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# PowerArc Cable Systems

## POWERARC RESISTANCE CABLE HANDLES

The PowerArc Resistance Cable system features a patented free motion cable slide design that allows the cables to rotate around the handle. This provides more exercise options than traditional resistance tubes and allows you to get the most out of your workout by engaging more muscle groups. The PowerArc system can be used for small, micro-movement exercises as well as big, multi-plane power moves. Great for use at home, the gym, or travel. Use only with Lifeline's PowerArc resistance cables (sold separately).

- Use up to 3 PowerArc cables to increase load up to 210lb of maximum resistance for full body training.
- Sliding cable movement allows for more exercise options than traditional handles
- Full range of motion with added challenge of cable slide
- Soft grip handle rotators for comfort
- Patented PowerArc free motion cable slide design allows cables to rotate around the handle to engage more muscles

LLPAH



## 5' POWERARC RESISTANCE CABLES

PowerArc Resistance Cables are made using Lifeline's Progressive Layering Technology™ to perform better and last longer than common extruded fitness cables. PowerArc Resistance Cables provide continuous tension throughout an exercise's entire range of motion to build strength and endurance. They feature high-strength cable connectors to safely, securely and easily attach to the PowerArc Handles. The sliding cable movement of the PowerArc system allows for more exercise options than traditional handles. Each cable is color coded for quick identification during interchange and is five feet long to accommodate a wide variety of exercises for everyone from beginners to advance users. Use only with Lifeline's PowerArc handles (sold separately).

- Patented PowerArc free motion cable slide design allows cables to rotate around the handle to engage more muscles
- Cable connectors securely attach to PowerArc handles via keyhole slot on handles
- Layered cable construction for optimum durability and performance during strength training
- Color-coded for quick and easy identification



**LL5PAC-R2 |**  
Resistance Level: R2  
Peak Performance: 20lb



**LL5PAC-R3 |**  
Resistance Level: R3  
Peak Performance: 30lb



**LL5PAC-R4 |**  
Resistance Level: R4  
Peak Performance: 40lb



**LL5PAC-R5 |**  
Resistance Level: R5  
Peak Performance: 50lb



**LL5PAC-R7 |**  
Resistance Level: R7  
Peak Performance: 70lb

**USE UP TO  
3 CABLES  
AT ONCE**





# Build A Custom Cable System

## STEP 1: SELECT YOUR CABLES



**LL5C-R1 |**  
Resistance Level: R1  
Peak Performance: 10lb



**LL5C-R2 |**  
Resistance Level: R2  
Peak Performance: 20lb



**LL5C-R3 |**  
Resistance Level: R3  
Peak Performance: 30lb



**LL5C-R4 |**  
Resistance Level: R4  
Peak Performance: 40lb



**LL5C-R5 |**  
Resistance Level: R5  
Peak Performance: 50lb



**LL5C-R6 |**  
Resistance Level: R6  
Peak Performance: 60lb



**LL5C-R7 |**  
Resistance Level: R7  
Peak Performance: 70lb



**LL5C-R8 |**  
Resistance Level: R8  
Peak Performance: 80lb



**LL5C-R9 |**  
Resistance Level: R9  
Peak Performance: 90lb



**LL5C-R10 |**  
Resistance Level: R10  
Peak Performance: 100lb

## STEP 2: SELECT YOUR HANDLES



Triple Pocket Max Flex Handles  
**LLCGH3 |**



Single Pocket Max Flex Handles  
**LLCGH1 |**



Triple Grip Handles  
**Ltgh |**



Exchange Handles  
**LLEH**



Grip All Handles  
**LLGAH |**

## STEP 3: SELECT YOUR ACCESSORIES



Door Anchor  
**LLDA |**



Ankle/Wrist Attachments (Pair)  
**LLAWA |**



# Cable Systems

## RESISTANCE CABLES R1- R10

Lifeline's cables are all made using Progressive Layering Technology™, so they feel better and last longer than common extruded fitness cables. The reviews say it all and it's true - Lifeline really makes great fitness cables (and handles)! Use different cables for different exercises and ranges of motion - or move up to the next resistance level for added challenge and continued strength, endurance and performance gains. It's also a good idea to replace your cables every year, depending on use and wear - and with Lifeline's interchangeable system, it's easy! Feel the difference and try a Lifeline cable today!

