

# STEP AND RISER.



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THE ESCAPE STEP AND RISER ARE SET TO REVOLUTIONISE STEP CLASSES WITH BRAND NEW OPPORTUNITIES FOR PROGRAMMING AND STEPPING EXERCISES. THE STEP AND RISER ARE TWO SEPARATE PRODUCTS – THEY CAN BE USED AS STEPPING PRODUCTS ON THEIR OWN, OR USED TOGETHER TO CREATE BOTH CLASSIC AND INNOVATIVE STEPPING OPPORTUNITIES.

Both the STEP and the RISER can be used to increase the height of the STEP platform. For example, you could use four RISERS (two each side) and a STEP platform, or use three STEP platforms stacked on top of one another to achieve the same desired stepping height. Alternatively, if using the RISER as the platform, use more RISERS to increase the height.

**Warranty:** 1 year.

## COLOURS.

**STEP:** Grey, black, green and white.

**RISER:** Green, black and white.



**VIDEO COMING SOON.**

## CONSTRUCTION.

**STEP platform:** Polypropylene.

**STEP mat:** Durable and tough thermoplastic rubber (TPR) heat welded to the STEP for a secure, long-lasting fastening.

**Anti-slip feet:** Secure grip TPR.

**RISER platform:** Polypropylene.

**RISER mat:** Durable and hard-wearing TPR.

**Body foot:** Plastic.

**Anti-slip feet:** Secure grip TPR.

## CLUB BENEFITS.

- **Enhance the experience** your members get with this 2-in-1 step platform solution.
- **Easy to stack and store**, the STEP provides the ideal solution if you're looking to save space.

## PT BENEFITS.

- The STEP and RISER allow **programming at various heights**, set up in a variety of combinations.
- **Dedicated points for Resistance Tubes** opens up programming opportunities with various ramp options and anatomical hot spots for hands and feet.

## USER BENEFITS.

- **Targets on the STEP and RISER**, help with placing feet in the right place to follow programming.
- **Wider stepping surface** and a stable anti-clip base offers user confidence during all stepping sessions.



### ANATOMICAL HOT-SPOT TARGETS

on the STEP platform enable creative and effective programming, and make it easy for all members to follow choreography.



### PATENTED LOCKING SYSTEM

allows for easy transportation of the STEP, and easy transitions from horizontal work to incline work.



**TPR ANTI-SLIP TOP MAT** heat welded to the surface allows for fast-paced stepping programming as the mat will not come away from the STEP.



### RAMP THE STEP

to create an incline bench and use Power Tubes and Resistance Tubes at dedicated points in the STEP for strength training.



### THE RISER

is effective when used as a platform on its own - it gives the opportunity for revolutions, fast stepping and stacked for introducing plyometrics.

## TECHNICAL DETAILS.

### STEP Dimensions:

Length: **1064mm / 41.9"**.

Width: **446mm / 17.5"**.

Height: **107mm / 4.2"**.

### RISER Dimensions:

Length and Width: **434mm / 17"**.

Height: **105mm / 4.1"**.

### Weights:

STEP: **6.53kg / 14.4 lbs.**

RISER: **2.14kg / 4.7 lbs.**

## HEIGHT OPTIONS.

