



POWERED BY INNOVATION





## A FITNESS LEADER FOR OVER 40 YEARS

Lifeline continuously develops revolutionary training tools that define the benchmark in professional grade products used for bodyweight, progressive variable resistance and functional training. Founded in 1973 by fitness hall of fame icon Bobby “Sugar” Hinds, creator of legendary products such as the first beaded jump rope and the Lifeline Portable Gym, Lifeline continues to be dedicated to defining and developing exclusive exercise tools powered by Innovation.

As the well-respected elite training brand, Lifeline has over 20 patents, making it the leader in product innovation within the functional fitness category.





## LETTER FROM THE PRESIDENT

### FUNCTIONAL FITNESS IS NOT A TREND

I've seen all the fitness trends for 2015 and am excited to say, Lifeline and its brands of modalities are hitting just about all of them. For the past year, we've been working on creating a streamline approach to our brands to help better outfit our customers with the tools they need to continue to drive a healthy business of wellness lifestyle.

On the fitness trend lists we continue to see FUNCTIONAL FITNESS. It's ironic that the ways intuitively move and using functional movements is what has been done for centuries, but continues to lead the trend in fitness. Why? Because it works! I do not believe it's a trend, but rather a way of life. Lifeline has been a leader in functional fitness for the past 40 years, so you can say we are trend-setters.

With that, we are excited to now offer even more solutions for our customers. Our new education platform for Lifeline, HIGHX launches in this issue. HIGHX is accessible team training that allows your incremental sales to explode. Check out page 64 to see how you can Train For Life™ with HIGHX.

A handwritten signature in white ink, appearing to read 'AS' or 'Adam', with a long, sweeping underline.

Adam Schumacher  
President + CEO



# CONTENTS

## 2015 CATALOG

### 04



### 04 RESISTANCE TRAINING

Resistance training is effective for maintaining healthy bodyweight by increasing lean muscle mass which improves metabolic rate. Increasing overall strength has brought to 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.

### 26 FUNCTIONAL 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.

### 16







**42**

## **32** RECOVERY

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

## **42** ATHLETIC TRAINING

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 is searching for.

## **52** YOGA

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.

## **64** TRAINING

Education is key to a successful training program; introducing HIGHX, a high intensity explosive training & conditioning program... Train for Life. Bring the Energy...with KettleWorX's Core, Cardio and Resistance programs.

### LEGEND



NEW ITEM



INNOVATION



HIGH X



**REJUVENATION**  
PREVENT • REPAIR • RECOVER  
65cm ☐ MO ☐ YR



**52**



**64**





## RESISTANCE TRAINING

Uses resistance or force to induce muscular contraction, which builds strength and anaerobic endurance. Resistance exercises also help you increase bone density, improve metabolism, and decrease your risk of injury. At Lifeline, we provide resistance training equipment that is both innovative and mobile to make your workout routine both effective and convenient. By doing so, our products are easy to use and can provide significant benefits in overall health and well-being by increasing bone, muscle, tendon, and ligament strength.





# WE SELL CABLES NOT TUBES!

## PROGRESSIVE LAYERING TECHNOLOGY

EACH OF OUR CABLES ARE DIPPED, NOT EXTRUDED. THE DIPPED COATING APPLIED TO EACH CABLE ADDS ANOTHER LAYER OF SAFETY AND PRODUCT QUALITY.

## PROGRESSIVE VARIABLE RESISTANCE SYSTEM

Combine our Cable with our patented Progressive Resistance System to use that same cable with a variety of Lifeline patented handles and accessories for versatility. Simply move to the next resistance cable as you progress!



# BUILD A CUSTOM CABLE SYSTEM:

## STEP 1: SELECT YOUR CABLES



### 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 bands 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!

#### FEATURES:

- » PROGRESSIVE LAYERING TECHNOLOGY PROVIDES A CONSISTENT FORCE THROUGH ENTIRE MOVE
- » BANDS ARE COLOR-CODED AND EASILY IDENTIFIED
- » SIMPLE INTERCHANGEABLE PROCESS



COLOR	RESISTANCE LEVELS	PEAK RESISTANCE	5FT LENGTH PRICING	4FT LENGTH PRICING
TEAL	R1	10LB	LL5C-R1   \$6.99	LL4C-R1   \$5.99
PURPLE	R2	20LB	LL5C-R2   \$7.99	LL4C-R2   \$6.99
PINK	R3	30LB	LL5C-R3   \$8.99	LL4C-R3   \$7.99
MAGENTA	R4	40LB	LL5C-R4   \$9.99	LL4C-R4   \$8.99
ORANGE	R5	50LB	LL5C-R5   \$10.99	LL4C-R5   \$9.99
RED	R6	60LB	LL5C-R6   \$11.99	LL4C-R6   \$10.99
YELLOW	R7	70LB	LL5C-R7   \$13.99	LL4C-R7   \$11.99
GREEN	R8	80LB	LL5C-R8   \$15.99	LL4C-R8   \$13.99
BLUE	R9	90LB	LL5C-R9   \$17.99	LL4C-R9   \$15.99
BLACK	R10	100LB	LL5C-R10   \$19.99	LL4C-R10   \$17.99



