

ESCAPE COREBAG.®

escape 

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THIS FUNCTIONAL TRAINING FAVOURITE MAKES STRENGTH TRAINING FUN AND INCLUSIVE.

The **Escape Corebag** is a fundamental piece in our functional training product range. Providing a **variety of weight options** when it is needed most, the Corebag will soon establish itself as **a firm favourite** in your club.



WARRANTY AND BUILD.

Warranty: 1 year.

Build: Tough rebounded foam with PVC cover.

DIMENSIONS AND WEIGHTS.

5kg/
11lbs

10kg/
22lbs

15kg/
33lbs

20kg/
44lbs

25kg/
55lbs

CLUB BENEFITS.

VAST WEIGHT RANGE
MEANS THERE'S A SUITABLE BAG FOR ALL YOUR MEMBERS.

TIDY STORAGE OPTIONS
MEANS THE GYM FLOOR IS KEPT TIDY AND HAZARD FREE.

A FUNDAMENTAL TOOL FOR
FUNCTIONAL TRAINING PROGRAMMES AND CIRCUITS.

PT BENEFITS.

EASY TO CLEAN SO IDEAL
FOR OUTDOOR BOOTCAMPS OR WORKOUTS.

COLOUR CODED BAGS
FOR EASY WEIGHT IDENTIFICATION.

GREAT FOR IMPROVING
CONFIDENCE FOR CLIENTS NOT APPEASED TO STRENGTH TRAINING.

USER BENEFITS.

GREAT FOR PRACTISING
LIFTING TECHNIQUES FOR VARIOUS LIFTS.

SMOOTH VINYL FINISH
IS KIND ON THE ARMS AND BODY.

SQUAT, PRESS, LIFT, CLEAN, CARRY AND PULL
THE BAG FOR A COMPLETE STRENGTH WORKOUT.



STRONG HANDLES – to assist your members in performing a range of lifts and exercises.



VARIOUS WEIGHT CHOICES – help your members progress when they have mastered their technique.



IDEAL FOR CORE CONDITIONING – use exercises that move the Corebag away from the body to engage key core muscles you're working out.

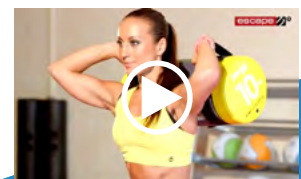


STRONG AND HYGIENIC – easy to clean PVC outer means your kit stays in great condition for longer.



PERFECT FOR FUNCTIONAL TRAINING – use the Corebag in functional circuits, lifting sessions and in outdoor bootcamps.

The **Corebag** is a fundamental part of any functional training programme. In itself, it provides an abundance of possible exercises. It is also **great for introducing weight training** to clients or members. The handles allow members to **deadlift, press, squat and snatch** the Corebag, which makes it the ideal training tool for **introducing Olympic Lifting** and new skills to clients.



SEE THIS PRODUCT
IN ACTION ONLINE.