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Астрахань (8512)99-46-04
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Пенза (8412)22-31-16

Россия (495)268-04-70

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Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
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Сочи (862)225-72-31
Ставрополь (8652)20-65-13

Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
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Ярославль (4852)69-52-93

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**PRODUCT
CATALOG**

LIFELINE
POWERED BY INNOVATION™



FITNESS IS ANYTHING BUT *ONE SIZE FITS ALL.*

At Lifeline, we believe fitness comes in all shapes and sizes and means something different for everyone. From rehabbing after an injury to building out your dream home gym for heavy weight training, we strive to supply versatile products for every form fitness can take.

Our products are just as unique as the athletes who use them.

Whether you're training hard to finally make the varsity team, restarting your fitness journey after having a baby, improving your performance during weekend pickup games or building up to an upcoming competition, our aim is to help people achieve **Fitness for Life™** - your life, and whatever stage of it you're in.

We understand the power of community, and we want you to be a part of our social media fitness family.

Here is where you can stay up to date with all of our promotions, discounts, and more.

Stay in tune with the latest exercise movements, routines, and trends by experiencing what life is like when you keep health and fitness alive!

#FitnessForLife



LIFELINE.FITNESS



LIFELINEUSA



LIFELINEUSA



LIFELINE FITNESS



LIFELINEUSA

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RESISTANCE TRAINING

Resistance training is effective for maintaining healthy bodyweight by increasing lean muscle mass which improves metabolic rate. Increasing overall strength has brought new levels of performance to competitive athletes and weekend warriors alike.

16

BODYWEIGHT TRAINING

Using bodyweight as resistance for strength training is as time efficient as it is economical. These basic fundamental exercises: Push Ups, Pull Ups, Squats, Lunges and Leg Raises deliver results in body composition, strength and overall athleticism safely.

20

STRENGTH TRAINING

Incorporating movements that require the body to squat, hinge, push, pull, rotate and move loads through multiple planes of motion or direction promote high level of fitness, performance and reduce risk of injury.

34

SPEED & AGILITY

Speed, quickness, agility and power levels define the success achieved by the competitive athlete. Using tools to perform drills that promote improvement in each of these areas of performance translates on the field of play and creates the competitive edge every athlete wants.

37

MOBILITY & RECOVERY

Prevent injury + perform better + recover faster by: boosting muscle endurance, improving flexibility and reducing muscle soreness & stiffness.

43

YOGA FLOW

Practicing yoga brings benefits of renewed flexibility, increased stability and strength, improved posture and breathing while reducing stress. It is the perfect complement to outdoor activities like running, cycling and kayaking or traditional strength and conditioning training.

RESISTANCE TRAINING



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™

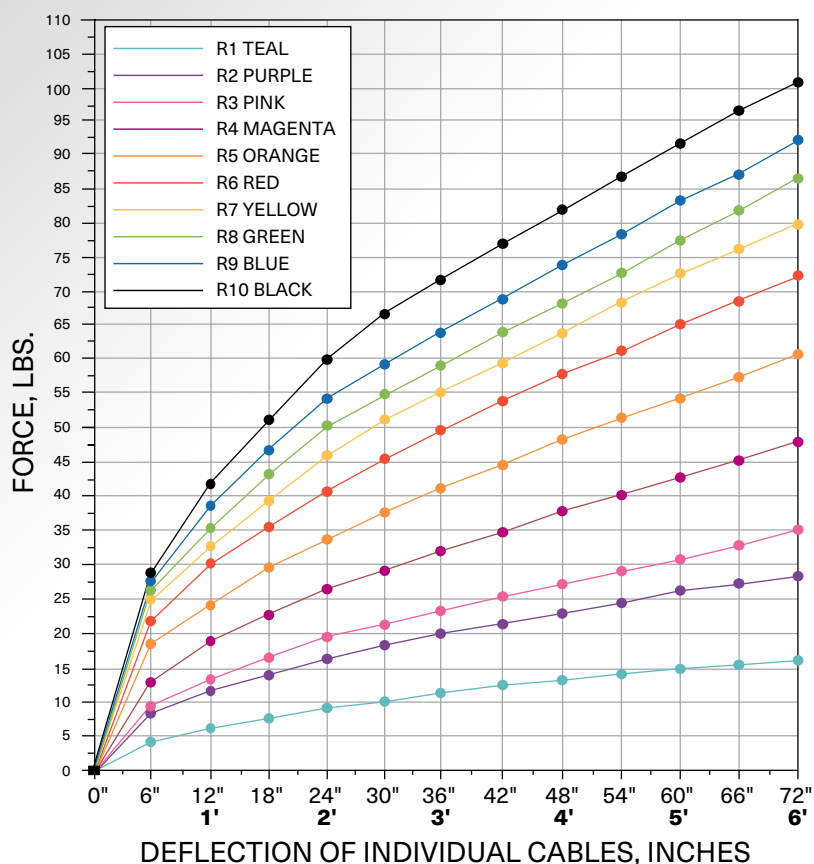
OUR LAYERED LATEX IS SUPER-STRONG AND MORE DURABLE THAN COMMON EXTRUDED TUBING.

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**

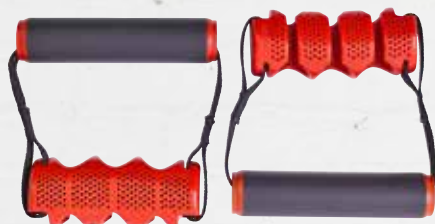
Cable Handles

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 Accessories



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 |



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

LLLR11



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



LLLRC-R3 |
R3-30lb



LLLRC-R4 |
R4-40lb



LLLRC-R6
R6-60lb

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



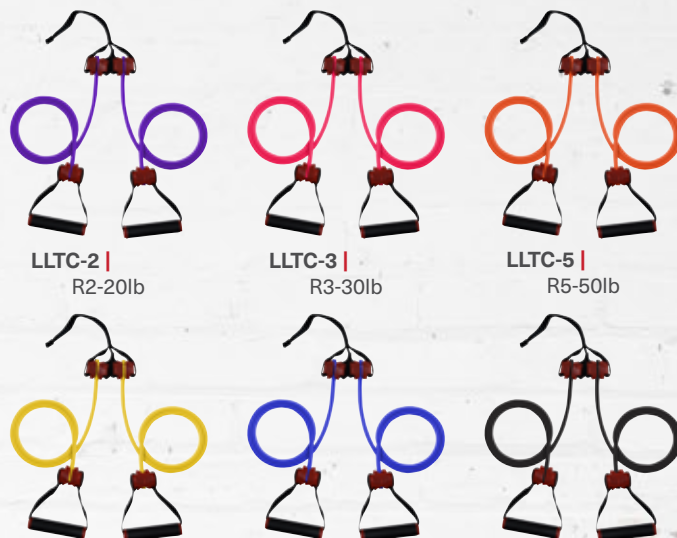
2-FMT-2 |
R2-20lb

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

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 |



BODYWEIGHT TRAINING



Suspension Trainers

JUNGLE GYM V3

We have taken what we are great at, Resistance Training products and Bodyweight Training products, and merged them to create the Jungle Gym V3, a dual-mode bodyweight & resistance cable trainer. Easily change from Bodyweight training movements to Resistance Cable exercises with Lifeline's versatile 2-in-1 Trainer, the Jungle Gym V3. By incorporating both Bodyweight Training and Resistance Cable Training, Lifeline has created a product that enables the user to perform an almost endless number of exercises and body movements. Strengthen chest, shoulders, back and arms with push-ups, crawls and pike ups. Boost power in your thighs, glutes and hamstrings with leg lifts and curls. Get six-pack abs and a strong lower back with roll outs, crawls and knees to chest movements.

- Quickly switch between bodyweight and resistance cable training
- Climbing-grade rotating swivel for quick + easy push-pull transition
- Resistance cable mode allows for additional exercises

LLJGV3 |



JUNGLE GYM XT

Bodyweight training is best when performed in progressions or regressions based on individual strength and fitness levels. The Jungle Gym XT quick adjust straps lengthen or shorten in seconds to alter the body's leverage making the exercise harder or easier to perform. This unit allows training everywhere from a hotel room to a fitness center to a city park based on the Duro Link connection system. To achieve a higher level of fitness and strength, bodyweight training is essential and the Jungle Gym XT is the perfect tool to build your functional fitness.