# LIFELINE'S PATENTED PROGRESSIVE RESISTANCE SYSTEM

## STEP 2: SELECT YOUR 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 10-300lbs resistance.

- » HOLDS UP TO 3 LIFELINE RESISTANCE CABLES
- » CHANGE & ADD CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE WITH NON-SLIP COMFORT GRIP



LLCGH3 | \$14.99



**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. Combine different level cables to customize from 10-100lbs resistance.

- » HOLDS ONE LIFELINE RESISTANCE CABLE
- » CHANGE & ADD CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE WITH NON-SLIP COMFORT GRIP



LLCGH1 | \$12.99



**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 new 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 300LBS RESISTANCE
- » CHANGE & ADD CABLES QUICKLY WITH PATENTED DESIGN FROM 10-100LBS
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT



LLTGH | \$12.99



**EXCHANGE HANDLES**

Each Exchange Handle holds one Lifeline resistance cable. These handles allow quick cable replacements with their patented design. The ergonomic handle provides for proper cable alignment. Resistance tube 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
- » CHANGE CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT



LLEH | \$9.99



**QUICK FIT HANDLES**

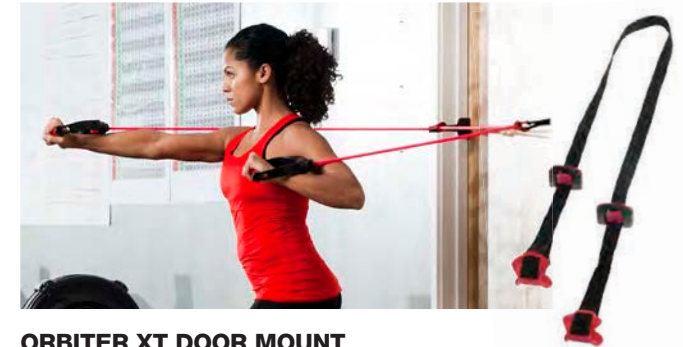
Lifeline's economy handle comes with padded foam handle and interchangeable cable design. Increase cable resistance from 10lb to 100lb.

- » HOLDS ONE LIFELINE RESISTANCE CABLE
- » COLLAPSABLE DESIGN
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT



LLQFH | \$9.99

## STEP 3: ACCESSORIZE



**ORBITER XT DOOR MOUNT**

Use the Orbiter XT with Lifeline resistance cables (sold separately) to strengthen chest, shoulders, back and arms by doing presses, curls, rows and extensions. Get more defined thighs, glutes, hamstrings and calves by doing squats and lunges with Lifeline resistance cables (sold separately) and the Orbiter XT.

LLOXT | \$19.99

- » IMPROVE EFFICIENCY OF RESISTANCE CABLE EXERCISES
- » ON-THE-GO ANCHORING—DOORS, FENCES, POLES
- » SELF-CENTERING CABLE CRADLES HOLD UP TO 3 CABLES



**ANKLE/WRIST ATTACHMENT (PAIR)**

The Ankle/Wrist Attachment is an adjustable resistance tool that enables multi-directional exercises, targeting almost all individual arm and leg muscles.

LLAWA | \$19.99

- » ENABLES MULTI-DIRECTIONAL EXERCISES
- » DIVERSIFY WORKOUT OPTIONS
- » TARGET INDIVIDUAL MUSCLES



**DOOR ANCHOR**

Door anchors are an essential part of any cable system. Change the angle of resistance and increase the number of exercises you can perform with your fitness cables.

LLDA | \$4.99

- » ALLOWS FOR MORE EXERCISES
- » PROTECT CABLES FROM WEAR
- » HOLDS UP TO 3 CABLES

# VARIABLE RESIS

## VARIABLE RESISTANCE TRAINING KITS

The Variable Resistance Training Kits come with 3 resistance cables - a pair of ergonomically designed Triple Grip Handles; a heavy duty Door Anchor and a Carry Bag. Lifeline's patented Triple Cable Handles allow you to connect up to three different plugged cables at once varying your resistance. You can take everything with you for on-the-go workouts with the convenient carry bag.

