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LIFELINE
POWERED BY INNOVATION™

JUNGLE GYM XT WALL ANCHORS

Our Jungle Gym Wall Anchors allow you to attach your Jungle Gym XT to a wall or ceiling studs. This is a great option for home gyms and fitness facilities.

- Innovative, clean, low profile design
- Do suspension workouts at home
- Each mount holds up to 300lb

LLJGXT-MM |



JUNGLE GYM XT STRAP XTENDERS

The Jungle Gym XT Strap Xtenders add 8 feet to each side of your Jungle Gym XT, allowing you to cinch or clip into up to 16 foot high anchor points! The oversize cinch loop is made of 4 layers of industrial strapping to safely grip sharp I-beams and other abrasive ceiling structures. In addition to the durability of the Strap Xtenders, the system features Dupont® Zytel™ length adjustment buckles and Velcro excess strap-wraps to ensure a height-adjusted, clean and professional installation every time.

- Industrial straps-8 feet each
- Dupont Zytel™ cam buckles
- Velcro excess strap-wraps

LLJGXT-EXT |



ANKLE/WRIST ATTACHMENTS (PAIR)

The Lifeline Ankle/Wrist Attachment is an interchangeable resistance cables accessory designed to use in connection with your Lifeline Resistance Cables for isolating hard-to-train areas of the body. The Ankle/Wrist Attachments incorporate Lifeline's patented, easy to use, interchangeable process to add/subtract resistance cables which allow the user to increase/decrease peak resistance from 10lb to 100lb. Attach to either your ankle or wrist and connect a Lifeline Resistance Cable to isolate and target muscles all over the body: upper body, core and lower body. Attach to your wrist as an alternative to one of our handles to take stress off your hand/finger joints while performing upper body or core strengthening exercises. Attach to your ankle to increase lower body strength or train for explosive movements.

- Fits ankle or wrist for exercise versatility
- Allows for angle of resistance flexibility
- Easy cable attachment and removal
- Vary resistance to challenge all muscle groups, Perform lateral, front, and back movements
- Isolate hard-to-train muscles, strengthen hips, rotator cuffs, and abductors.

LLAWA |



DOOR ANCHOR

Lifeline's Door Anchor is an essential part of any cable system. By anchoring to something other than your body, you can change the angle of resistance and drastically increase the number of exercises you can perform with your fitness cables. The heavy-duty, self-centering, Door Anchor protects cables from regular wear and tear and holds up to three cables at a time in order to provide customized workouts! The Door Anchor allows the resistance point to move up and down the door to change the angle of resistance allowing for total body exercises. Set it high for downward movements, set it low for upward movements, or center it for presses and rows!

- Mounts most places for portable use
- Self-centering cable cradle protects cables
- Fits up to 3 Lifeline resistance cables for customized workouts
- Attach up and down hinge side of door to change angle of resistance
- Durable webbing and non-wear cable cradle ensure safety

LLDA |



COMMERCIAL DIP STATION

The Lifeline Commercial Dip Station provides easy access and adjusts to dip workouts. Top and bottom welded supports and thick tubular steel construction add stability and the angled bars allow for quick and easy grip width changes from 17" to 24". The height of the Dip Station is easily adjusted using the integrated pull pin and it can be removed and stored when not in use.

- 1.75" diameter handles for comfort
- Angled bar design for multiple grip width options
- Welded supports at top and bottom for strength and stability
- For use on Lifeline Commercial Half Rack only

LLCDS |



COMMERCIAL CONNECTOR BRIDGE WITH PULLUP BAR

Connect multiple Commercial Half Racks in a row using the Lifeline Commercial Connector Bridge. In addition to increasing stability, the Connector Bridge includes a 2-sided multi-grip pull-up bar and provides additional space to attach a Jungle Gym XT or other bodyweight suspension trainer, super band and other accessories.

- 55.75" long
- Includes 2-sided multi-grip pull-up bar
- 11-gauge tubular steel
- For use on Lifeline Commercial Half Rack only

LLCCB |

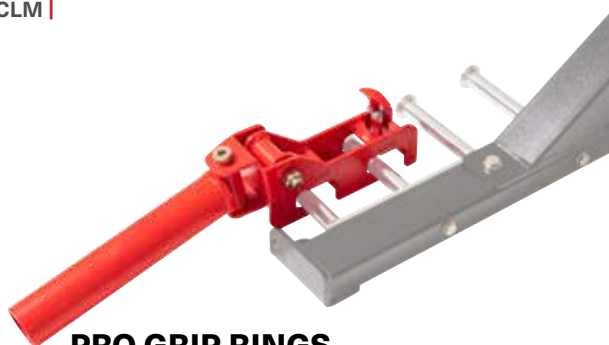


COMMERCIAL LANDMINE ATTACHMENT

Target additional muscle groups and build core stability and range of motion with the Lifeline Commercial Landmine Attachment. This versatile accessory securely attaches to the base of the Commercial Half Rack using a pull pin locking mechanism. Designed for use with Olympic bars, the sleeve smoothly pivots and rotates through presses, lifts, rows and twists.

