Adding just a few key pieces of equipment to your garage, living room, bedroom, or backyard gym will ensure you get the results you're after.

No matter your fitness level or fitness goal, whether it's to burn calories, lose weight, get your heart rate up, build muscle through strength training or just get healthier, working out at home has some serious convenience benefits.

Add these top-rated picks to your gym setup at home and get ready to sweat. Gym Haus has something for everyone.



DUMBBELLS.

Durable, exceptional grip comfort, and features anti-roll benefits for safe and effective workouts.

See page 07-09



STRONGBOX.

The ultimate all-in-one incline weight bench training station.

See page 17



KETTLEBELLS.

Target and tone everything from your abs to your arms and your glutes.

See page 11



COREBAG.

Build strength with minimal equipment. Offers durability, versatility, and exceptional design and comfort.

See page 19

MEET THE NEWEST ADDITIONS
TO YOUR HOME GYM



STORAGE.

Properly store your workout equipment in order to maintain its longevity, performance, and safety.

See pages 12-15



GRIPR.

A cross between a sandbag, kettlebell, and dumbbell, it trains grip and forearm strength with every exercise.

See page 21

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MULTI GRIP MEDBALL.

Builds strength, explosive power, and helps with balance and coordination.

See page 23



VERTMINI.

Perform throwing and catching drills safely and with maximum precision.

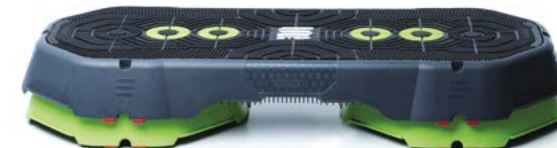
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DECK 2.0.

Delivering incredible versatility, the Deck 2.0 is great for aerobic exercise and strength training.

See pages 25



STEP AND RISERS.

Use a single STEP or raise the height with RISERS to increase the intensity of your workouts.

See pages 27-29



RESISTANCE TUBES.

Work your whole body with this low-impact favorite that is portable and small space-friendly.

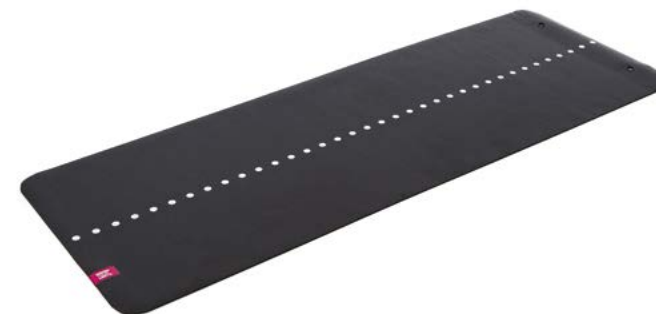
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FREESTANDING BOXING BAG & TRAINING GLOVES.

Combines both cardio and strength training, allowing you to burn calories fast, while relieving stress.

See page 32-33



MATS.

A high-quality mat is critical to keeping you safe and grounded as you flow and sweat through your daily workouts.

See pages 34-37



STEADYBALL PRO.

An essential for balance, flexibility, strength, and improving mobility.

See pages 39

MEET THE NEWEST ADDITIONS
TO YOUR HOME GYM



URETHANE DUMBBELLS TAKE YOUR FITNESS TRAINING TO THE NEXT LEVEL

Dumbbells are an essential part of any home workout routine. With a set (or two) of our Urethane Dumbbells, you can take your fitness training to the next level without having to step foot in a gym. They are durable, offer grip comfort, and feature anti-roll benefits.



PUSB110	1-10kg	Nucleus Urethane Dumbbell Set
PUSB220	2-20kg	Nucleus Urethane Dumbbell Set
PUSB110X	1-10kg	Nucleus Urethane Dumbbell Set XRACK2
PUSB110V	1-10kg	Nucleus Urethane Dumbbell Set RACKVDB
PUSB220X	2-20kg	Nucleus Urethane Dumbbell Set XRACK2
PUSB220V	2-20kg	Nucleus Urethane Dumbbell Set RACKVDB
PUSB220R	2-20kg	Nucleus Urethane Dumbbell Set RACKDB10



SBX DUMBBELLS

HELP YOU TONE UP WITHOUT LEAVING HOME

For those who care about strength training or at-home barre workouts, you'll want a solid weight set. You can do an unlimited variety of exercises with the SBX free weight range, exercising everything from your butt and thighs, to your abs and arms. Recessed edging gives you multiple grip options during trainings in addition to the traditional handle.