- » HOLDS UP TO 3 LIFELINE RESISTANCE CABLES AT ONE TIME
- » CHANGE CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT



**UP TO 180LBS**

### VARIABLE RESISTANCE KIT ELITE

- Triple Grip Handles
- R5 Cable (50-lbs)
- R6 Cable (60-lbs)
- R7 Cable (70-lbs)
- Door Anchor
- Carry Bag

**LLVRTKELITE | \$49.99**



**UP TO 120LBS**

### VARIABLE RESISTANCE KIT PLUS

- Triple Grip Handles
- R3 Cable (30-lbs)
- R4 Cable (40-lbs)
- R5 Cable (50-lbs)
- Door Anchor
- Carry Bag

**LLVRTKPLUS | \$44.99**



**UP TO 60LBS**

### VARIABLE RESISTANCE KIT

- Triple Grip Handles
- R1 Cable (10-lbs)
- R2 Cable (20-lbs)
- R3 Cable (30-lbs)
- Door Anchor
- Carry Bag

**LLVRTK | \$39.99**



## ULTIMATE TRAINER KIT

This Ultimate Trainer Kit comes with 10 resistance cables - one 10-lbs. cable, one 20-lbs. cable, one 30-lbs. cable, one 40-lbs. cable, one 50-lbs. cable, one 60-lbs. cable, one 70-lbs. cable, one 80-lbs. cable, one 90-lbs. cable and one 100-lbs. cable for creating a variety of total resistance levels that can be used. Also, a pair of ergonomically designed Triple Grip Handles is included, which allows you to connect up to three different plugged cables at once. The kit comes with the Orbiter XT door mount that is the ideal mounting system for Lifeline interchangeable cables. It wraps around nearly any fixed point to anchor your cables. Although ideally suited for door mounting, the Orbiter XT can also work off of posts, fences and a variety of other anchoring points to expand your resistance workouts. With two anchor points rather than one, diversify your repertoire of cable movements and ensure your safety in the process.

**LLRTKULT | \$139.99**





# TANCE KITS.



## PRO RESISTANCE TRAINER KIT

This PRO Resistance Cable Kit pro comes with 6 resistance cables - one 10-lbs. cable, one 20-lbs. cable, one 30-lbs. cable, one 40-lbs. cable, one 50-lbs. cable and one 60-lbs. cable for creating a variety of total resistance levels that can be used. Also, a pair of ergonomically designed Triple Grip Handles is included, which allows you to connect up to three different plugged cables at once. The kit comes with the Orbiter XT door mount, which is the ideal mounting system for Lifeline interchangeable cables. It wraps around nearly any fixed point to anchor your cables. Although ideally suited for door mounting, the Orbiter XT can also work off of posts, fences and a variety of other anchoring points to expand your resistance workouts. With two anchor points rather than one, diversify your repertoire of cable movements and ensure your safety in the process.

LLRTKPRO | \$79.99



## EXTREME TRAINING PACK

This Extreme Training Pack comes with the convenient and portable Power Up Chin Up that allows you to do pull ups or chin ups anywhere. The kit also includes 3 resistance cables - one 20-lbs. cable, one 30-lbs. cable and one 40-lbs. cable for creating up to 90-lbs. of total resistance. Along with the cables, a pair of ergonomically designed Triple Grip Handles is included, which allows you to connect up to three different plugged cables at once. The kit comes with a heavy-duty Door Anchor - a nylon webbing "plug" that's designed to be closed into a door, where it anchors the cables for a variety of exercises.

LLETTP | \$59.99



## TNT CABLE SYSTEM

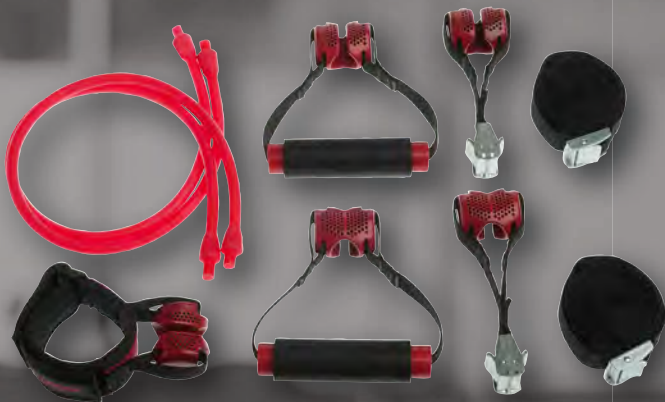
Develop stronger and more powerful chest, shoulder, back, and arm muscles with presses, curls, rows, and extensions. Boost thigh, glute, hamstring, and calf power with squats and lunges.

LLTNTCS | \$29.99

- » INTERCHANGE CABLES FOR DIFFERENT RESISTANCE LEVELS
- » DOUBLE YOUR POWER AND STRENGTH
- » PROVEN BETTER THAN WEIGHTS



# COMPLETE, PORTABLE, FUNCTIONAL TRAINING SYSTEM



## TRAIN STATION

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.