- Total body training utilizing multi-plane movements
- Easy-in foot cradle™ allows for more functional flow
- Split anchor design quickly adjusts forces on the body

LLJGXT |



Suspension Trainers

Unleash the potential of your pull-up bar with the Lifeline Pullup Revolution adjustable pull-up assistance system. Improve arm, shoulder, and chest strength with assisted pull-ups and chin-ups. Build stabilizer muscles in abs and back with planks, pushups and knee ups! The Pullup Revolution assists in pull-up efficiency by allowing you to perform more, higher quality reps with proper form than before. You can do extra reps past muscle exhaustion to develop that V-shaped torso, broad shoulders, and narrow waist.

PULLUP REVOLUTION PLUS

- 3 cable design allows for increase/decrease of assistance • Heavy
- Duty Bar Hook attaches easily to pull up bar, integrated strap lock allows fast strap height adjustment.
- Durable, non-slip stirrup for secure foot placement
- (3)R6-60lb cables for assistance

LLPURPLUS |



PULLUP REVOLUTION PRO

- 3 cable design allows for increase/decrease of assistance
- Webbed belt for assisted push-up exercises
- Durable, non-slip stirrup for secure foot placement
- Set includes: cardio belt, bar adapter, and additional R8-80lbs cables
- (3)R6-60lb and (3)R8-80lb cables for assistance

LLPURPRO |



16" RESISTANCE CABLES

Whether you are looking to add resistance or assistance to Pullup Revolution and Chest Expander exercises, these cables create the constant tension needed to increase muscle activation to build strength, endurance and flexibility. Each of the three cables comes with plugged ends to ensure quick and secure interchange with Lifeline cable pockets and are built to withstand the dynamic bodyweight exercises that are the hallmarks of these muscle sculpting tools.

- Interchangeable on Pullup Revolution and Chest Expander
- Provide constant tension for greater muscle activation
- Creates dynamic resistance in all directions
- Layered cable construction for optimum durability and function
- Each set includes (3) 16" cables



LLCX-R3 |
R3-30lb

LLCX-R4 |
R4-40lb

LLCX-R5 |
R5-50lb

LLCX-R6 |
R6-60lb

LLCX-R7 |
R7-70lb

LLCX-R8 |
R8-80lb

LLCX-R9 |
R9-90lb



Abdominal & Accessories

LIFELINE POWER WHEEL™

The Lifeline Power Wheel challenges the muscles of the core and hips like no other. Performing traditional roll outs target not only the abs, but force the chest, back, shoulders and arms to provide increased muscle tension which brings increases of strength and muscle density. Using the wheel foot rests and stirrups while in a supine position fires the glutes and hamstrings to another level. When using in the plank position the entire body is required to perform throughout the piking movement. The unique design enables the user to perform the power wheel crawl, which tests the body's level of muscular endurance, aerobic conditioning and mental toughness. It is a great workout finisher or enough for an entire day's training.

- Intense tool to improve strength & balance
- Challenge your core, obliques and glutes
- Patented functional design with heavy duty construction