- 12" tube length
- 9-gauge steel tube
- Quickly attach and remove via pull pin
- For use on Lifeline Commercial Half Rack only

LLCLM |



PRO GRIP RINGS

Rehab injuries, relieve stress or build strength with this hand grip exerciser so that hand and forearm weakness doesn't limit your upper body resistance training. Continual squeezing of the silicone ring stimulates blood flow and improves dexterity for the strong grip and digital control needed to avoid cramps and repetitive stress injuries or help with the symptoms of arthritis and tendinitis.

- 3 levels of resistance allow for progression as strength increases
- Effective training for finger, hand, and forearm strength
- Perfectly sized for portability and training on-the-go
- Silicone material allows for flexibility



LLPGR-L | Light



LLPGR-M |



LLPGR-H |
Heavy

Yoga Accessories

HEMP YOGA SLINGSTRAP

Innovatively designed, the SlingStrap plays both the role of sling, perfect for transporting your mat and gear, and yoga strap. It is a helpful tool to be used so that you can get the most out of your practice. Less is more with this multi-functional strap, meaning you have less to carry to class.

- Hemp
- Integrated carabiner to attach keys or water bottle
- Allows you to ease into and hold poses longer
- Adjusts to carry mat

YSSHN |



YOGA MAT TOWEL

This microfiber towel is a perfect addition to any yoga practice. Use it on your mat to improve grip during intense, sweaty classes or as a towel to dry yourself when needed. The unique microfiber provides excellent slip-resistance when damp so it is ideal for Bikram or other forms of Hot Yoga.

- Size: 26" x 74"
- Highly absorbent to enhance comfort during workouts
- Ideal for hot yoga
- Slip-resistant microfiber

YMTRRS |



HEMP YOGA STRAP

Bring the most difficult poses within reach with the Natural Fitness Hemp Yoga Strap. Used to improve flexibility, this sturdy strap allows you to achieve difficult binds and intensify your practice by deepening your poses. By taking the stress off joints and muscles, this strap also helps you ease into dynamic stretches and hold poses for longer periods of time. And by allowing you to maintain proper alignment, this piece of equipment helps prevent injuries while speeding up your skill-level advancement.

- Premium high-strength buckles
- 8' long for more pose options
- Eco-friendly, sustainable hemp



YSH8F |
Flame



YSH8G |
Granite

YOGA HAND TOWEL

Use it to dry your mat or as a towel to dry your hands as needed because the unique microfiber provides excellent slip-resistance, even during Bikram or other forms of Hot Yoga. Small enough to keep with you during your practice but big enough to get the job done, having the Yoga Hand Towel means a good workout will never slip through your fingers again.

- Size: 12" x 24"
- Improves traction for Hot Yoga; traction increases when damp
- Quick drying microfiber helps keep mat clean
- Doubles as travel or gym towel



YTTRS |
Carbon/Sun



YTCS |
Red Rock/Sun

CORK YOGA BLOCK

Harvested without harming trees, this sustainable material is the ideal replacement for foam or other blocks to achieve a more natural feel. If you are asking how you can find a block that is durable enough to withstand your bodyweight during bridge pose but with just enough give to grip comfortably in an intense wide leg stretch, then the Natural Fitness Cork Yoga Block is the answer.

- Size: 5.5" x 9" x 3.5"
- Sustainable alternative to foam blocks
- Stable support for challenging poses
- Improves alignment

YBLOC3 |



HAND RENEWAL KIT

Rehab and strengthen hand, wrist and forearm muscles or relieve stress or carpal tunnel symptoms with squeezing, digital adduction/abduction and stretching exercises. Help stimulate blood flow, improve dexterity and increase flexibility to prevent injuries and improve performance in sports or during exercises where a strong grip or digital control is paramount.

- Strengthens hands, wrists and forearms with 3 levels of firmness
- Prevent stiffness in joints and muscles
- Enhance blood flow to rehab injuries
- Includes: 3 progressive levels

LLHRK |



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