RBDB2525	2.5kg-25kg	Nucleus SBX Dumbbell Set
RBDB2525V	2.5kg-25kg	Nucleus SBX Dumbbell Set RACKVDB
RBDB2525R	2.5kg-25kg	Nucleus SBX Dumbbell Set RACKDB10

SWING YOUR HOME WORKOUTS INTO HIGH GEAR WITH OUR **KETTLEBELLS**



Kettlebells are one of the most versatile pieces of strength and endurance training equipment you can own. They target and tone everything from your abs to your arms and your glutes. Textures and grooves allow for more dynamic grip options and comfort. Our new kettlebells are focused on durability and ease of use through functional workout movements.

RBKB04	4kg	Nucleus SBX Kettlebell
RBKB08	8kg	Nucleus SBX Kettlebell
RBKB12	12kg	Nucleus SBX Kettlebell
RBKB16	16kg	Nucleus SBX Kettlebell
RBKB20	20kg	Nucleus SBX Kettlebell
RBKB24	24kg	Nucleus SBX Kettlebell
RBKB28	28kg	Nucleus SBX Kettlebell
RBKB32	32kg	Nucleus SBX Kettlebell
RBKB424	4-24kg	Nucleus SBX Kettlebell Set
RBKB4322R	4-32kg	Nucleus SBX Kettlebell Set *2 RACKKB

KEEP YOUR GEAR OUT OF THE WAY AND ORGANIZED.

KETTLEBELL AND DUMBBELL RACK.

Store away your gear between sessions on this three-tiered unit that's perfect for a variety of weights and training equipment.

RACKKD Kettlebell and Dumbbell Rack

SPECIFICATIONS:

Holds up to 20 Dumbbells (10 pairs) and 12 Kettlebells.
Size: 1964mm* x 700mm x 1146mm
*1710mm if feet are turned inward.
Weight 83kg



10 PAIR DUMBBELL RACK.

This rack stores 10 pairs of dumbbells and features adjustable feet to make the most of your home workout space.

RACKDB10 10 Pair Dumbbell Rack

SPECIFICATIONS.

Holds 20 Dumbbells (10 pairs).
Size: 1964mm* x 700mm x 755mm
*1709mm if feet are turned inward.
Weight 60kg





XRACK.

Got a corner to spare? Then you've got yourself a totally functional exercise space with the XRACK. It's the most efficient and stylish way to keep your entire set off the floor.

XRACK2 XRACK 2.0

SPECIFICATIONS.

Holds 20 Dumbbells (10 pairs up to a maximum weight of 20kg).
Size: 760mm x 701mm x 1545mm.
Weight 54kg.



VERTICAL DUMBBELL RACK.

Providing easy accessibility, its modern, intelligent design does a lot more than simply display the range of weights. Its heavy-duty, quality craftsmanship will provide long-term durability for years to come.

RACKVDB Vertical Dumbbell Rack

SPECIFICATIONS.

Holds 20 Dumbbells (10 pairs up to a maximum weight of 25kg).
Size: 700mm x 700mm x 1736mm
Weight 33kg.

**PLEASE NOTE.**

Dumbbells shown are for illustrative purposes only. See next page for sets available.

DESIGNED TO BUILD STRENGTH AND KEEP WORKOUTS EXCITING.



The Strongbox is an all-in-one training bench, plyo platform, and equipment storage unit for those who are serious about their home workouts. It not only looks cool, but speeds up transitions during circuits and saves on space.

STRBDB STRONGBOX with Dumbbells
Includes: 6x Rubber Dumbbells 2.5kg - 15kg

STRBEP STRONGBOX with Equipment Pack
Includes: 6x Rubber Dumbbells 2.5kg - 15kg,
1 x 8kg Rubber Kettlebell, 1 x 5kg VERTMINI,
1 x 8kg GRIPR, 1 x Resistance Tube 02 Green

SPECIFICATIONS.