- 3X max cable stretch for more workout options
- Progressive layering technology provides a consistent force through entire move
- Bands are color-coded and easily identified
- Simple interchangeable process



**LL5C-R1 |**

Resistance Level: R1  
Peak Performance: 10lb



**LL5C-R2 |**

Resistance Level: R2  
Peak Performance: 20lb



**LL5C-R3 |**

Resistance Level: R3  
Peak Performance: 30lb



**LL5C-R4 |**

Resistance Level: R4  
Peak Performance: 40lb



**LL5C-R5 |**

Resistance Level: R5  
Peak Performance: 50lb



**LL5C-R6 |**

Resistance Level: R6  
Peak Performance: 60lb



**LL5C-R7 |**

Resistance Level: R7  
Peak Performance: 70lb



**LL5C-R8 |**

Resistance Level: R8  
Peak Performance: 80lb



**LL5C-R9 |**

Resistance Level: R9  
Peak Performance: 90lb



**LL5C-R10 |**

Resistance Level: R10  
Peak Performance: 100lb





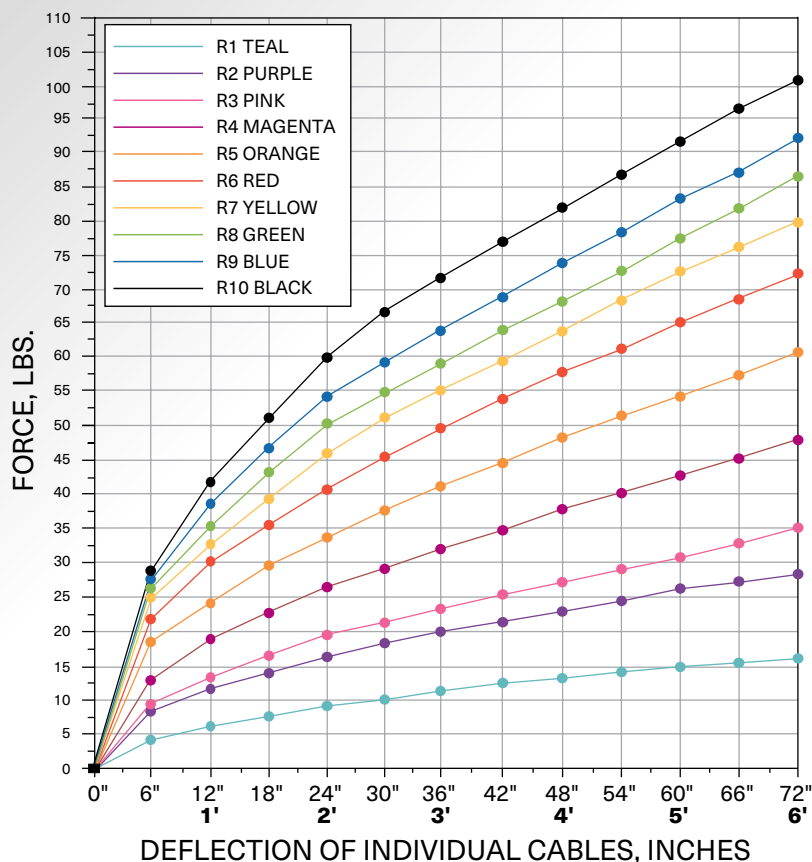
# PROGRESSIVE LAYERING TECHNOLOGY™

**OUR LAYERED LATEX IS SUPER-STRONG AND MORE DURABLE THAN COMMON EXTRUDED TUBING.**

A Lifeline cable gets its strength from the inside out.  
We build it one layer at a time, up to 21.

## The Result?

A super-strong cable that maintains its maximum resistance longer and is more durable than common extruded rubber tubing. Now combine that with our patented plug and pocket design to use that same cable with a variety of Lifeline's patented handles and accessories for surprising versatility. Simply move to the next resistance cable as you progress!



**WE HAVE 21  
REASONS  
FOR CALLING  
OURS A CABLE**

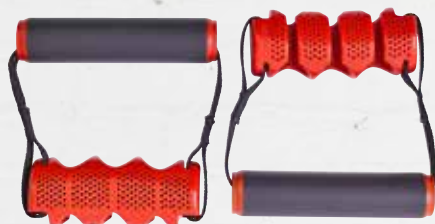
# Cable Handles

## TRIPLE POCKET MAX FLEX HANDLES

Increase load up to 300lbs of maximum resistance for full body training. Resistance training provides more dynamic functional movement patterns. Combine different level cables to customize from 10-300lb resistance.