LLTS | \$49.99

- » COMPREHENSIVE TOOL THAT IMPROVES STRENGTH AND POWER
- » VERSATILITY TO STRENGTH TRAIN ANYWHERE
- » PATENTED FUNCTIONAL DESIGN OFFERS MULTIPLE POSITION SETTINGS



## CARDIO BELT

Works great for lower body exercises (squats and lunges) and low-resistance, high-repetition or hands free movements. Excellent complement to the Train Station to further work your lower body.

LLCBELT | 7.99

- » ENHANCE YOUR WORKOUT WITH LOW-RESISTANCE, HIGH REPETITIVE MOVEMENTS
- » IMPROVE YOUR LOWER BODY STRENGTH







**24**  
RESISTANCE  
LEVELS



### 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 adjusts easily to accommodate users of all sizes and strength levels. Use in a standing position to perform chest and rear delt flyes, resisted punches and strikes.

LLPPP | \$39.99

- » INTENSIFY UPPER BODY WORKOUTS
- » RESISTANCE DURING CHEST PULLS, FLYS, PUSH UPS AND SHADOW BOXING
- » QUICKLY ADJUST STRAP TO CHANGE RESISTANCE



### 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.

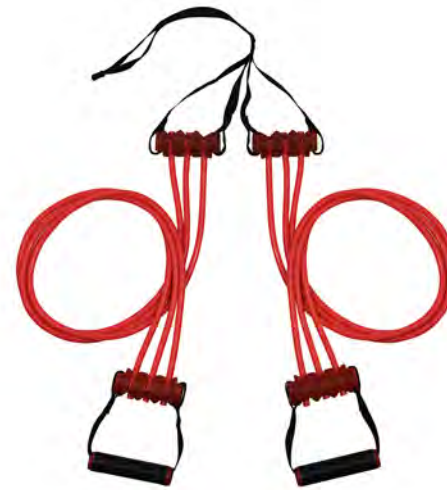
LLCE | \$24.99

- » STRENGTHEN UPPER BODY
- » OPEN CHEST AND SHOULDERS
- » RESISTANCE TRAIN ANYWHERE



**INCREASE  
YOUR POWER -  
ADD EXTRA SET  
OF THREE 16"  
CABLES**





### 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 4 RESISTANCE LEVELS W/ INTERCHANGEABLE DESIGN

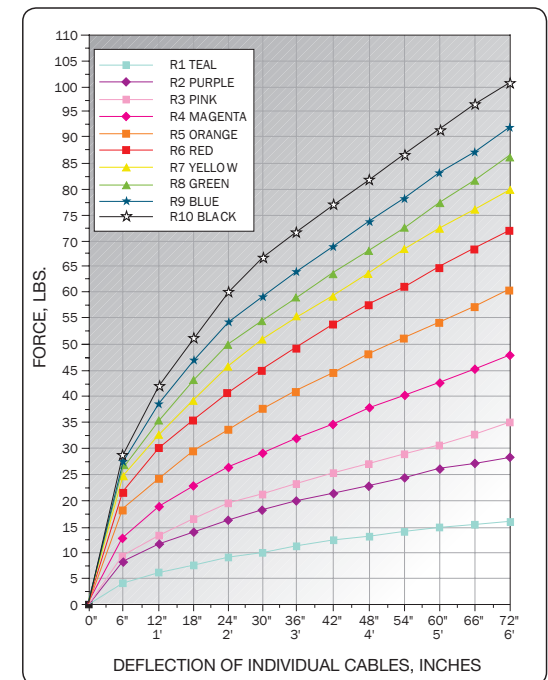
### TRIPLE TRAINER CABLE

- » THIS CABLE IS A BEAST! 6 CABLES- 3 PER HANDLE. ADD OR REMOVE 4' CABLES TO CHANGE RESISTANCE
- » EACH HANDLE ACTS INDEPENDENTLY OF EACH OTHER WHILE CONNECTED TO DOOR, AROUND A POLE OR WITH A PARTNER
- » AVAILABLE IN 6 RESISTANCE LEVELS

### GRAY COOK BAND

- » DEVELOPED BY PHYSICAL THERAPIST GRAY COOK, THE FOUNDER OF FUNCTIONAL MOVEMENT SYSTEMS
- » FEATURES A 5' CABLE; SLIDING FOAM PADS FOR VARIOUS COMFORTABLE GRIP POSITIONS AND LOOPS AT BOTH ENDS FOR USE WITH A DOOR OR PARTNER