Size 1306mm x 515mm x 520mm. Weight 90kg empty.



THE **COREBAG** IS IDEAL FOR LUNGES, SQUATS, AND PRESSES



The Corebag is a fun way to build strength with minimal equipment. From durability and versatility to exceptional design and comfort, it checks all the boxes for a quality bag. It's perfect for anyone who wants to improve their overall fitness and was tested to take a beating.

ECB050V3	5kg	Corebag – Green
ECB100V3	10kg	Corebag – Blue
ECB150V3	15kg	Corebag – Red
ECB200V3	20kg	Corebag – Grey
ECB250V3	25kg	Corebag – Black

IMPROVE YOUR GRIP STRENGTH WITH THE **GRIPR**

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



GRIPR202	2kg	GRIPR – Green
GRIPR204	4kg	GRIPR – Blue
GRIPR206	6kg	GRIPR – Red
GRIPR208	8kg	GRIPR – Grey
GRIPR210	10kg	GRIPR – White
GRIPR212	12kg	GRIPR – Green



MEDBALLS ARE COMPACT AND EASY-TO-USE



VERTMINI.

The VERTMINI is the ideal tool for getting into medicine ball workouts. Featuring smaller sizes and a softer outer surface than traditional medicine balls means that users of all abilities will quickly feel confident.

- | | | |
|--------------|-----|------------------|
| EVM01 | 1kg | VERTMINI – Green |
| EVM02 | 2kg | VERTMINI – Blue |
| EVM03 | 3kg | VERTMINI – Red |
| EVM04 | 4kg | VERTMINI – Grey |
| EVM05 | 5kg | VERTMINI – Black |



MULTI GRIP MEDBALL.

The Multi-Grip Medball has a textured surface, durable rubber shell, and offers all-around ease of use. It can help build strength, explosive power, hone in on ab muscles, and work on your balance and coordination.

- | | | |
|----------------|------|--------------------------|
| MGMED06 | 6kg | Multi Grip Medicine Ball |
| MGMED07 | 7kg | Multi Grip Medicine Ball |
| MGMED08 | 8kg | Multi Grip Medicine Ball |
| MGMED09 | 9kg | Multi Grip Medicine Ball |
| MGMED10 | 10kg | Multi Grip Medicine Ball |



THE **DECK 2.0** IS A STAPLE IN HOME GYMS AROUND THE WORLD

The Deck 2.0 delivers incredible versatility. It's great for aerobic exercise and strength training, and is a staple in home gyms around the world. Why not yours? Vary your workout intensity with 16 possible configurations across Step, Ramp, and Bench modes.



01



▲ In its lowest position, the Deck is perfect for step routines

02



▲ Extend one leg to workout on an incline or decline.

03



▲ When both legs are extended, plyometric training is made simple.

04

▲ Featuring three back rest positions, the Deck suits a wide variety of dumbbell exercise positions.

EST-DECK Deck 2.0.

SPECIFICATIONS.

Size 205mm (flat), 1100mm x 980mm (extended) x 330mm. Weight 13kg.

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THE **STEP** ADDS INTENSITY TO YOUR HOME WORKOUTS

Use a single STEP for classic step exercises or raise the height with RISERS to create an inclined platform and increase the intensity of your workouts. Both the STEP and RISERS are super lightweight and portable—so you can move them from room to room (or outdoors) with ease. Guaranteed versatility means it's easy to switch between configurations mid-workout.



- STEP01** 1 x STEP Platform.
- STEP03** 3 x STEP Platform Pack.
- STEP04** Escape STEP (1 x Platform, 2 x RISERS).
- STEP05** Escape STEP (1 x Platform, 4 x RISERS).
- SPECIFICATIONS.**
- STEP01:** Size: 1063mm x 446mm x 107mm. Weight 6.23kg.



MAKE YOUR WORKOUT MORE CHALLENGING WITH THE **RISER**

RISERs are a great home fitness tool for both beginners and experts. They are stackable and perfect for circuits, lunges, stretching, aerobic workouts, and strength exercises.