- Holds up to 3 Lifeline resistance cables
- Change & add cables quickly with patented design
- Ergonomic handle with non-slip comfort grip

LLCGH3 |



## SINGLE POCKET MAX FLEX HANDLES

Increase load up to 100lbs of maximum resistance for full body training. Resistance training provides more dynamic functional movement patterns. Utilize different level cables to customize from 10-100lb resistance.

- Holds one Lifeline resistance cable
- Change & add cables quickly with patented design
- Ergonomic handle with non-slip comfort grip

LLCGH1 |



## TRIPLE GRIP HANDLES

Interchangeable triple grip handles hold up to three lifeline resistance cables at a time. You are able to change and add cables quickly with our patented handle design. Different levels of cables may be combined to customize resistance level or to target different muscle groups. Proper cable alignment is achieved with these great ergonomic handles!

- Holds up to 3 Lifeline resistance cables —up to 300lb resistance
- Change & add cables quickly with patented design
- Ergonomic handle for proper cable alignment

LLTGH |



## EXCHANGE HANDLES

Each Exchange Handle holds one Lifeline resistance cable. These handles allow quick cable replacements with their patented design. The ergonomic handle provides proper cable alignment. Resistance training provides more dynamic functional movement patterns in a range of different angles, which increases muscle activation and diversity of exercises.

- Holds one Lifeline resistance cable —up to 100lb resistance
- Change cables quickly with patented design
- Ergonomic handle for proper cable alignment

LLEH |



## GRIP ALL HANDLES

Take advantage of the more functional movement patterns and the continual tension—which emphasizes the concentric and eccentric portions of each movement—you get with resistance bands and cables with these interchangeable grip handles. Great for rehabilitation exercises or travel workouts, the grip ball can be locked when performing secure and safe movements and unlocked to quickly adjust length or to add bands or cables of different resistance levels for a varied workout.

- Holds one lifeline resistance cable or flat band
- Change cables quickly with patented design
- Ergonomic handle for proper cable alignment
- Designed to fit both resistance cables and bands

LLGAH |





# Resistance Kits

## ULTIMATE TRAINER KIT

This ultimate kit allows you to incorporate each of the ten cables included to mix and match every resistance configuration by adding or removing cables using Lifeline's patented Progressive Resistance System™.

- Handles hold up to 3 Lifeline resistance cables at one time
- Change out cables quickly with our patent design
- Up to 270lbs of resistance
- Kit includes:
  - (2)Triple Grip Handles,
  - (2)Exchange Handles,
  - (1)R1-10lb Cable, (1)R2-20lb Cable,
  - (1)R3-30lb Cable, (1)R4-40lb Cable,
  - (1)R5-50lb Cable, (1)R6-60lb Cable,
  - (1)R7-70lb Cable, (1)R8-80lb Cable,
  - (1)R9-90lb Cable, (1)R10-100lb Cable,
  - (2)Door Anchors, and a (1)Carry Bag

LLRTKULT |

## PRO RESISTANCE TRAINER KIT

Incorporate each of the six cables included in this kit to mix and match from 10lbs–150lbs of peak weighted resistance by adding or removing cables using Lifeline's patented Progressive Resistance System™.

- Handles hold up to 3 Lifeline resistance cables at one time
- Change out cables quickly with our patent design
- Up to 150lb of resistance
- Kit includes:
  - (2)Triple Grip Handles,
  - (1)R1-10lb Cable, (1)R2-20lb Cable,
  - (1)R3-30lb Cable, (1)R4-40lb Cable,
  - (1)R5-50lb Cable, (1)R6-60lb Cable,
  - (2)Door Anchors, and (1)Carry Bag

LLRTKPRO |



## VARIABLE RESISTANCE TRAINING KIT PLUS

The Variable Resistance Training Kit Plus comes with Lifeline's patented triple grip handles, which allows you to connect up to three different plugged cables at once varying your resistance.

