

CRUX.

The CRUX is versatile and durable. Constructed from a heavy-duty steel case and polypropylene rope, the CRUX was made to withstand the most challenging training sessions. This optional piece of kit for most Octagon frame configurations is intuitive, beautifully designed, requires zero setup, and the adjustable resistance makes it suitable for all users.

Get to grips with the CRUX to elevate heart rate, build functional strength, and improve cardiovascular conditioning and endurance.



CRUX.

HIIT TRAINING - Helps to elevate users' heart rate quickly and keep them there until the end of the set.

INTUITIVE - Easy to teach and quick to get started, anyone can quickly learn the technique required.

POLYPROPYLENE SYNTHETIC ROPE - Durable enough to withstand heavy commercial use without breaking down.

LASER CUT, STEEL CASING - Modern styling to align perfectly with the Octagon range of frames and accessories.

ALL USERS - Adjustable resistance level allows for beginners and advance users to be equally challenged on the same unit.

STATIC /MOVEMENT TEST. (FORCE REQUIRED TO MOVE ROPE)

(Lbs or Kilos force)

1. Resistance Level 1 = 10.25 lbs/f or 4.65 kg/f
2. Resistance Level 2 = 14.25 lbs/f or 6.5 kg/f
3. Resistance Level 3 = 22.5 lbs/f or 10.2 kg/f
4. Resistance Level 4 = 28.5lbs/f or 13 kg/f

QUICK TO USE - No set up required, just select one of four resistance levels to start training.



TECHNICAL INFORMATION.

COUNTRY OF ORIGIN:

Taiwan

WARRANTY:

1 Year, 3 Months on rope

MATERIALS:

Casing – steel with a polyester powder coating

Rope – polypropylene

WEIGHTS AND DIMENSIONS:

ROPE PULLEY

Size: 606mm x 175mm x 954mm / 23.8" x 6.9" x 37.5".

Weight: 43.4kg / 95.7lb.

ROPE

Size: 32mm / 1.25" diameter

Weight: 5.3kg / 11.6lb.

OFFSET PLATE.

The Crux Rope Pulley Offset Plate was designed specifically to allow users to mount and position Escape's new Crux Rope Pulley directly next to the Octagon Hit Wing.

This mounting bracket can be retrofitted to the 100mm side of existing applicable Octagon frame configuration legs.

Made to withstand the toughest upper body interval training.

TECHNICAL INFORMATION.

- **ITEM CODE:**
OCA098
- **WEIGHT:**
6.8kg / 15lbs
- **DIMENSIONS:**
834mm L x 130mm W x 40mm D / 32.8'
L x 5.11' W x 1.57 D

- To be ordered with the Crux Rope Pulley and rope. Same lead times will apply.
- Not to be used for: T1 mounting.
- 2-person installation required. No risk during use.

1. **Back Plate**
2. **Top Plate**
3. **Front Plate**