LLPW |



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 |



STRENGTH TRAINING



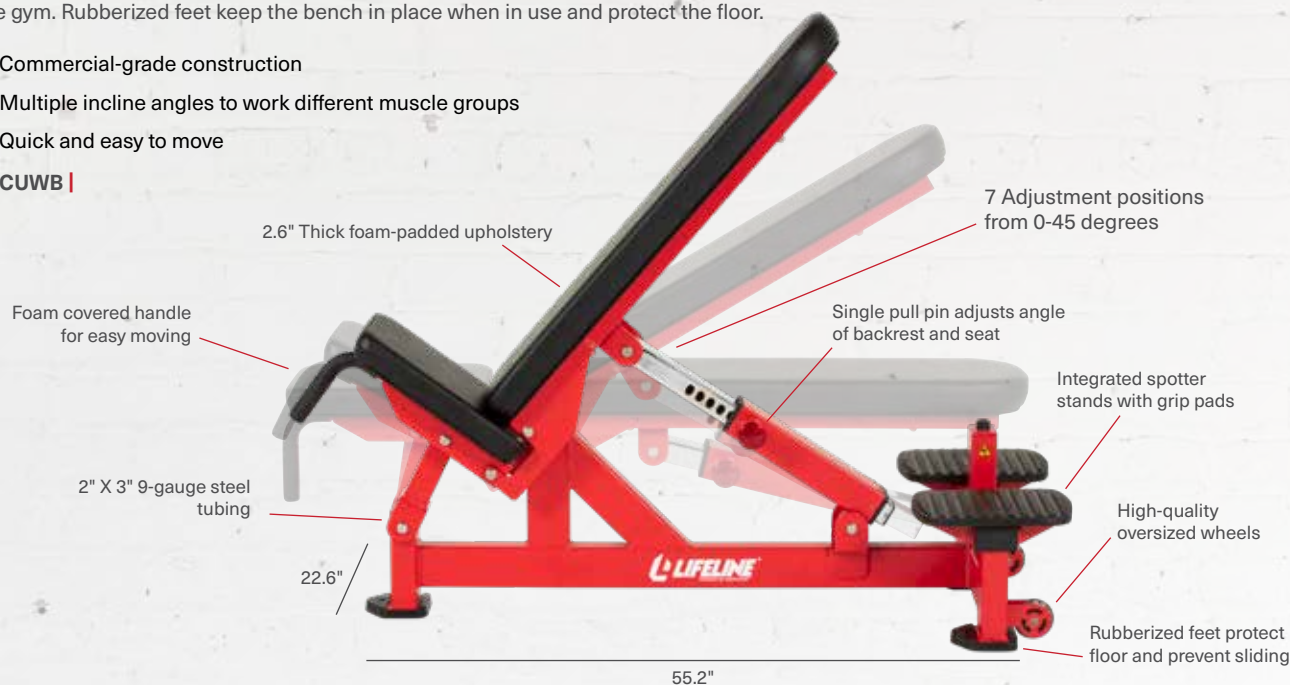
Weight Benches

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 |

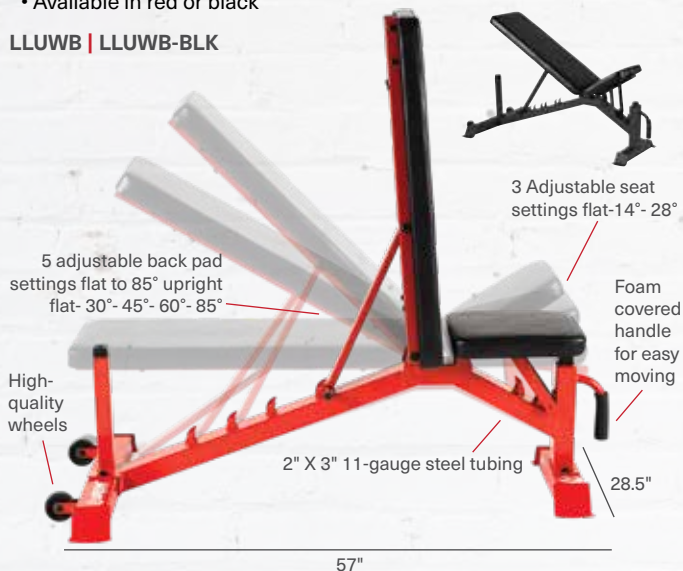


UTILITY WEIGHT BENCH - ADJUSTABLE

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

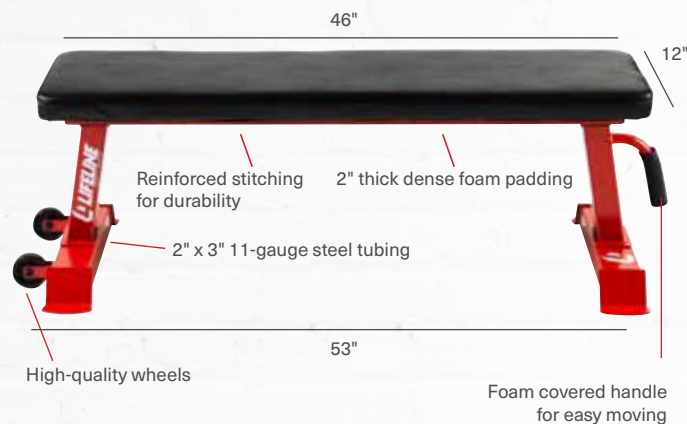


FLAT WEIGHT BENCH

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

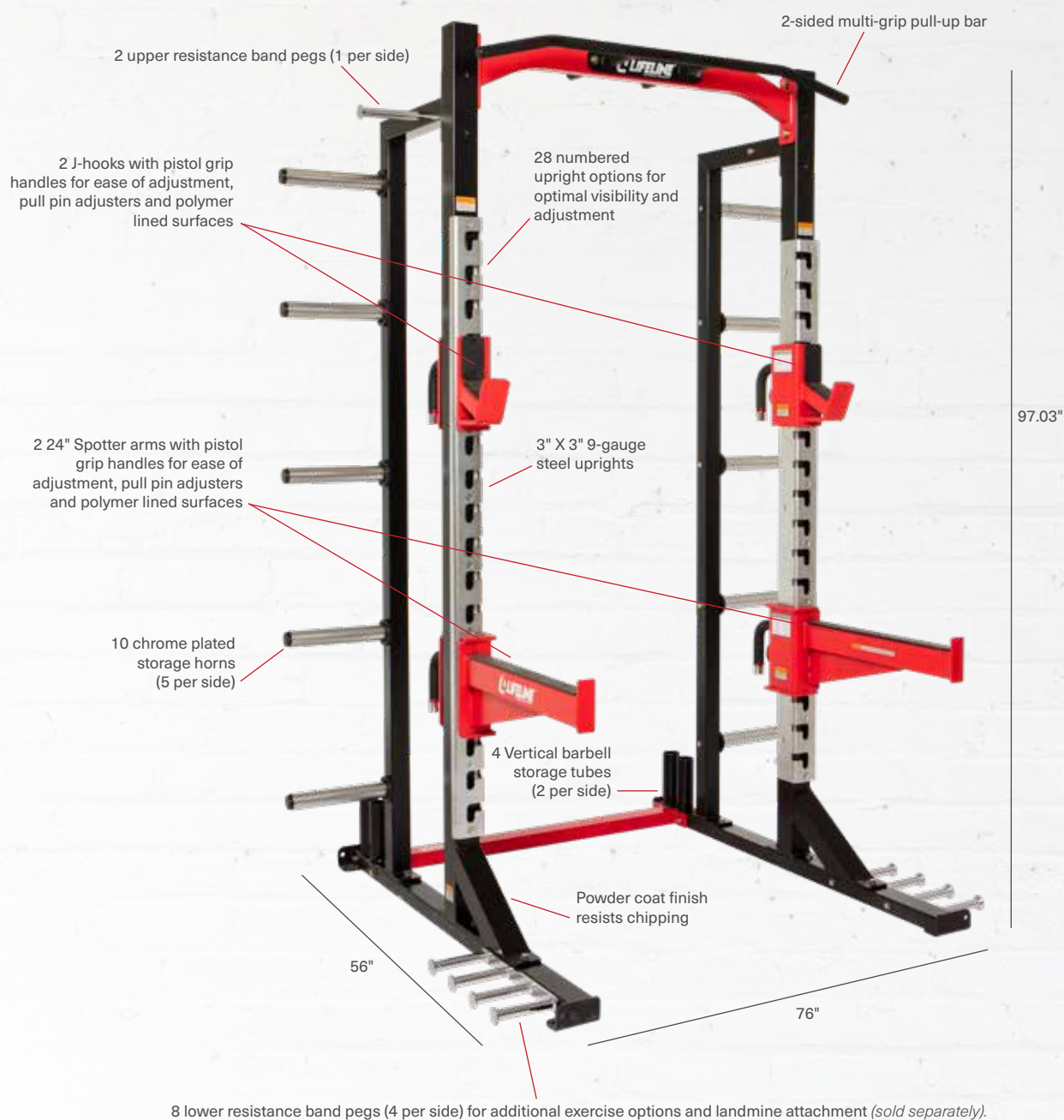
COMMERCIAL HALF RACK

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 |



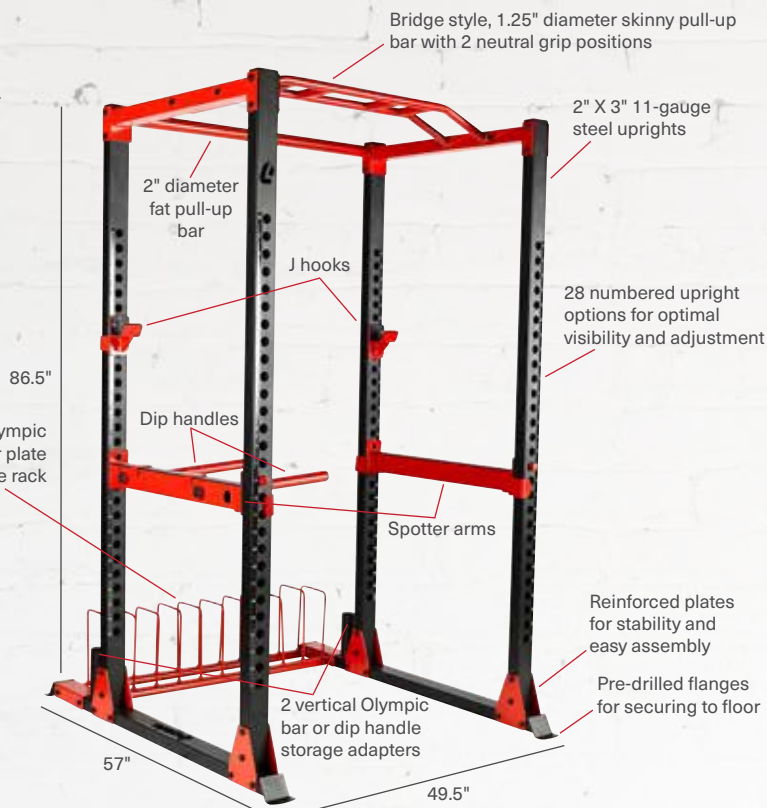
Weight Racks

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 |

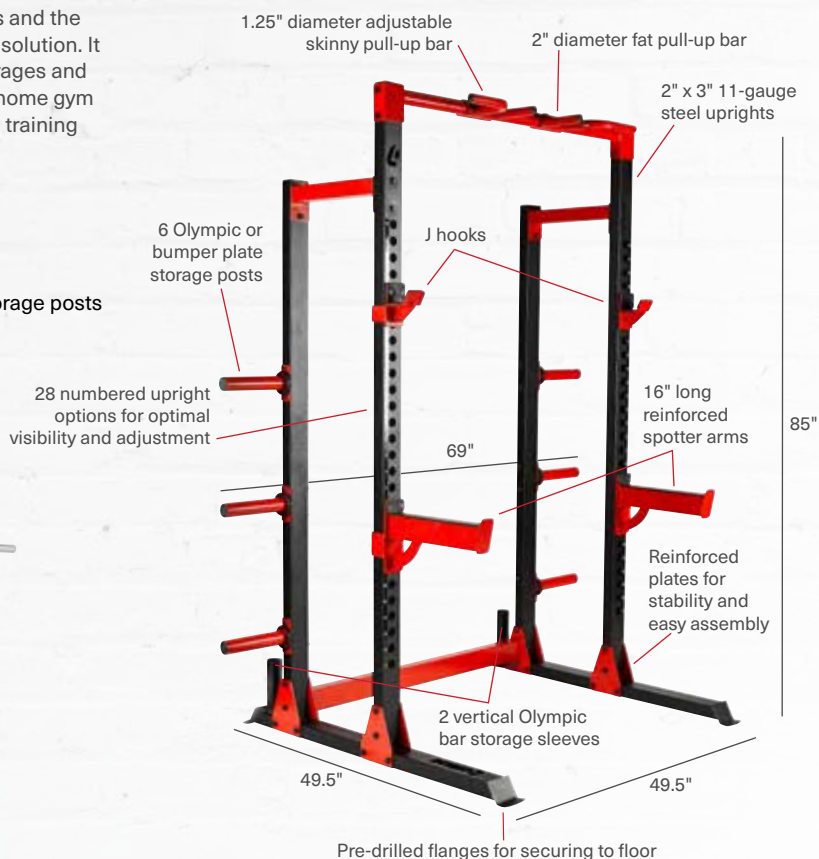


C1 PRO HALF RACK

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 |



Weight Rack Accessories

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 |

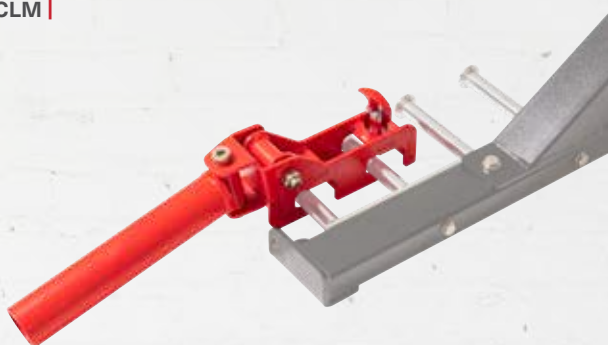


COMMERCIAL LANDMINE ATTACHMENT

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 |



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 |



30' TRAINING ROPE

Training Ropes engage the entire body in a dynamic, low-impact workout through the use of waves, slams, throws and whips. Unconventional and challenging yet adaptable to all fitness levels and routines including cross training and HIIT, Training Ropes are versatile training tools that strengthen muscles from delts and forearms to glutes and quads while increasing aerobic capacity and burning calories.

