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LIFELINE
POWERED BY INNOVATION™

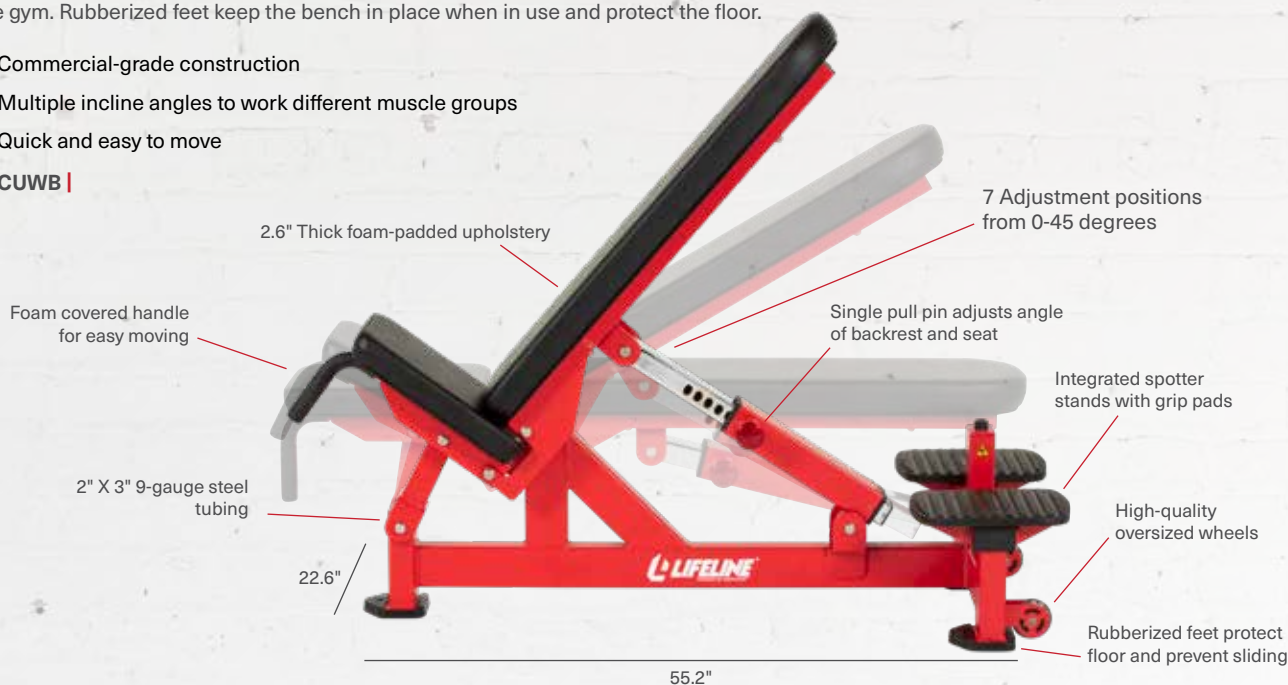
Weight Benches

COMMERCIAL UTILITY WEIGHT BENCH

Lifeline's Commercial Utility Weight Bench is designed to handle everything you throw at it. The backrest and seat adjust from flat to 45 degrees with 6 different incline angles via a single pull pin making progression through various inclines a snap. This bench includes integrated spotter stands with durable grip pads for secure footing and the sturdy foam-covered handle and oversized wheels make it quick and easy to move around the gym. Rubberized feet keep the bench in place when in use and protect the floor.

- Commercial-grade construction
- Multiple incline angles to work different muscle groups
- Quick and easy to move