STEP02 1 x RISER

STEP06 6 x RISER Pack

SPECIFICATIONS.

STEP02: Size: 434mm x 434mm x 105mm. Weight 1.85kg.

MULTI-FUNCTIONAL RESISTANCE TUBES THAT GET THE JOB DONE



Versatile, portable, and easy to use, these resistance tubes are multi-use fitness tools and perfect for at-home workouts. Add an extra layer of resistance and intensity to any type of exercise.

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

TRAINING GLOVES

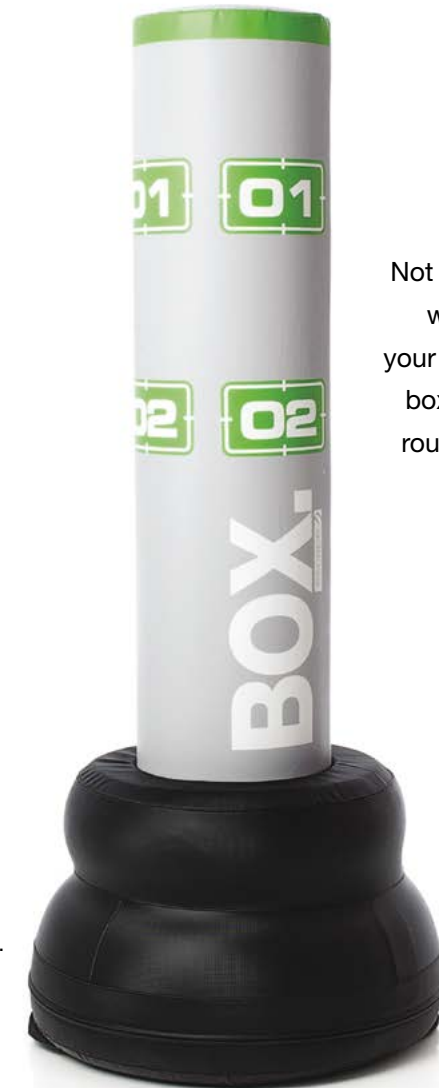
THAT PROVIDE A
SNUG FIT AND
PLENTY OF
PROTECTION



EBOX-TG10R 10oz Training Gloves – Red
EBOX-TG12B 12oz Training Gloves – Black

A pair of well-fitted gloves are essential to protect your hands and wrists when hitting a heavy bag or during any other type of boxing session. These training gloves feature injection molded padding, mesh panels to improve air flow, and are treated with an antimicrobial hygienic technology.

ELEVATE YOUR TRAINING WITH THE FREESTANDING BOXING BAG



Not only is boxing a great cardio workout, but it also will chisel your core. If you're looking to get boxing into your home workout routine, a great tool to have is a freestanding punching bag.

EBOX-FSPB1 Freestanding Punchbag
EBOXRT1 Replacement Tube
RE-21422 Replacement Base

SPECIFICATIONS.

EBOX-FSPB1: Size 730mm x 1830mm. Weight 72kg.

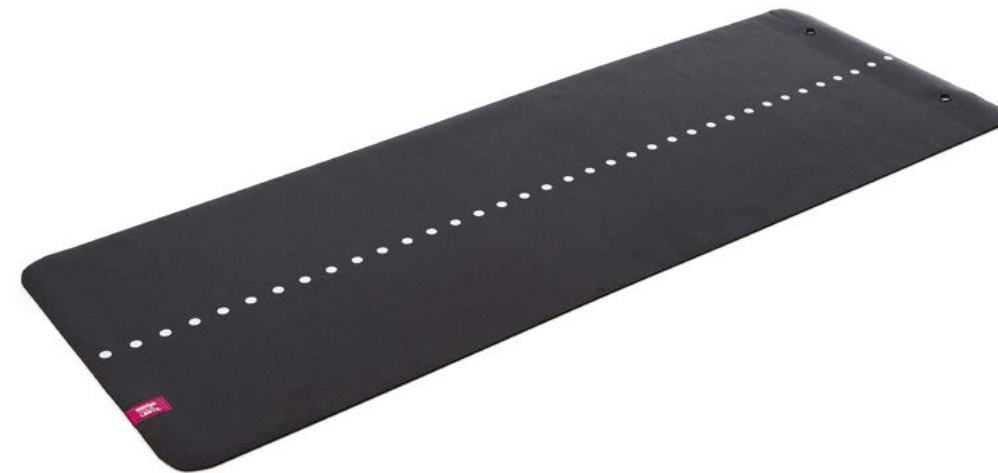
EBOXRT1: Size 350mm x 1830mm. Weight 26kg.