- Build muscle and aerobic capacity simultaneously
- High-intensity, whole-body workout
- Dynamic movements create functional strength

LLTRB-30 |



Weight Gloves

WRIST ASSIST GLOVES

Dynamic exercises like resistance training, yoga and Pilates place a lot of pressure and strain on the muscles and joints around your hand. Wrist Assist Gloves have a patent pending gel pad therapeutically designed to reduce wrist pain by offering the extra support you need during weight bearing exercises involving the hands and wrists. Cushioned to provide maximum comfort yet sufficiently firm for excellent stability, the integrated contoured pad is durable, resilient and retains its shape for the life of the glove.

- Ergonomic gel pad protect hands and eases wrist strain • Improves grip power for yoga, Pilates, weight training and more • Provide maximum comfort and stability • Stretch Flex back for comfort and breathability • Inner palm liner absorbs moisture and odor • Comes in sizes small, medium, and large

YWAG |



CROSS TRAINING GLOVES

Designed to improve your grip whether you are working with traditional weights or doing Cross Fit exercises with ropes, kettlebells, sledgehammers or sandbags, these workout gloves also protect your hands from overuse injuries like calluses and blisters. By also relieving pressure on your hands, these gloves let you lift heavier weights and complete more reps thereby initiating more muscle growth and fitness gains.

- Increases grip and comfort from Hex-grip palm texture
- Full finger protection
- Work out harder and longer thanks to less hand fatigue
- Neoprene knuckle pad for superior fit and flex
- Ultra suede palms and fingers for durability
- Comes in sizes medium, large, and extra large

PER4METG |



ELITE TRAINING GLOVES

Lessen the fatigue and relieve the pressure on your hands to get the most out of your training program and breakthrough once unattainable fitness plateaus. Ergonomically engineered and reinforced in high-use areas for maximum grip and comfort, Elite Training Gloves protect skin from blisters and sore spots and limit injuries that can arise from sweaty palms, while doing rehabilitation or taking part in intense programs like Cross Fit, HIIT or bodybuilding.

- Increases grip and comfort from Hex-grip palm texture
- Breathable and easy to remove thanks to finger pull pockets
- Work out harder and longer thanks to less hand fatigue
- Neoprene knuckle pad for superior fit and flex
- Ultra suede palms and fingers for durability
- Comes in sizes extra small through extra large

PER4METG |

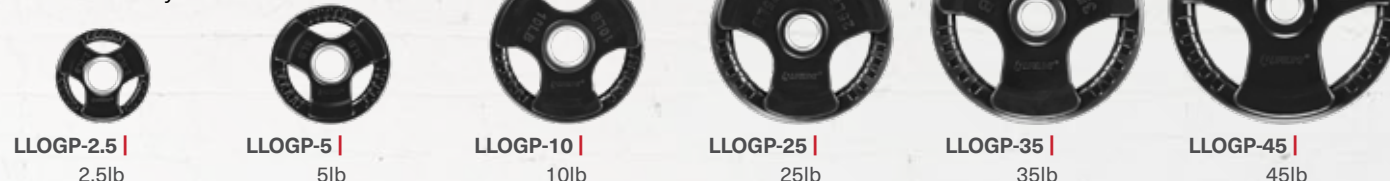


Olympic Grip Plates

OLYMPIC GRIP WEIGHT PLATES

Lifeline Pro Olympic Grip Weight Plates incorporate a triple grip design making them easier and safer to load, unload and store than standard Olympic Plates. These impact-resistant Olympic plates are encased in durable, heavy-duty rubber to protect the plates from chipping and rusting and prevent damage to floors and equipment. The integrated stainless steel collar fits any standard Olympic bar and other equipment with 2" posts.

- Easy to handle and safely load
- Built-in grip holes allow for handheld uses
- Rubber coating protects surfaces and dampens noise
- Sold individually or in sets



500LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (6)45lb, (2)35lb, (2)25lb, (4)10lb, (4)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET500 |

455LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (6)45lb, (2)35lb, (2)25lb, (4)10lb, (4)5lb, (2)2.5 lb plates

LLOGPSET455 |

400LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (4)45lb, (2)35lb, (2)25lb, (2)10lb, (6)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET400 |

355LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (4)45lb, (2)35lb, (2)25lb, (2)10lb, (6)5lb, (2)2.5 lb plates

LLOGPSET355 |

300LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)10lb, (4)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET300 |

255LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)10lb, (4)5lb, (2)2.5lb plates

LLOGPSET255 |



Rubber Bumper Plates & Olympic Bar

RUBBER BUMPER PLATES

Lifeline Rubber Bumper Plates meet IWF standards for length, weight and diameter. They are made with a rubber durometer of 90 Shore A, which means there is little to no bounce. They are easier to grip thanks to the recycled rubber casing and raised outer rim and these Rubber Bumper Plates make weight training much safer and quieter. They are perfect for a gym setting with lots of traffic or as cross training equipment for the home as the protective exterior makes for a longer lasting product and safeguards the floor, plates and other equipment against damage from drops and dings.

- Uniform weight makes for consistent fitness tracking
- Can be used to build muscle and endurance without a bar
- Perfect for Olympic weightlifting, power weightlifting or cross training
- Sold individually or in sets



LLRBP-10 |
10lb



LLRBP-15 |
15lb



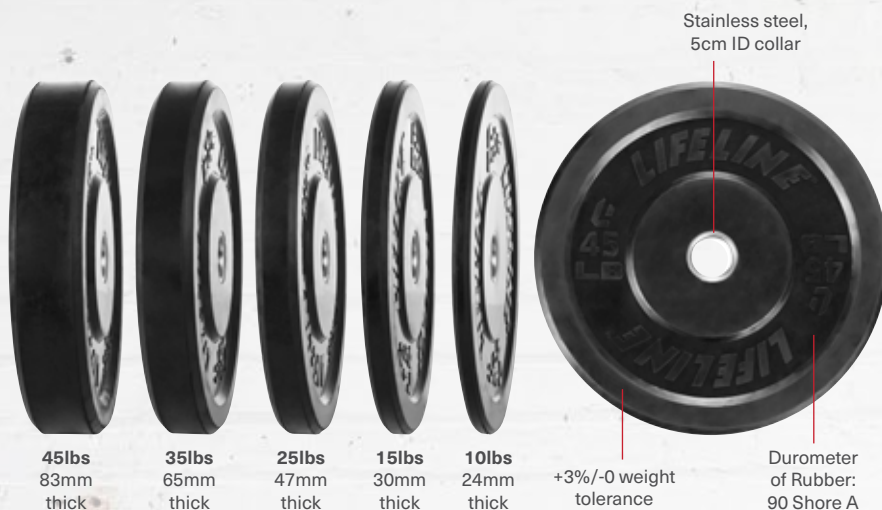
LLRBP-25 |
25lb



LLRBP-35 |
35lb



LLRBP-45 |
45lb



205LBS RUBBER BUMPER PLATE SET

- Includes: (2)45lb, (2)25lb, (2)10lb plates, (1)45lb Olympic bar, and (2)collars

LLRBPSET |

260LBS RUBBER BUMPER PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)15lb, and (2)10lb plates

LLRBPSET260 |

45LB OLYMPIC BAR WITH COLLARS

The definitive size bar used by body builders, weight lifters, cross training athletes and anyone serious about weight training, the Olympic Bar is engineered to handle large loads and comes in the standard weight, length and diameter for workout consistency, rack compatibility and easy grip. Perfect for a gym environment or at-home use, the rotating sleeves, grip-release collars and the crisscrossed knurling etched in the bar ensure proper form and safe use for Olympic and dynamic compound exercises like cleans, jerks, squats and dead-lifts.

