

# 2014 TIYR™ BROCHURE

YOUR ESSENTIAL GUIDE TO  
THE ESCAPE TIYR™



FLIPPING  
TIYRS IS A  
FUN AND  
CHALLENGING  
PART OF  
DEVELOPING  
STRENGTH.

FORGET SCRAP TYRES, WELCOME  
TO **THE ESCAPE TIYR™**.

The new **TIYR™** maintains the rawness  
of flipping tyres but delivers all the  
original fitness challenges. Built to high  
standards with a fine attention to detail our  
**TIYR™** has none of the disadvantages  
associated with using dirty scrap tyres.



SOFT YET  
HEAVY,  
SIMPLE YET  
INNOVATIVE  
AND SUPER  
TOUGH.



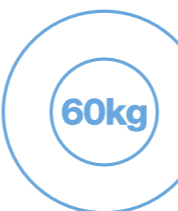
## TIYR™

The TIYR™ is soft yet very strong, simple but innovative and super tough, just like the real thing.

TIYR™ is a challenge for all users regardless of ability thanks to three weight and size options.



**40kg**  
OUTSIDE DIAMETER: 870mm  
INSIDE DIAMETER: 400mm  
HEIGHT: 265mm



**60kg**  
OUTSIDE DIAMETER: 1030mm  
INSIDE DIAMETER: 500mm  
HEIGHT: 314mm



**80kg**  
OUTSIDE DIAMETER: 1200mm  
INSIDE DIAMETER: 600mm  
HEIGHT: 370mm



**PATENT  
PENDING**

**PATENTED DESIGN  
AND CONSTRUCTION.**

**UNLIKE ANYTHING ELSE  
ON THE MARKET.**

**GREAT LOOKING,  
GUARANTEED USP FOR ANY CLUB.**

**VIBRANT COLOURS  
FOR INSTANT APPEAL.**

**NOT INTIMIDATING  
UNLIKE SCRAP TYRES.**

**AVAILABLE IN THREE  
DIFFERENT WEIGHTS.**

**PROGRESS AND  
REGRESS EXERCISES.**

**IDEAL FOR  
PARTNER WORK.**

**GREAT GROUP X  
TRAINING TOOL.**



### SO WHAT EXACTLY IS THE POINT OF FLIPPING TYRES?

It creates whole body strength and power. Flipping scrap tyres is just hard for the sake of being hard, especially if the tyre is of a large diameter because at chest height it still isn't close to passing its tipping point. With the TIYR™ all the mass is spread evenly so being shorter isn't a disadvantage. Fantastic total body workout, feel every muscle engage through your legs, core and upper body.

<b>EST-FLIP1</b> Escape 40 kg TIYR™ – Level 1 – Green	<b>£800.00</b>
<b>EST-FLIP2</b> Escape 60kg TIYR™ – Level 2 – Blue	<b>£950.00</b>
<b>EST-FLIP3</b> Escape 80kg TIYR™ – Level 3 – Red	<b>£1,100.00</b>

01. The TIYR™ has been designed with safety in mind – centre and internal edges are smooth to create a new, safe platform to jump on, off and into, which multiplies the exercise possibilities.

02. The TIYR™ is tough – engineered double stitched nylon grab handles continue over the sidewall making Dead-lifts and Farmer's Walks another exercise option for every user.

03. The extra tough base section means the TIYR™ won't split or tear when it's being put through its paces. And once you've finished with it, the stackable design means it can be stored tidily out of the way.

## THE ESCAPE TIYR™ IN ACTION.

"A real party piece to have in the studio and very versatile with the varied hand straps. We ordered the level 3 but was a bit wary if all of the clients would manage the weight but its been great and the straps make it much more easier to lift then a normal outdoor tyre. All the clients absolutely love it and are a must for any functional training space - it definitely has the wow factor!"

**HOWARD HILL,**  
PT AND OWNER OF 365 FUNCTIONAL FITNESS

"When we received the TIYR™ it was an instant hit with our PTs. Before long it was being flipped, dragged, jumped on and carried by all of our clients regardless of their goals. It is particularly useful when devising metabolic workouts and circuits but it can be utilised for far more than this by a clever trainer. This, combined with its fantastic build quality and innovative design, enables us to use types of exercise we had initially thought impossible in an internal and intimate environment like SIX3NINE. The attention to its aesthetic has made it an iconic addition to our equipment!"

**JAMES CONCI-MITCHELL,**  
OWNER OF SIX3NINE



WITH A  
PATENTED  
DESIGN AND  
CONSTRUCTION,  
THE BRIGHT  
AND BOLD  
COLOURS MAKE  
THE TIYR™  
INCLUSIVE AND  
ENCOURAGES  
ALL CLIENTS TO  
GET INVOLVED.





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**JOIN THE CONVERSATION.**



**escape**  <sup>®</sup>