RE-21422: Size: 500mm x 730mm. Weight 46kg.



THE PERFECT **YOGA MAT** FOR SWEATY HOME WORKOUTS AND ZEN YOGA FLOWS

A yoga mat isn't just for yoga: It can make bodyweight exercises like stretching and core work more comfortable.



YMAT01 Yoga Mat – Black

SPECIFICATIONS.
Size 1730mm x 610mm x 4mm.

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PERFORM YOUR FAVORITE MOVES WITH CONFIDENCE ON THE **CORE AND FLEX** MATS



FLEX MAT.

Two-sided exercise mat that provides extra grip and comfort and is ideal for stretching and Pilates

EST-FMGRY Flex Mat – Anthracite

SPECIFICATIONS.

Size 1020mm x 505mm x 10mm.



CORE MAT.

Two-sided exercise mat that provides extra grip and comfort and is ideal for stretching and Pilates

EST-CMATA Core Mat – Anthracite

SPECIFICATIONS.

Size 1840mm x 610mm x 10mm.



STEADYBALL PRO

ROUNDS OUT YOUR WORKOUTS

Get strong and stay steady. A great way of challenging core strength, balance, and concentration with every movement. Features self-leveling technology and made with a special anti-burst foam PVC for maximum safety.



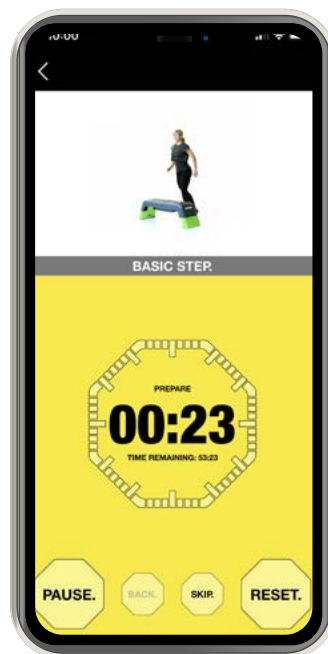
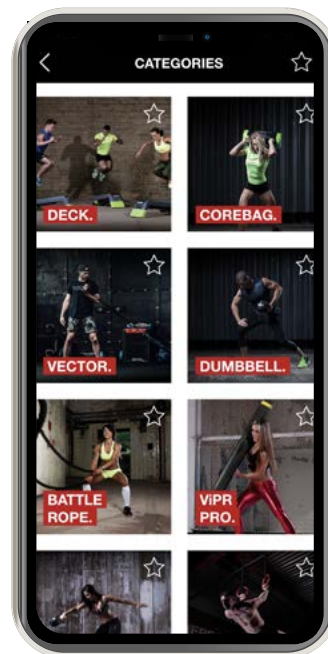
- SBP55** 55cm Steadyball Pro - Light Gray
- SBP65** 65cm Steadyball Pro - Dark Gray
- SBP75** 75cm Steadyball Pro - Black

MASTER FUNCTIONAL FITNESS ANYTIME, ANYWHERE.

The Escape Your Limits App gives you access to professional, on-demand workouts and exercises to help you get the most out of your Escape Fitness equipment.

Select individual exercises or entire workout regimens performed by Escape Fitness trainers. Learn how to perform specific workouts to burn calories, lose weight, get your heart rate up, or build muscle through strength training.

With the Escape Your Limits App, you can fully incorporate functional fitness training into your workout routine anytime, anywhere.



YOUR GYMHAUS AWAITS

The Gym Haus Collection can support any fitness goal. Dedication an area in your home for exercise is a great way to inspire movement without the expense of a gym membership.



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