- Needle bearings provide smooth sleeve rotation
- Lift more weight for faster muscles gains
- Perfect for Olympic weightlifting, Cross Fit or power weightlifting

LOWB-1000 |

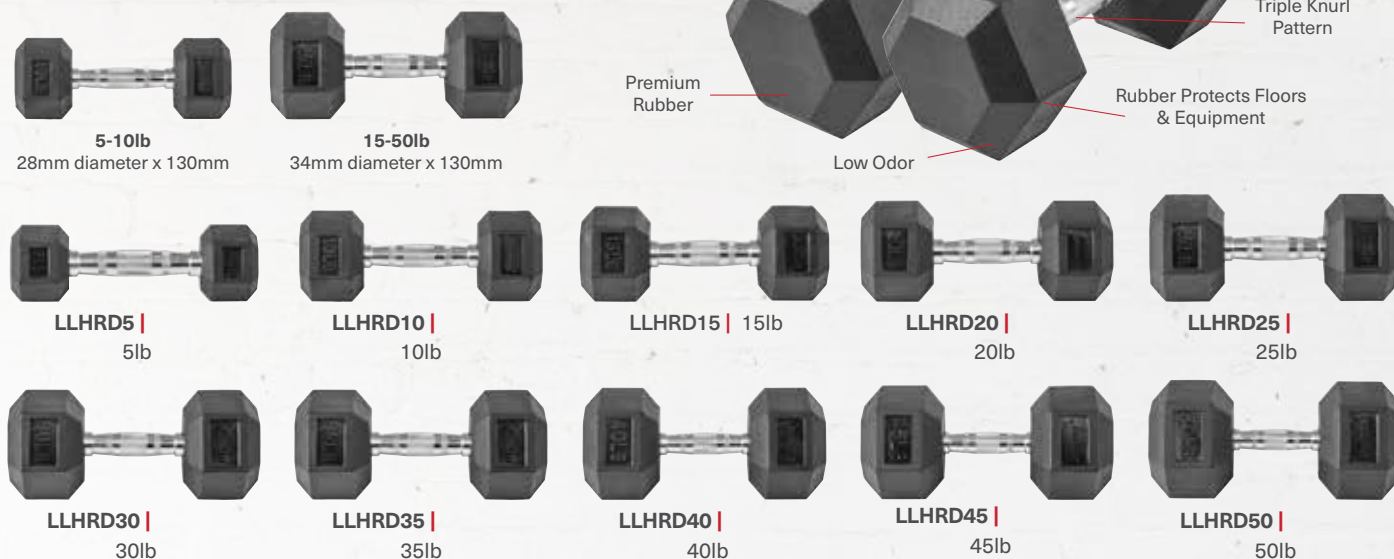


Hex Dumbbells

HEX RUBBER DUMBBELLS

These high-quality, affordable dumbbells are classically styled and durable. The Lifeline Hex Rubber Dumbbells are available in weights from 5lbs to 50lbs in 5lbs increments. The triple knurled chrome handles are ergonomically designed for a secure, comfortable grip and the rubber over-molded heads protect both your floor and the dumbbells while diminishing noise. The heads are secured to the handles with high pressure and heat to provide a strong, stable joint.

- Protects floors, equipment and dumbbells
- Tapered handles provide comfort for multiple holds
- Non-roll design
- Sold individually or in sets



550LBS HEX RUBBER DUMBBELL SET

- Includes: (2)5lb, (2)10lb, (2)15lb, (2)20lb, (2)25lb, (2)30lb, (2)35lb, (2)40lb, (2)45lb, and (2)50lb

LLHRDSET550 |

380LBS HEX RUBBER DUMBBELL SET

- Includes: (2)10lb, (2)15lb, (2)20lb, (2)25lb, (2)30lb, (2)40lb, and (2)50lb

LLHRDSET380 |

200LBS HEX RUBBER DUMBBELL SET

- Includes: (2)10lb, (2)15lb, (2)20lb, (2)25lb, and (2)30lb

LLHRDSET200 |

150LBS HEX RUBBER DUMBBELL SET

- Includes: (2)5lb, (2)10lb, (2)15lb, (2)20lb, and (2)25lb

LLHRDSET150 |



550LB HEX RUBBER DUMBBELL SET WITH 3-TIER RACK

Complete Hex Rubber Dumbbell 5lbs to 50lb set in 5lb increments.

- Includes: 3-Tier Rack, (2)5lb, (2)10lb, (2)15lb, (2)20lb, (2)25lb, (2)30lb, (2)35lb, (2)40lb, (2)45lb, and (2)50lb
- 3-tier rack saves space
- Durable, powder-coated surface
- Quick and easy to assemble

LLHRDRACK550 |



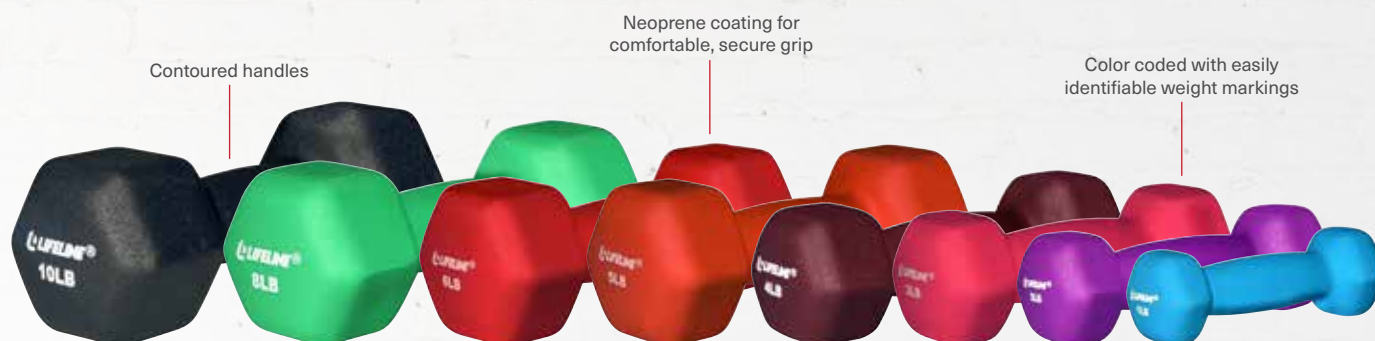
Neoprene Dumbbells

HEX NEOPRENE DUMBBELLS

Protect the floors in your gym or home with the Lifeline Hex Neoprene Dumbbells. Designed for light weight training, cross training and aerobic workouts, these dumbbells are great for adding resistance and evening out strength imbalances. They feature ergonomic handles that are slightly thicker in the center to prevent hand fatigue and are covered with a layer of neoprene to provide grip and comfort. The hex design prevents rolling, so they stay put when not in use.

These versatile, convenient dumbbells are classically styled and durable. The Lifeline Hex Neoprene Dumbbells are available in weights from 1lb through 6lb, 8lb and 10lb. Each weight level is color coded with easily identifiable weight markings on each end. In addition to providing comfort and grip, the neoprene coating also helps dampen noise during your workout.

- Noise-dampening
- Protects floors, equipment and dumbbells
- Sold individually



**ALL-IN-ONE
TOTAL BODY
WOROUT**

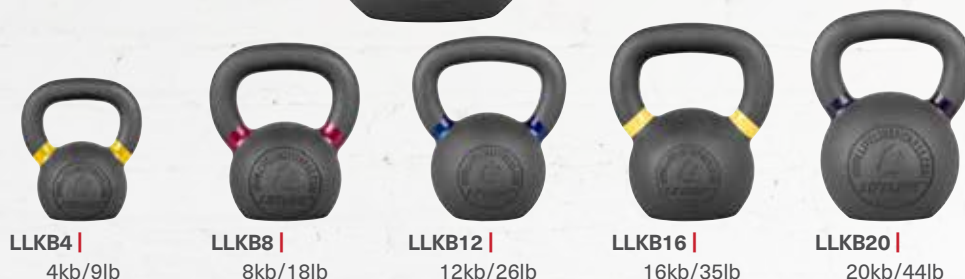
Kettlebell Weights

KETTLEBELLS

Kettlebell workouts deliver functional whole-body fitness by combining the burn of cardio with muscle building strength training and compound movements that deliver greater flexibility and coordination. Featuring the classic design popularized in Russia a few hundred years ago which allows them to be employed in countless ways—including swings, presses, rows, twists, squats and snatches, these kettlebells are weighted off-center, which engages more stabilizer muscles and works the targeted muscles through a wider range of motion.

- Wide, flat base eliminates wobble on floor
- Finish provides great feel and excellent grip
- No welds for maximum durability
- Color coded stripe to quickly identify weight level

WEIGHT LEVEL	HANDLE DIA. X MAX OPENING WIDTH
4kg 9lb	1.26" D x 3.22" W
8kg 18lb	1.26" D x 4.03" W
12kg 26lb	1.42" D x 4.8" W
16kg 35lb	1.46" D x 4.8" W
20kg 44lb	1.50" D x 4.8" W
24kg 53lb	1.57" D x 4.8" W
28kg 62lb	1.57" D x 4.8" W
32kg 71lb	1.57" D x 5" W
36kg 80lb	1.57" D x 5" W
40kg 88lb	1.57" D x 5" W
44kg 97lb	1.57" D x 5" W



KETTLEWORX® KETTLEBELLS

Vinyl-dipped kettlebells are a cost effective option that reduces noise while protecting floors and equipment.