COLOR	RESISTANCE LEVELS	PEAK RESISTANCE	TRAINER CABLE	TRIPLE TRAINER CABLE	GRAY COOK BAND
TEAL	R1	10LB	—	—	—
PURPLE	R2	20LB	LLTC-2   \$24.99	—	2-FMT-2   \$42.99
PINK	R3	30LB	LLTC-3   \$27.99	LLTTC-3   \$49.99	2-FMT-3   \$42.99
MAGENTA	R4	40LB	—	—	2-FMT-4   \$42.99
ORANGE	R5	50LB	LLTC-5   \$29.99	LLTTC-5   \$54.99	2-FMT-5   \$42.99
RED	R6	60LB	—	—	2-FMT-6   \$42.99
YELLOW	R7	70LB	LLTC-7   \$34.99	LLTTC-7   \$59.99	2-FMT-7   \$42.99
GREEN	R8	80LB	—	—	—
BLUE	R9	90LB	LLTC-9   \$37.99	LLTTC-9   \$69.99	—
BLACK	R10	100LB	LLTC-10   \$39.99	—	—







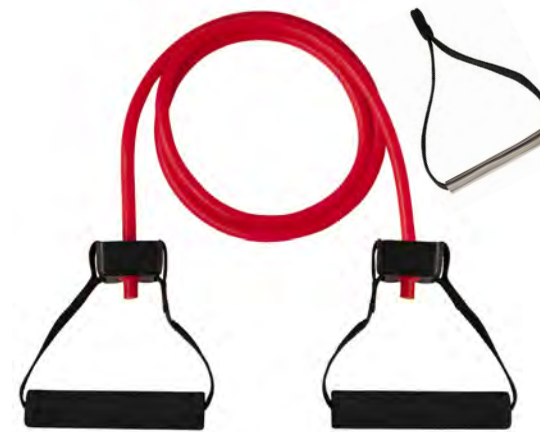
### MAX FLEX CABLE KIT

- » 5' CABLE - AVAILABLE IN 10 RESISTANCE LEVELS W/ INTERCHANGEABLE DESIGN
- » MAX FLEX COMFORT HANDLES WITH NON-SLIP TRACTION PROVIDE SAFE GRIP
- » SAFE, STRONG, COMFORTABLE



### ECONOMY CABLE

- » 4' CABLE - AVAILABLE IN 6 RESISTANCE LEVELS
- » STRONG PLASTIC ROTATING HANDLE.
- » INCLUDES DOOR ATTACHMENT



### ECONOMY CABLE W/FOAM HANDLES

- » 4' CABLE - AVAILABLE IN 6 RESISTANCE LEVELS W/ INTERCHANGEABLE DESIGN
- » ECONOMY QUICK FIT HANDLES
- » INCLUDES DOOR ATTACHMENT



COLOR	RESISTANCE LEVELS	PEAK RESISTANCE	MAX FLEX CABLE KIT	ECONOMY CABLE W/HANDLES	ECONOMY CABLE W/FOAM HANDLES
TEAL	R1	10LB	LLMXFC-1   \$11.99	—	—
PURPLE	R2	20LB	LLMXFC-2   \$12.99	3-ECBK-2   \$8.99	3-QF-2   \$8.99
PINK	R3	30LB	LLMXFC-3   \$13.99	3-ECBK-3   \$9.99	3-QF-3   \$9.99
MAGENTA	R4	40LB	LLMXFC-4   \$14.99	3-ECBK-4   \$10.99	3-QF-4   \$10.99
ORANGE	R5	50LB	LLMXFC-5   \$15.99	3-ECBK-5   \$11.99	3-QF-5   \$11.99
RED	R6	60LB	LLMXFC-6   \$16.99	3-ECBK-6   \$13.99	3-QF-6   \$13.99
YELLOW	R7	70LB	LLMXFC-7   \$18.99	—	—
GREEN	R8	80LB	LLMXFC-8   \$20.99	3-ECBK-8   \$15.99	3-QF-8   \$15.99
BLUE	R9	90LB	LLMXFC-9   \$22.99	—	—
BLACK	R10	100LB	LLMXFC-10   \$24.99	—	—





## C-BAND

The Lifeline C-Band is perfect for those looking to improve functional strength and balance. It works on all three planes of motion available to the body and is a great training tool for individual or team use. The C-Band is also a great team building and cooperation/communication encouraging tool...you'll feel it when you're out of sync, which makes correction and tuning into your teammates movements easier. Coaches and trainers report all kinds of creative uses and benefits of this simple yet effective training product.



30LBS  
4-CB-3 | \$29.99



50LBS  
4-CB-5 | \$45.99



70LBS  
4-CB-7 | \$54.99



## SUPER BANDS

A continuous 80" loops made from super 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 throughout level 1-5 as you get stronger.