LLCUWB |

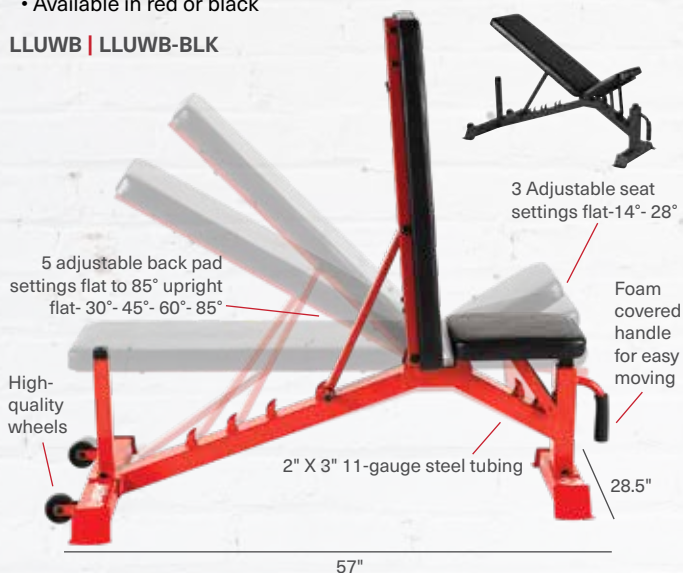


UTILITY WEIGHT BENCH - ADJUSTABLE

The Lifeline Adjustable Utility Weight Bench completes the training solution offered by the Pro Power or Half Racks or provides a versatile minimalist training complement with any set of DBs. Whether Powerlifting, Bodybuilding, Functional Training or simply getting the body back in shape, this bench delivers. 5 different back rest settings from flat to incline to vertical for overhead presses and the seat offers 3 adjustment settings for the perfect feel for any lift, anybody. With a front padded handle to the rear wheels, move it into and out of the rack or from the corner and back again every workout. This bench offers no excuses, only great results!

- Flat, incline or military press
- Rugged, durable, stable and ready to train
- Simple to move and easy to adjust
- Available in red or black

LLUWB | LLUWB-BLK



FLAT WEIGHT BENCH

Sometimes basic is just what is needed - basic movements, lifts, and exercises require basic, but rugged equipment. The front vertical support has a welded, foam covered handle and the rear horizontal support has dual wheels for moving in and out of the training area.