- Vinyl-dipped to protect floor and kettlebell
- Weight is clearly marked and color coded
- Handle is smooth for easy grip



Weighted Accessories

COMBAT BAG

For those looking to change up their fitness routine, employing a training bag intensifies dynamic, compound and rotational movements to improve functional strength, range of motion and explosive power. It also allows for multi-directional movement to increase exercise variation and target oft-overlooked stabilizer muscles to prevent injury and strengthen grip, a key to lifting more weight—which results in fitness gains.

- Improve functional strength with balance and stability
- Intensify full-body workouts
- Develop power and explosiveness



LLCB-10 |
10lb



LLCB-20 |
20lb



LLCB-30 |
30lb

SLAM BALL

Slam and throw to improve explosive power. Toss to develop joint integrity. Coordinated movements boost stability and balance. Build muscles and aerobic capacity simultaneously. Combine slams and squats for full body conditioning.

- Develop explosive power with full body conditioning
- Improve functional strength – stability and balance
- Intensify bodyweight workouts with added weight



LLSB-6 |
6lb



LLSB-8 |
8lb



LLSB-10 |
10lb



LLSB-15 |
15lb



LLSB-20 |
20lb



LLSB-30 |
30lb

WALL BALL

Press, push and throw for a fun and challenging full-body workout that covers multiple planes of motion to improve functional strength, explosive power and muscle stability. Grippable padding allows for added resistance to traditional bodyweight exercises while the freedom of movement intensifies the compound movements that improve balance and stability needed for injury rehabilitation.

- Improve balance, coordination and stability
- Develop explosive power
- Combat muscular imbalances



LLWB-10 |
10lb



LLWB-16 |
16lb



LLWB-20 |
20lb



Weighted Accessories

MEDICINE BALL

Using the Lifeline Medicine Balls is an excellent way to develop total body strength, power and stability. They feature a unique textured surface for sure-handed grip, uniform wall thickness for superior balance, and a durable rubber construction that provides medium bounce. These balls are designed for handheld, light bouncing & rebounding and throwing exercise training use and are offered in 2lb increments, allowing you to progress as you build strength and coordination. The large weight markings provide easy level identification.

- Textured surface for non-slip grip
- Uniform wall thickness for superior balance and strength
- Hollow design provides bounce
- Inflation level can be adjusted to increase/decrease rebound
- Rubber construction for durability



LLMB2W |
2lb



LLMB4W |
4lb



LLMB6W |
6lb



LLMB8W |
8lb



LLMB10W |
10lb

MEDICINE BALL SET

This versatile set provides five different weight levels, giving users options to match their training and fitness level while allowing for progression as strength increases. The storage rack keeps the med balls out of the way when not in use.

- High-strength steel tubing
- Space-saving vertical storage
- Rack dimensions: 12" x 12" x 48.8"
- Includes: 2lb, 4lb, 6lb, 8lb, 10lb medicine balls and a vertical storage rack

LLMBSET2-10W |



WEIGHTED SPEED ROPE

The Weighted Speed Rope weight is all in the rope—not in the handles—making your workout comfortable and smooth. Professionally engineered, the Weighted Speed Rope features our new high-tech, ball bearing handles for smooth rotation, and two sliding rope adjusters make any rope length adjustment quick and easy. Power your chest, shoulder, back and arm muscles with each swing of the weighted rope! Strengthen thighs, glutes, hamstrings, and calves with every jump! Get tight abdominal muscles with consistent jump rope use.

- 10 minutes jumping rope = 30 minutes of jogging
- Improve cardiovascular efficiency
- .75lb weight is built into the rope itself

LLWSR-75 |



Build a Custom Training Center

STEP 1: SELECT YOUR RACK



C1 PRO POWER RACK
LLPRC1



C1 PRO HALF RACK
LLHRC1



C1 PRO HALF RACK
LLHRC1-BLK

STEP 2: SELECT YOUR BENCH STYLE



UTILITY WEIGHT BENCH
LLUWB

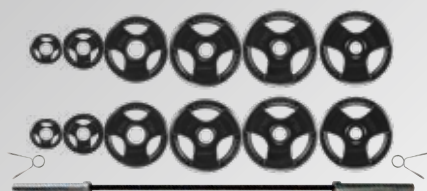


UTILITY WEIGHT BENCH
LLUWB-BLK



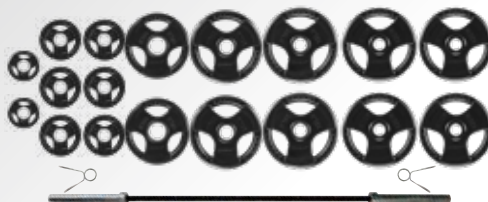
FLAT WEIGHT BENCH
LLFWB

STEP 3: SELECT YOUR WEIGHT SET



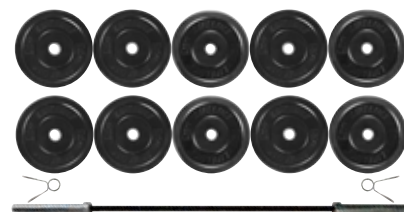
LIFELINE 300LB PRO
OLYMPIC GRIP PLATE SET
LLOGPSET300

(2)2.5lb, (4)5lb, (2)10lb, (2)25lb, (2)35lb, (2)45lb,
(1)45lb, (1) Olympic bar, and (2)collars



LIFELINE 400LB PRO
OLYMPIC GRIP PLATE SET
LLOGPSET400

(2)2.5lb, (6)5lb, (2)10lb, (2)25lb, (2)35lb, (4)45lb,
(1)45lb, (1)Olympic bar, and (2)collars



LIFELINE 205LB RUBBER
BUMPER PLATE SET
LLRBPSET205

(2)10lb, (2)25lb, (2)45lb, (1)45lb,
(1)Olympic bar, and (2)collars

STEP 4: GET THE LIFELINE FUNCTIONAL TRAINING PACK



JUNGLE GYM XT
LLJGXT



PULL UP REVOLUTION PLUS
LLPURPLUS



ULTIMATE TRAINER KIT
LLRTKULT



TRAINING ROPE
LLTRB-30



POWER WHEEL
LLPW

Add the Functional Training Pack to round out your Functional Training Center

- Lifeline Jungle Gym XT for bodyweight suspension exercises
- Pull Up Revolution adjustable pullup assistance system helps you perform more, higher quality reps with proper form past muscle exhaustion
- Build muscle with Lifeline's Ultimate Resistance Trainer Kit; interchange resistance level from 10lb – 270lb as you progress

STEP 5: RECOMMENDED ACCESSORIES



HEX RUBBER DUMBBELL FITNESS
TRAINING WEIGHT SET
LLHRDRACK550

SPEED & AGILITY



Plyo Boxes

STACKING FOAM PLYO BOXES

The Lifeline Stacking Foam Plyo Boxes are perfectly suited to adjust for progression, different exercises, and various ability levels. The lightly textured, heavy duty vinyl cover provides sure footing and the dense foam has just the right amount of give to protect shins and cushion landings. Use individually or utilize the strong hook and loop flaps on the sides to secure the boxes in a stack. Integrated handles make it easier to adjust or move the boxes. The large landing surface allows you to go for it with a 35.5" wide X 30" deep size. Available in three heights - 6", 12" and 18"- which can be purchased individually or as a set that allows you to go from 6" to 36" high in 6" increments. *Do not use foam plyo boxes on smooth floor surfaces such as wood, tile or concrete.*

- Heavy, dense foam core softens landings, helps prevent injuries, and provides stability during use
- Height adjustable
- Can be used together or separately
- Easy to clean
- Sold individually or in a set



LLPB-6 |
6"



LLPB-12 |
12"



LLPB-18 |
18"