LEVEL 1  
LLSB-L1 | \$19.99



LEVEL 2  
LLSB-L2 | \$24.99



LEVEL 3  
LLSB-L3 | \$29.99



LEVEL 4  
LLSB-L4 | \$39.99



LEVEL 5  
LLSB-L5 | \$49.99





### LATERAL RESISTOR

The Lifeline Lateral Resistor provides as little or as much dynamic resistance needed to all footwork or agility drills. By using the ankle cuffs equipped with multiple, patented Lifeline 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 these qualities will carry over new levels athleticism and overall performance.

LLLRII | \$24.99

- » DURABLE WEBBING ON EXTERIOR
- » INNOVATIVE PATENTED CABLE POCKET DESIGN
- » ADJUSTABLE RESISTANCE FOR LIFELINE CABLE



**ADD EXTRA SET OF THREE 9" CABLES**



R3-30LB LLLRC-R3 | \$7.99    R4-40LB LLLRC-R4 | \$8.99    R5-50LB LLLRC-R5 | \$10.99



R6-60LB LLLRC-R6 | \$10.99    R7-70LB LLLRC-R7 | \$11.99



## PROGRESSIVE RESISTANCE, LOWER BODY TRAINING

### MONSTER WALK

Strengthen lower body and core muscles at their weakest point, increasing your overall speed and 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

NEW ITEM



20LBS LLMW-R2 | \$13.99    30LBS LLMW-R3 | \$14.99    40LBS LLMW-R4 | \$15.99



### FLAT BAND LOOPS KIT

Great for low impact, full body workout. Isolate specific muscle groups. Intensifies bodyweight movements. Controlled load great for injury rehab. Portable, lightweight alternative to free weights and machines. Flexibility provides wide range of motion. Maintain resistance throughout entire rep. Length of bands accommodates a range of exercises.

LLFBLK | \$19.99

- » STRENGTHEN ENTIRE BODY
- » THREE RESISTANCE LEVELS – L1, L2, L3
- » TONE AND SCULPT MUSCLES

NEW ITEM



## BODYWEIGHT TRAINING

Uses your own weight as resistance in movements or exercises to improve endurance and overall strength. When compared to weight lifting, bodyweight exercises require more flexibility and balance resulting in improved health and fitness. They also improve proprioception—your ability to sense the position of your body and limbs in space—resulting in better sports and training performance. Most bodyweight exercises can also be progressed and regressed to meet every individual's fitness needs. This Lifeline product intensifies your bodyweight training and allows you to have more mobility with your fitness routine, giving you the ability to workout nearly anywhere.







SAFE, NON-SCUFF DURO-LINK™ ANCHOR

INTEGRATED CINCH LOOP ATTACHMENT

ERGONOMIC,  
NON-SLIP  
HANDLES

SECURE AND ADJUSTABLE  
INLINE BUCKLES

INDUSTRIAL SUSPENSION STRAPS

TWO DURABLE EASY-IN FOOT CRADLES™

## JUNGLE GYM XT

The Lifeline Jungle Gym XT is designed to perform suspended bodyweight exercises in the same manner which gymnasts perform on the rings. Utilizing (2) independent straps from connection point to each handle allows each side of the body to work independently delivering better, faster and symmetrical results in strength, conditioning and flexibility. Bodyweight training is best when performed in progressions or regressions based on individual strength or fitness levels. The Jungle Gym XT quickly 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 hotel room to fitness center to a city park based on Duro Link connection system. To achieve a fully functional body, bodyweight training is essential and the Jungle Gym XT makes the perfect tool to build your functional fitness.

LLJGXT | \$99.99



- » 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





# TOTAL, PORTABLE TRAINING SYSTEM.

BODYWEIGHT TRAINING

## JUNGLE GYM

Suitable for everyone-from beginners to professional athletes-Jungle Gym allows you to use your own body weight for an amazing set of exercises that work you from head to toe. Challenge your upper body with push-ups, tricep layouts, chest flies, dips and chin-ups. Push the limits of your lower body with hip extensions, leg curls, squats and lunges. And get a rock hard core with incline planes, knees-to-elbows and roll-outs.

LLJG | \$49.99

- » WORK YOUR ENTIRE BODY
- » PUSH THE LIMITS OF YOUR LOWER BODY
- » STRENGTHEN YOUR CORE



## 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 a velcro excess strap-wraps to ensure a height-adjusted, clean and professional installation every time.

LLJGXT-EXT | \$29.99

- » INDUSTRIAL STRAPS-8 FEET EACH
- » DUPONT ZYTEL™ CAM BUCKLES
- » VELCRO EXCESS STRAP-WRAPPS



## JUNGLE GYM XT WALL ANCHORS

Lifeline's Jungle Gym Wall Anchors allows you to attach your Jungle Gym Xt to a wall or ceiling studs. This is a great option for home gyms and fitness facilities.