- Handles hold up to 3 Lifeline resistance cables at one time
- Change out cables quickly with our patent design
- Up to 120lb of resistance
- Kit includes:
  - (2)Triple Grip Handles,
  - (1)R3-30lb Cable, (1)R4-40lb Cable,
  - (1)R5-50lb Cable, (1)Door Anchor,
  - and (1)Carry Bag

LLVRTKPLUS |

**REMARKABLE  
RANGE OF  
EXERCISES  
ON ONE PIECE  
OF EQUIPMENT**

## VARIABLE RESISTANCE TRAINING KIT

The Variable Resistance Training Kit come with three resistance cables - a pair of ergonomically designed triple grip handles; a heavy duty door anchor and a carry bag.

- Handles hold up to 3 Lifeline resistance cables at one time
- Change out cables quickly with our patent design
- Up to 60lb of resistance
- Kit includes:
  - (2)Triple Grip Handles,
  - (1)R1-10lb Cable, (1)R2-20lb Cable,
  - (1)R3-30lb Cable, (1)Door Anchor,
  - and (1)Carry Bag

LLVRTK |



# Resistance Kits

## MAX FLEX CABLE KITS

Available in 5 resistance levels, the Max Flex Cable Kit is the perfect tool for continuously challenging your muscles with the constant tension of resistance cable training. By using your feet and hands as anchors and changing resistance cables for different exercises or as fitness levels increase, you'll achieve a full body strength training workout that also boosts flexibility and balance through low-impact exercises. It's also great for rehabbing injuries and warming up muscles before games and cardio training.

- Max Flex handles for comfort and secure grip
- Layered cable construction for optimum durability and function
- 20-70lb peak resistance



LLMXFC4-R2 |  
Very Light 20lb



LLMXFC4-R3 |  
Light 30lb



LLMXFC4-R4 |  
Medium 40lb



LLMXFC4-R5 |  
Heavy 50lb

## TRAIN STATION DOORWAY GYM

Just loop over a nearby door and get to work on your back, shoulders, legs, core, arms, hips and more. Change the height of your cable anchor point in seconds. Set it high for downward movements, set it low for upward movements, or center it for presses and rows.

- Comprehensive tool that improves strength and power
- Quickly move up or down, changing resistance angle
- Versatility to strength train anywhere
- Patented functional design offers multiple position settings to work various muscle groups
- Kit includes:
  - (2)Max Flex Handles, (2)R3-30lb Cables,
  - (1)Interchangeable Ankle/Wrist Attachment,
  - (2)Portable Door Straps with 2-Way Sliding Cable Attachment

LLTS |





# Cable Systems

## LATERAL RESISTOR

The Lifeline Lateral Resistor provides as little or as much dynamic resistance as needed to all footwork or agility drills. By using the ankle cuffs equipped with patented Lifeline Triple Cable Pockets, the user can quickly add or remove cables to make each drill easier or more difficult. Adding resistance to these basic athletic movements, increases lower body strength and power, hip mobility and coordination. Improvements in each of these qualities will carry over to help achieve new levels of athleticism and overall performance.

- Durable webbing on exterior; padded interior
- Innovative patented cable pocket design
- Adjustable resistance for Lifeline cables
- Includes (3) R4-40lbs cables for up to 120lb of resistance

LLLRII



## 9" RESISTANCE CABLES

In comparison to weights and dumbbells, lateral resistance is one of the functional benefits of resistance band and cable training, and the Lateral Resistor tool takes full advantage of this functionality to challenge lower body muscles in multi-directional strength, balance and agility exercises. For added workout flexibility, Lateral Resistor training can be modified for intensity using these interchangeable cables that come in three resistance levels to continually challenge beginners and advanced users alike.

- Interchangeable on Lateral Resistor
- Increase agility, balance and speed for better athletic performance
- Build complete lower body strength for explosive moves
- Available in various peak resistance
- Layered cable construction for optimum durability and function
- Each set includes (3) 9" cables



## POWER PUSH UP PLUS

The Lifeline Power Push Up Plus takes the basic bodyweight exercise, the push-up, to another level. By adding the patented Lifeline Resistance Cable(s) and Handle System, progressive, dynamic resistance is applied throughout the entire range of motion. This additional stress or tension provides stimulation to both the primary and secondary muscle groups, as well as the tendons and ligaments supporting the joints. The Power Push Up Plus adjusts easily to accommodate users of all sizes and strength levels. Use in a standing position to perform chest and rear delt flies, resisted punches and strikes.