- Heavy duty construction
- Minimal assembly
- Easy to move and store

LLFWB |



Weight Racks

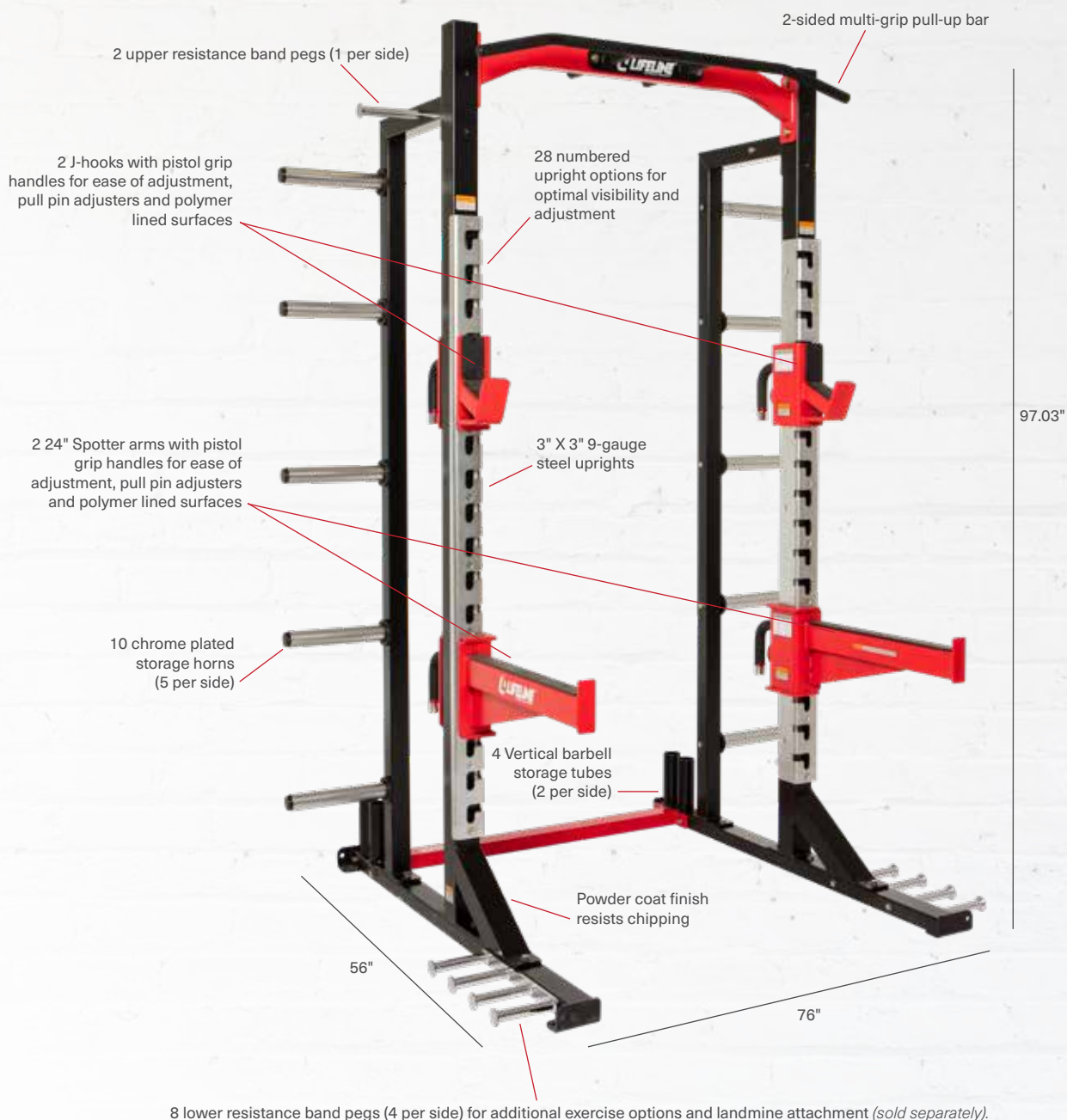
COMMERCIAL HALF RACK

The Lifeline Commercial Half Rack features heavy 9-gauge 3"x 3" tubular steel uprights and was developed for the most intense gym and training center environments. With a compact yet highly-functional design it is sure to enhance any training program with its integrated features including 10 Olympic plate storage horns, 4 vertical barbell storage tubes, resistance band hooks, and a multi-grip pull-up bar.

Hefty 24" Spotter Arms and J-Hooks provide ample space to get the bar in and out with added safety. Pull pin adjusters and pistol grip handles on the J-Hooks and Spotter Arms allow for quick and easy height adjustment and movement from one exercise to the next. All contact surfaces are lined with high density polymer to provide smooth glide up and down the uprights and protect the finish on the rack and knurling on bars.

- Built to handle everything from home gym to commercial training facility use
- Easy J-hook and spotter arm height adjustment
- Compact footprint
- Can be linked in rows using connector bridge (product on page 24 and sold separately)