STACKING FOAM PLYO BOXES SET

- Includes: (1)6" height plyo box,
(1)12" height plyo box, and (1)18" plyo box

LLPBSET |

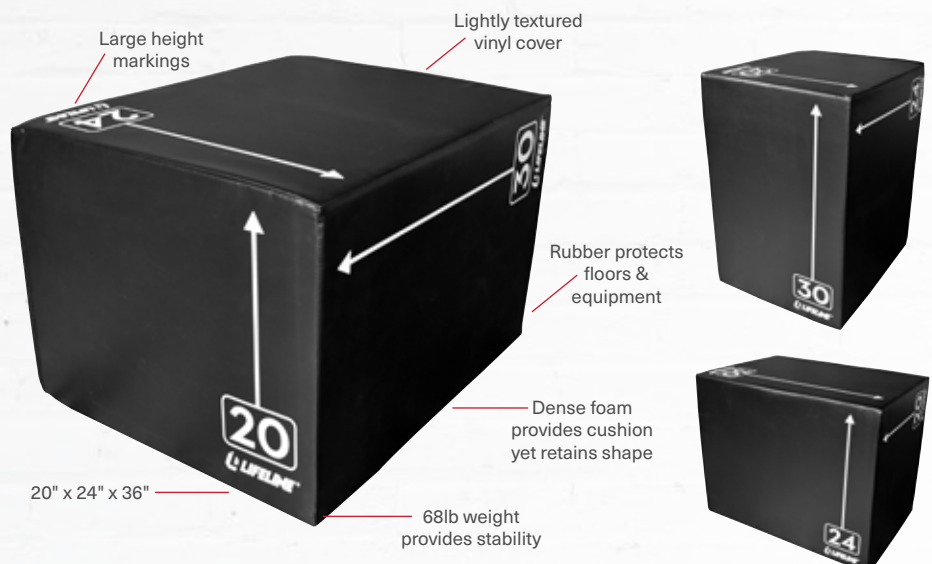


3-IN-1 FOAM PLYO BOX

If you are looking for a versatile tool to help you progress with your plyometric training the Lifeline 3-in-1 Foam Plyo Box is what you need. With 20", 24" and 30" sides you can simply flip the box to increase or decrease the height to meet your requirements. The lightly textured, heavy duty vinyl cover provides sure footing and the dense foam has just the right amount of give to protect shins and cushion landings. The compact size is perfect for those who have a small space but want big performance. *Do not use foam plyo boxes on smooth floor surfaces such as wood, tile or concrete.*

- Foam core softens landings and helps prevent injuries
- Height adjustable
- Easy to clean

LLPB3IN1 |



Explosive Power

JUKE 360

Add multi-directional resistance or assistance to sprints, crawls, shuffles, jumps as well as over-speed and HIIT workouts to increase leg power and speed. Used on its own or with other agility tools like the Speed Ladder, this resistance trainer also develops cardiovascular endurance and athletic agility while teaching proper running form including arm drive, forward lean and knee drive. Comes with 10 instructional drill cards.

- 8 Ft stretch cord safely extends to 20 ft
- Adjustable belt with free slide ring for movement in any direction
- 10 different drill cards for training & practicing

PER4MJ360 |



JUMP TRAINER

Perfect for basketball, volleyball, track & field and all manner of athletic and resistance training, this tool 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 dynamic strength as a result of adding intensity and consistent positive and negative resistance to jumping, squatting and all manner of lower body drills and exercises.

- Padded adjustable belt & ankle straps fit most sizes
- Quick release power tubes are easily added & removed
- Durable latex tube construction
- 10 different drill cards for training & practicing

PER4MJT |



QUICK PUNCHER

Incorporate the Quick Puncher into your workout to improve hand and foot quickness, hand-eye coordination, cardiovascular fitness and concentration under physical duress. Perfect for boxers to practice timing and speed of swings, jabs, hooks, crosses and defensive movements, it is also great for warm up and plyometric exercises like jumps, kicks and toe taps for athletes of all fitness levels.

- Improve reaction speed & hand-eye coordination
- Develop timing, hand speed & accuracy of movement
- Build quickness & agility while increasing stamina
- 10 different drills cards for training & practicing

PER4MQP |



SPEED LADDER

Boost quickness, foot speed and coordination while building hip flexor muscles to increase sprinting speed. By encouraging proper foot placement and technique it also helps develop the agility, explosive power and responsiveness that make you a more dynamic athlete and gain greater body control.

- Improve acceleration, lateral quickness & change of direction
- Gain greater body control by improving agility
- Adapt training to sport specific movements to improve muscle memory
- 10 different drill cards for training & practicing

PER4MSL |



REFLEX BALL

Excellent for athletes in sports where quick decisions and reflexes are paramount, Reflex Ball exercises improve hand-eye coordination and reaction time. The movements and concentration needed to track this random-bouncing ball develop the quickness and mental toughness needed to succeed in any athletic endeavor and provide a fun and challenging change-of-pace to warm up, HIIT or rehab routines.

- Enhance reaction speed & hand-eye coordination
- Develop first-step acceleration
- Improve fast directional change for better sports performance

PER4MRBALL |



MOBILITY & RECOVERY



Recovery Rollers

PROGRESSION ROLLER

Speed your recovery and improve your fitness level with this muscle rehabilitation tool that features three different surfaces (flat, ridged and pointed) to allow for a variety of applications—from pressure point targeting to deep tissue massage—on an array of body parts. Crafted with a foam exterior and PVC core to be both lightweight and firm.

- Perform deep tissue self-massage
- Aid in the recovery of muscle and joint pain
- Increase blood flow to soft muscle tissue
- Progressively contoured surface provides 3 levels of pressure
- Core provides durability + will not deform over time
- Eva foam cover for comfort
- Diameter of 5.5"
- Available in two lengths: 13" & 23"



LLPGR13 |
13" x 5.5"



LLPGR23 |
23"



- L1 | SMOOTH SURFACE**
Traditional Massage
- L2 | TRI-RIB SURFACE**
Increased Massage
- L3 | NARROW GROOVES**
Deep Penetrating Massage

LEVEL 1



LEVEL 2



LEVEL 3



FOAM ROLLER

Using a foam roller pre- and post-workout can relieve muscle tension and pain, reduce inflammation, and improve recovery. Made from high-density foam for the perfect combination of firmness and give. Available in two lengths to suit user needs.

- Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- Address muscle and joint pain



LLFR24 |
Blue 24" x 6"



LLFR30 |
Black 30" x 6"

PROFESSIONAL FOAM ROLLER

Apply gentle and sustained pressure to the myofascial connective tissue surrounding your muscles, break up scar tissue and release trigger points to restore normal motion and eliminate pain. This professional model is perfect for physical therapy and rehabilitation settings or for anyone looking for more stability to expand their muscle therapy from quads and calves to larger areas like hamstrings, glutes, lats and upper or middle back.

- Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- Address muscle and joint pain



LLPFR18 |
18" x 6"



LLPFR36 |
36" x 6"

Message Tools

MASSAGE BAR

Whether rehabbing an injury or trying to reach your personal best, this textured therapy bar provides effective massage therapy for a deep tissue response that enhances the recovery process. The textured surface targets trigger points or knots, and allows you to control the application of pressure that stimulates circulation, decreases muscle pain and disperses the effects of lactic acid.

- Raised patterns designed to attack trigger points for intense muscle relief
- Anti-slip grips allow firm and comfortable hand placement during use
- Inner steel core ensures smooth, consistent rotation

LLMB |



FOOT THERAPY ROLLER

This small foam roller features a varied texture and is cushioned to stimulate and relax muscles, increase circulation and relieve tension. Engineered to fit the curves of your in-step and arch and designed to activate with your natural movements, it creates massaging pressure that not only helps soothe sore and tired feet but also aids your recovery from injuries like plantar fasciitis—making it perfect for runners or anyone who spends a lot of time on their feet.

- Soothes sore feet and legs
- Stimulates circulation
- Relieves tension and stress
- Eases minor aches and pains

LLFTR |

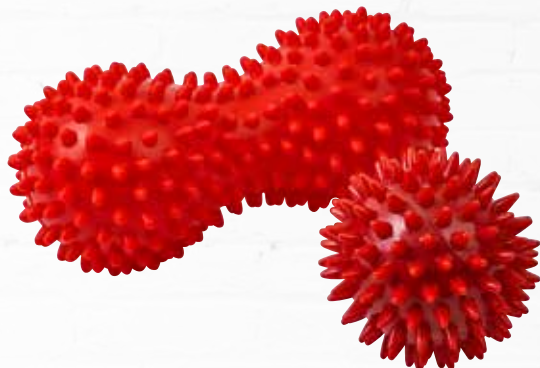


MUSCLE MASSAGE KIT

These two small rolling devices provide massage therapy and apply concentrated pressure to aching muscles and key trigger points. Outfitted with knobs to increase circulation and relax muscles, these post-workout, physical therapy devices relieve chronic tension and disperses the effects of lactic acid so you can recover faster and improve your strength and flexibility.