- Intensify upper body workouts
- Resistance during chest pulls, flies, push ups, and shadow boxing
- Quickly adjust strap Length to change resistance

LLPPP |



## CHEST EXPANDER

The Lifeline Chest Expander brings modern training results to a classic piece of equipment invented and used decades ago. Utilizing Lifeline cables to provide progressive resistance to pulls, presses and holds delivers quick improvements in functional strength, power and mobility of the upper body. Incorporating this tool into the current training regimen will improve overall muscle density in the chest, upper back, shoulders and arms. *Additional cable add on options on page 11.*

- Strengthen upper body
- Open chest and shoulders
- Resistance train anywhere
- Includes (3) R3-30lb cables for up to 90lb of resistance

LLCE



# Cable Systems

## PORTABLE POWER JUMPER

Build explosive power and jumping ability! Perfect for basketball, volleyball, track & field and all types of athletic and resistance training, the Lifeline Portable Power Jumper maximizes your vertical and horizontal explosiveness by strengthening quads, hips and glutes—the muscles that contribute most to jumping and vertical leap.

- Increase lower body strength and explosiveness
- Improve fitness and athletic performance
- Add height and distance to jumps
- Includes (2) each of R4-40lb and R7-70lb cables

LLPPJ-R4 |



## TNT CABLE SYSTEM

Develop stronger and more powerful chest, shoulder, back and arm muscles with presses, curls, rows and extensions. Boost thigh, glute, hamstring, and calf power with squats and lunges.

- (3) 40lbs interchangeable cables for different resistance levels
- Double your power and strength
- Proven better than weights

LLTNTCS |



## FUNCTIONAL TRAINING CABLE

- Features a 5' cable; sliding foam pads for various comfortable grip positions and loops at both ends for use with a door or partner



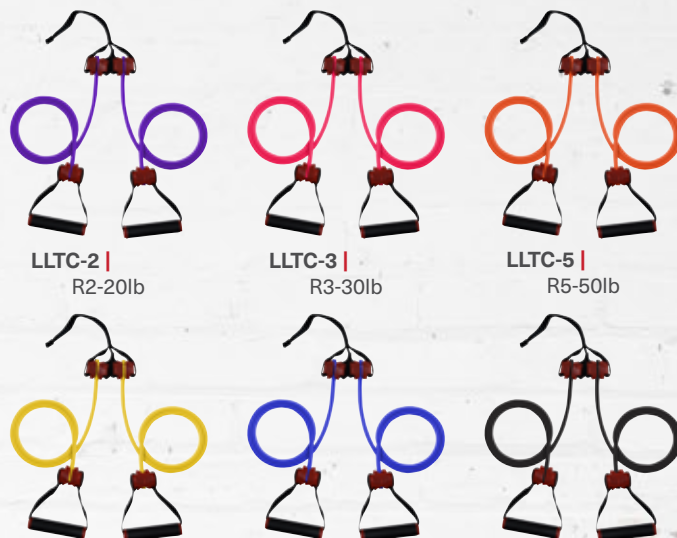
2-FMT-2 |  
R2-20lb

2-FMT-5 |  
R5-70lb

2-FMT-7 |  
R7-70lb

## TRAINER CABLE

- Each 4' cable acts independently of each other while connected to door, around a pole or with a partner
- Max Flex comfort handles with non-slip traction provide safe grip
- Available in 6 resistance levels with interchangeable design



LLTC-2 |  
R2-20lb

LLTC-3 |  
R3-30lb

LLTC-5 |  
R5-50lb

LLTC-7 |  
R5-50lb

LLTC-9 |  
R9-90lb

LLTC-10 |  
R10-100lb

## MONSTER WALK

Strengthen lower body and core muscles at their weakest point, increasing your overall speed, agility and reaction time. Target and strengthen thighs, glutes, hamstrings, and calves with lunges, extensions, curls, and shuffles.

- Increase speed and lateral movement
- Strengthen legs and glutes
- Isolate hard-to-train muscles



LLMW-R2 |  
R2-20lb

LLMW-R3 |  
R3-30lb

LLMW-R4 |  
R4-40lb



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