LLCHR |



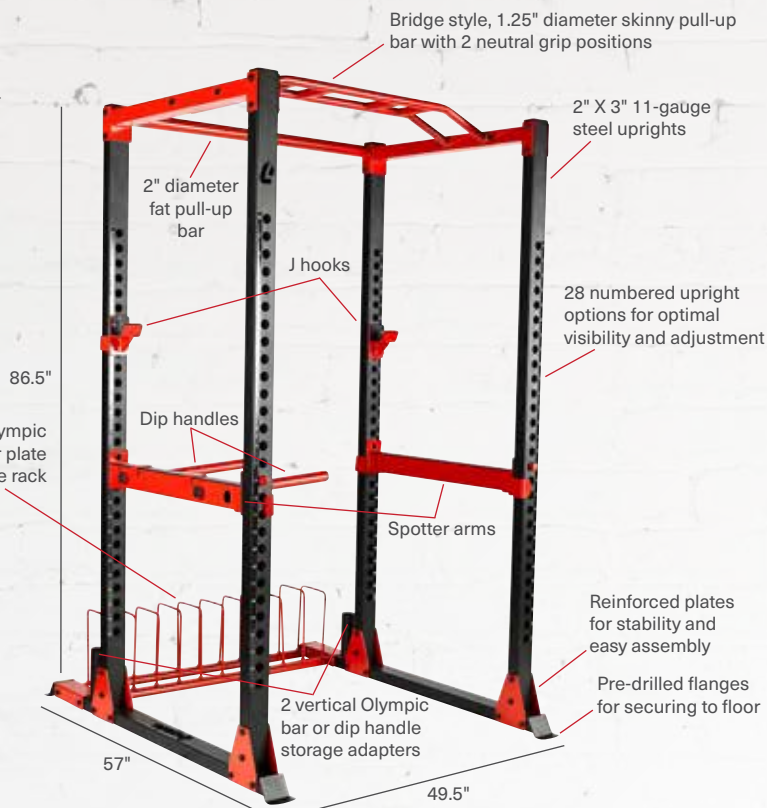
Weight Racks

C1 PRO POWER RACK

The Lifeline C1 Pro Power Rack is designed for the serious athlete who demands superior function and performance. Make the C1 Pro Power Rack the center of your home gym, allowing all the other strength products and functional training tools to work off or around it.

- Fully equipped power-lifting and bodyweight training rack
- Built in bar and plate storage
- Fast, easy and secure accessory adjustment

LLPRC1 |

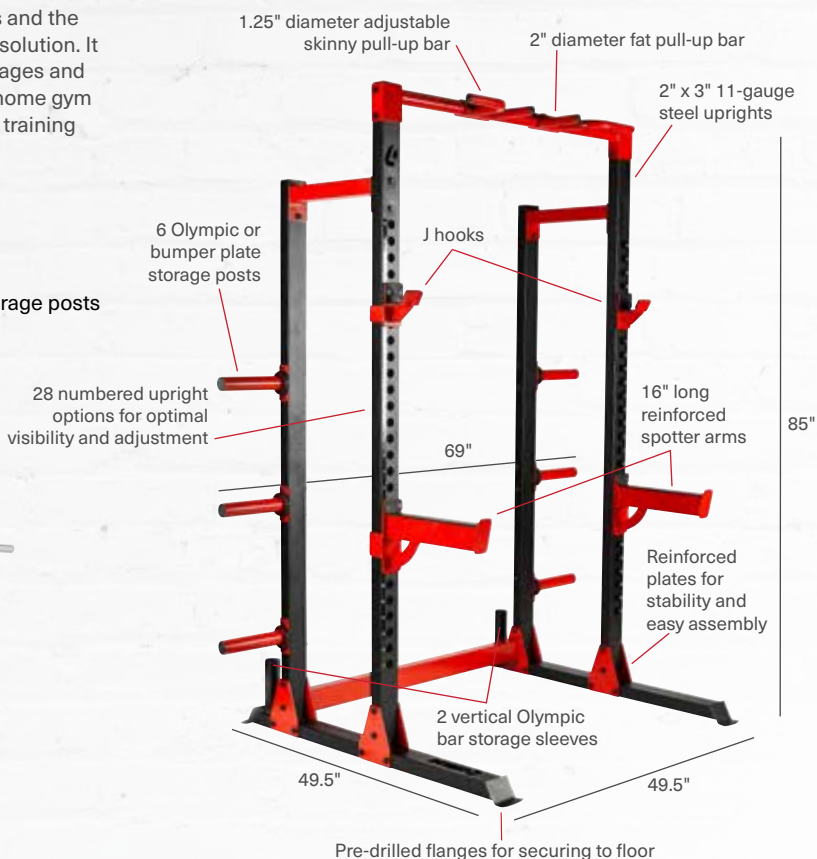


C1 PRO HALF RACK

The Lifeline C1 Half Rack is perfect for Olympic weightlifters and the functional training athletes who are looking for a home gym solution. It is perfect for low ceiling and cramped training areas like garages and basements; the C1 Half Rack can be the focal point of your home gym area, allowing all the other strength products and functional training tools to work off or around it.

- Versatile Olympic lifting and functional training rack
- Perfect solution for low ceiling and cramped training areas like garages & basements
- Dual Olympic bar storage sleeves and 6 Olympic plate storage posts
- Available in red or black

LLHRC1 | LLHRC1-BLK |



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