LLJGXT-WM | \$29.99

- » INNOVATIVE, CLEAN LOW PROFILE DESIGN
- » DO SUSPENSION WORKOUTS AT HOME
- » EACH MOUNT HOLDS UP TO 300 POUNDS



## ADJUSTABLE STRAP WIDTH!

The split anchor design allows users to quickly and easily adjust the forces on the body by changing the width of the system. With this versatility, you can perform a countless number of exercises while targeting more specific muscle groups and improving core strength, flexibility and muscular power.





# DYNAMIC, PULL UP ASSISTANCE

INCLUDES  
CARDIO BELT  
ADDITIONAL R8 CABLES



## PULLUP REVOLUTION

The Lifeline Pull Up Revolution makes performing the ultimate bodyweight exercise, the Pull Up, possible for all to include in training. Lifeline Cables connected within the patented Cable Pockets attached to the bar J hook and foot strap reduce percentage of overall user bodyweight when performing all pull up, chin up, push up and burpee variations. The assistance is at the highest level during the starting point or bottom position of the pull up. Most people avoid this as it is the most difficult portion of the exercise leaving the user with partial reps and partial results. The Pull Up Revolution changes that making upper body bodyweight training possible for everyone.

LLPURPLUS | \$39.99

### FEATURES:

- » ASSIST IN PULL UP EFFICIENCY
- » PERFORM MORE REPS-HIGHER QUALITY REPS
- » 100 LBS OF ADJUSTED POWER ASSISTANCE



## PULLUP REVOLUTION PRO

Great for low impact, full body workout. Isolate specific muscle groups. Intensifies bodyweight movements. Controlled load great for injury rehab. Portable, light-weight alternative to free weights and machines. Flexibility provides wide range of motion. Maintain resistance throughout entire rep. Length of bands accommodates a range of exercises.

LLPURPRO | \$59.99



INCREASE  
YOUR POWER -  
ADD EXTRA SET  
OF THREE 16"  
CABLES



R3-30LB

LLCX-R3 | \$8.99



R4-40LB

LLCX-R4 | \$9.99



R5-50LB

LLCX-R5 | \$10.99



R6-60LB

LLCX-R6 | \$11.99



R7-70LB

LLCX-R7 | \$13.99



R8-80LB

LLCX-R8 | \$15.99



R9-90LB

LLCX-R9 | \$17.99



# FUNCTIONAL CORE DEVELOPER

A STRONG CORE NOT ONLY HELPS IMPROVE POWER AND BALANCE, IT CAN ALSO HELP DECREASE THE LIKELIHOOD OF INJURIES.



## LIFELINE POWER WHEEL™

The Lifeline Power Wheel challenges the muscles of the core and hips like no other. Performing traditional rollouts 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 in a supine position fire the glutes and hamstrings to another level while 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. A great workout finisher or enough for an entire day's training.

LLPW | \$49.99

- » INTENSE TOOL TO IMPROVE STRENGTH & BALANCE
- » CHALLENGE YOUR CORE, OBLIQUES AND GLUTES
- » PATENTED FUNCTIONAL DESIGN WITH HEAVY DUTY CONSTRUCTION





# “PULL YOUR WEIGHT

LIFE CAUSES US TO PUSH ALL DAY IN ADDITION TO USING THIS SAME SET OF ANTERIOR MUSCLES WHEN SITTING, TYPING, TEXTING ETC.; CREATING A MUSCLE IMBALANCE. TO COUNTER ACT THIS WE SHOULD INCORPORATE MORE PULLING EXERCISES RATHER THAN PUSHING INTO OUR ROUTINES I.E. PULL-UPS OR CHIN UPS.” – **LAURA WILSON, NASM CPT**



## POWER UP CHIN UP

Pull-ups are a classic way to gain definition in your arms, back and core using your own body weight as resistance. From pull-ups to hanging knee-ups, the Power Up Chin Up is a fast and effective way to sculpt and define. What's best, it weighs less than a pound, making it convenient to carry with you. Simply attach it to any door and you're ready to go. Gain definition in your arms, back and shoulders with chin ups and pull ups. Sculpt and define abdominal muscles, obliques, and lower back with hanging knee ups!

**LLPUCU | \$19.99**

- » TAKE YOUR EXTREME TRAINING ANYWHERE
- » DEVELOP SERIOUS PULL UP POWER
- » EASY FOR TRAVEL—THROW IN YOUR BAG



## TRAINING RINGS

The unique nature of Training Rings, and the exercises that can be performed with them, provide benefits beyond those of barbells or pulley machines. One benefit of the rings is their inherent instability. Independently swinging from a long strap, the rings will move at the slightest touch. This instability forces you to concentrate every second that you are on the rings in order to keep from swaying. The Lifeline Training Rings are made from durable, easy-grip plastic.