- Nubbed surfaces provide targeted pressure
- Small enough for use on most body parts
- Small size massagers are portable + easy to store

LLMMK |



DUAL MASSAGE BALL

Double roller design targets muscle soreness and knotted tissue around bones like vertebrae and allows for self massage of trigger points in hips, neck, Achilles and feet. The Dual Massage Ball promotes injury recovery, joint flexibility and muscle mobility by relieving stress, smoothing out muscle fibers and increasing blood flow to targeted areas.

- Release muscle tightness and improve recovery time
- Small enough for use on most body parts
- Easily portable at 5" long

LLDMB |



Range of Motion & Stretching

MULTI-USE SHOULDER PULLEY DELUXE

The revolutionary Lifeline Multi-Use Shoulder Pulley increases range of motion in all planes of shoulder movement. Its patented handle is more comfortable with the foam rotator and assistive grip. Its design makes the rehabilitation process easier due to the quick adjustability of cord length. Move from exercise to exercise with ease of adjustment quickly and easily. Limited grip is not a problem anymore. As shown below, our patented and doctor recommended assistive grip comfortably holds the hand in place at the knuckles rather than the wrist to promote circulation.

- Specifically designed to increase range of motion and prevent shoulder and upper body pain and stiffness
- Lifeline's patented Grip-All Handle includes a rotating comfort foam handle and our Assistive Grip Attachment to decrease joint strain
- Includes metal door hook and assistive grip

LLMUSP-4 |



ECONO SHOULDER PULLEY DELUXE

The revolutionary Lifeline Econo Shoulder Pulley increases range of motion in all planes of shoulder movement. Its patented handle design makes the rehabilitation process easier due to the quick adjustability of length. Move from exercise to exercise with ease of adjustment quickly. Limited grip is not a problem anymore.

- Patented handle includes our Assistive Grip Attachment to decrease joint strain
- Quickly adjust the length of the 7 foot braided nylon cord to fit your height and range of motion and move between exercises with ease
- Includes metal door hook and assistive grip

LLESP-4 |



MULTI-USE SHOULDER PULLEY

- Increases flexibility and range of motion in shoulder movement
- Safely rehab shoulder and rotator cuff injuries
- Stretch and improve circulation in upper body muscles
- Multi-use rotating cushion handles for comfort and convenience
- Patented grip-all ball for safe, fast rope length adjustment

LLMUSP-1 |



ECONO SHOULDER PULLEY

- Stimulates circulation and increases shoulder strength, motion and flexibility
- Great for assisting in the treatment of shoulder pain, repairing rotator cuff injuries and increasing range of motion

LLESP-1 |



Range of Motion & Stretching

STRETCHING STRAP

This unique strap features comfort pockets specifically designed for grasping or foot placement to help you achieve deeper, more effective stretches, improve blood flow and ease muscle tension and tightness. The elastic material stretches with you to increase flexibility without overexerting muscles and tendons, which makes it a great tool to rehab injuries without aggravating them and to improve your fitness performance.

- Enhance flexibility and balance
- Prevent and rehab injuries
- Improve range of motion and alleviate tightness
- Multiple, flexible comfort pockets for stretching variety and progressive improvement
- Web and nylon-elastic construction for flexibility and durability

LLSS |



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



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 |



Soft



Medium



Firm



Exercise Balls & Mats

PRO BURST RESISTANCE EXERCISE BALL

Take crunches, bridges, push ups, squats and planks to the next level by continually engaging your core and back muscles for improved strength and balance. Perfect for rehabbing, warming up and stretching or as a support tool to break plateaus in resistance and HIIT workouts, Pro Burst Resistant Exercise balls employ and fortify the stabilizer muscles needed for functional strength and athletic performance.

- Size: 65cm diameter
- Proprietary burst resistant composite
- Eco-friendly, 6P phthalate/toxin free
- Designed to deflate slowly if punctured
- Includes: Exercise instruction chart, a fast pump, (2)inflation plugs, and (1)plug remover

FBRB65OL |



MINI CORE BALL

This travel size ab trainer is perfect for medicine ball-type moves like plyometric push ups, fitness ball core work like ball squats or stability ball stretches like back extensions. Soft and supportive for rehab applications, the unstable surface forces muscles to work harder, helping build strength, improve balance, straighten posture and tone core.

- Size: 9in diameter
- Addresses back pain
- Strengthen abs + core
- Improve posture + balance

LLMCB |



EXERCISE MAT PRO

The Lifeline Exercise Mat Pro features an extra thick 5/8" dual texture foam design which becomes your perfect exercise mat for floor exercises and movements. Thick and cushioned, this double-textured mat provides a comfortable foundation for all types of mobility and recovery exercises including rehabilitation programs, Pilates, stretching and bodyweight training. Perfect for use at the gym, at home or at a physical therapy facility, the ribbed non-slip surface on top helps prevent injuries.

- 5/8" x 23" x 72
- Excellent traction and durability
- Extra thick for Pilates and fitness floor workouts
- Large size mat allows for spacious core stretching and exercising

LLEMPCG |



**BUILD CORE
STRENGTH**

YOGA FLOW



Yoga Mats

HERO MAT

Whether you're archenemy is the relaxed hero pose or the sleeping hero pose, the Natural Fitness Hero Yoga Mat will help your yoga practice take flight. Cape optional.

- Size: 24" x 72" x 6mm
- Thick and dense without being heavy
- Excellent traction and cushion for unsurpassed performance
- Eco-friendly composite material
- Easily cared for and durable

WRHMB |



ROAM FOLDING YOGA MAT

A rolling stone may gather no moss, but a rolled up mat is pretty hard to gather up into your luggage. That's why we created the unique Roam Folding Yoga Mat expressly for the yogi always on the move. The unique Roam Folding Yoga Mat is for the modern yogi on the go. It easily folds and fits into the included recycled bag. Practice wherever the road takes you.

- Size: 24" x 68" x 4mm
- Easier to pack and carry than standard yoga mats
- Excellent traction and cushion
- Bag protects mat and keeps it compact

YRFMRRE |



WARRIOR MAT

To flow through a Warrior sequence it helps to be versatile: use your strength for Warrior I, your stamina for Warrior II, and your balance for Warrior III. Such variable poses deserve a multipurpose mat, which is why we've created the Warrior Mat. Highly durable, it is built to withstand the daily sessions of the most intense and lengthy yoga practices. Manufactured without the harmful phthalates or toxic chemicals found in those PVC foam mats, it allows you to center yourself physically without disrupting your moral compass.

- Size: 24" x 69" x 5mm
- Highly Versatile Mat with excellent durability
- Phthalate free
- Non-slip Traction
- Made from PER & Natural Rubber



YWMG |
Granite



YWMA |
Amethyst



YWMT |
Teal



YESM69IAL4 |
Indigo/Aqua
24" x 69" x 4mm



YESMNG4 |
Moss/Night 24"
x 69" x 4mm



WRESM80EL |
Midnight Blue
24" x 80" x 6mm

ECO-SMART YOGA MAT

Made from Polymer Environmental Resin (PER), an innovative material that is safer for the planet and your health than yoga mats made from standard PVC foam, this mat is for those that think the world of the environment. Though priced cost-effectively to make it a perfect choice for beginners, because the material is easy to clean and provides excellent non-slip traction, it is also a great option for those practicing daily or intensely. The perfect combination of eco-conscious and consumer-friendly, it is easy to see why when it comes to yoga mats the Eco-Smart Mat gets the highest grade.

- Provides cushion without being heavy
- Excellent traction and cushion for high-level performance
- Eco-friendly composite material
- Easily cared for and durable

Mat Bags

YOGO PRO MAT BAG

From holding a tree pose to holding your own with your kids and everything in between, yogis and yoginis strive to find balance in all aspects of their lives. And, believe it or not, this includes style. Protect your mat and belongings during transport or storage with this roomy travel yoga mat bag. The material is lightweight and durable while the ventilation holes and zip pockets give it breathability and security so you can be on the move without stressing out.

- Extra-wide double zip opening—large enough to carry extra thick mats
- Reinforced air vents for breathability
- Zip closure pocket for keys, phone, etc.
- Keeps mats rolled for storage while allowing breathability with air vents
- Material - cotton canvas

WRYOPMBP |



YOGO TRAVELER BAG

Whether you are globe-trotting or just getting from work to home to the studio, we've got it in the bag. The Yoga Traveler Bag is expressly for the yogi always on the move. Though it still provides length and breathability, this bag allows you to easily go anywhere with its lightweight material. Designed to protect your mat and belongings during transport or storage, it fits, making the Yoga Traveler Bag a great and green travel companion wherever your road leads.

- Extra-wide double zip opening
- Reinforced air vents for breathability
- Zip closure pocket for keys, phone, etc.
- Material - recyclable polyester

WRYOTMBGR |



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 |



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