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LIFELINE
POWERED BY INNOVATION™

Resistance Bands

SUPER BANDS

A continuous 80" loop made from thick, super durable rubber... a huge rubber band. Assist with pull-ups and push-ups or add resistance to explosive movements and lunges. 5 resistance levels available; progress through level 1-5 as you get stronger.

- Strengthen muscles faster
- Stretch entire body
- Add resistance easily



LLSB-L1 |
Level 1



LLSB-L2 |
Level 2



LLSB-L3 |
Level 3



LLSB-L4 |
Level 4



LLSB-L5 |
Level 5

FLAT BANDS

Lifeline's Flat Bands are easy to use and applicable to an almost endless array of resistance exercises and stretches, these portable elastic bands build muscle stamina and strength, improve balance, expand range of motion and increase coordination. Featuring five (5) progressive color-coded resistance levels to allow you to safely increase resistance and make the gradual adjustments needed for low-impact injury rehabilitation. Versatile and lightweight, these resistance bands can be used in any direction or position to isolate specific muscle groups or for any fitness objective—from stretching and injury rehab to strengthening muscles and improving balance.

- Strengthen muscles faster
- Stretch entire body
- Add resistance easily



LLFB-L1 |
Very Light



LLFB-L2 |
Light



LLFB-L3 |
Medium



LLFB-L4 |
Heavy



LLFB-L5 |
Very Heavy



FLAT BAND LOOPS KIT

Great for low impact, full body workout. Isolate specific muscle groups and intensify bodyweight movements. The controlled load is great for injury rehab. The flat band loops are a portable, lightweight alternative to free weights and machines. Flexibility provides wide range of motion. They maintain resistance throughout entire rep and the length of bands accommodates a range of exercises.

- Strengthen entire body
- Tone and sculpt muscles
- Kit includes three resistance levels – L1, L2, L3

LLFBLK |



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