

THE ESCAPE BATTLE BAG.™

escape 

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BRING SOME MILITARY-STYLE LOADING TO YOUR FUNCTIONAL TRAINING WORKOUTS.

The **Escape Battle Bag** enables you to **adapt its weight** to suit any individual. The integrated pouches can be filled with up to 25kg of weight, adding diversity to any workout. An exceptional tool for **developing the core**, balance, strength and conditioning.

WARRANTY AND BUILD.

Warranty: 1 year.

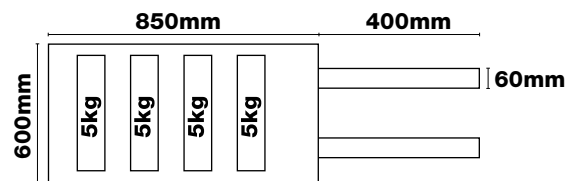


DIMENSIONS AND WEIGHTS.

1.64kg when empty.

Loads up to **25kg**.

Fill each pouch up to **5kg**.



CLUB BENEFITS.

MADE FROM TOUGH COTTON CANVAS.

INTRODUCE MILITARY STYLE TRAINING TO YOUR FACILITY.

EASY TO STORE - SPACE SAVING TO KEEP THE GYM LOOKING TIDY.

PT BENEFITS.

TRANSPORT A RANGE AND SELECTION OF WEIGHTS EASILY.

WEATHERPROOF IDEAL FOR OUTDOOR SESSIONS.

TRANSPORT A RANGE AND SELECTION OF WEIGHTS EASILY.

USER BENEFITS.

PERFORM ENDLESS EXERCISES WITH THE ESCAPE BATTLE BAG.

TAKE IT ANYWHERE THE PARK, EVEN ON HOLIDAY.

GREAT FOR PROGRESSION ADJUST THE WEIGHT GRADUALLY.



GREAT FOR MILITARY PERSONNEL – lightweight to transport and gives a great workout.



FOUR SEPARATE COMPARTMENTS – load them with sand, soil, stone, gravel or water bottles.



STRONG VELCRO – keeps the bag safe and secure whilst you're working out.



VARIOUS HANDLES – the bag can be used for exercises all around the body.



IDEAL FOR OUTDOOR TRAINING – great for PTs or trainers to get outdoors and get serious.

The **Escape Battle Bag** adds weight to just about any workout. **Run with it, throw it, catch it, slam it or flip it, or squat, lunge or press with it.** Use it to develop **core strength, balance, strength and conditioning, endurance and stamina.** Four compartments can be filled with just about anything: **sand, gravel, stones or any ballast material.** You can also use **water bottles**, doubling it up as a place to store water for when you need hydration. This flexibility coupled with the weatherproof canvas makes it **ideal for outdoor PT sessions and bootcamps.** And when you've finished a workout, simply empty the contents and throw it in the washing machine ready for next time.



SEE THIS PRODUCT IN ACTION ONLINE.