**LLTR | \$49.99**

- » TARGET CORE MUSCLES
- » BOOST AB WORKOUTS
- » EXTEND WORKOUT INTENSITY





# EXPLOSIVE, FULL BODY TRAINING PLATFORM.



## FOLDING PLYOBOX

The Lifeline PlyoBox provides (3) durable and stable platform heights for any jump Plyometric training. Jumping and landing is part of the basic functional movement. This type of explosive, lower body training quickly accelerates gains in strength, conditioning and overall body composition. Great for the following squat and push up variations: box squats, one leg or pistol squats, rear leg elevated split squats, incline or decline push ups, one arm push ups and pike push ups.

LLFPB | \$159.99

- » INCREASE MUSCULAR POWER & EXPLOSIVENESS
- » THREE HEIGHTS OPTIONS: 16", 20" & 24"
- » INTERNAL REINFORCEMENT & STURDY CONSTRUCTION





### 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
- » WEIGHT IS BUILT INTO THE ROPE ITSELF



1.25LBS  
LLWSR-125 | \$24.99

.75LBS  
LLWSR-75 | \$19.99



### POWER JUMP ROPE

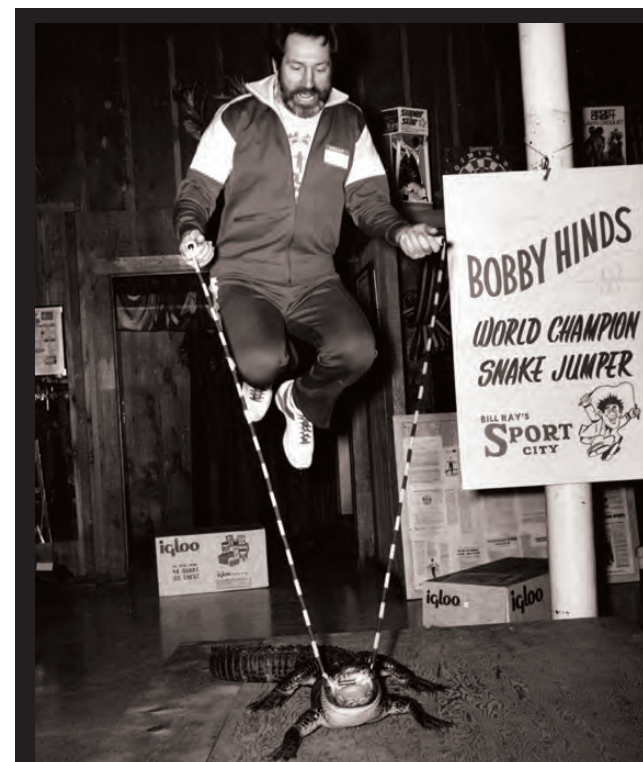
More than just a jump rope, the Lifeline Power Jump Rope is the best full-body conditioner you could ask for. With new cushioned handles, this beaded rope is perfectly balanced for good arching action.

- » 10 MINUTES JUMPING ROPE = 30 MINUTES OF JOGGING
- » CONDITION YOUR ENTIRE BODY
- » IMPROVE CARDIOVASCULAR EFFICIENCY



YELLOW  
LLPJR-YB | \$11.99

SILVER  
LLPJR-SB | \$11.99



### BOBBY "SUGAR" HINDS

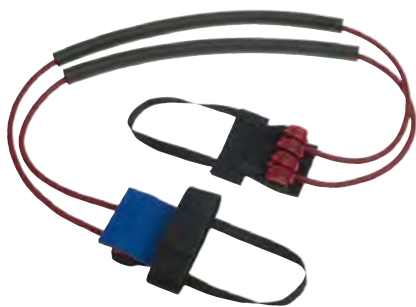
THE VISIONARY FOUNDER OF LIFELINE, BOBBY HINDS, PIONEERED THE USE OF RESISTANCE CABLES AND BECAME THEIR GREATEST ADVOCATE. WHILE MANY KNOW HIM AS THEN "JUMP ROPE KING", BOBBY IS ALSO THE "EMPEROR OF RUBBER"! AND HIS ADVOCACY WAS NO GIMMICK; AS OLYMPIAN SPRINTERS AND PROFESSIONAL BOXERS TRADED IRON FOR RUBBER THEY BEGAN TO WIN. NOW OVER 40 YEARS LATER, BOBBY'S PREMIUM BANDS PERMEATE THE TRAINING REGIMENS OF PROFESSIONAL ATHLETES AND FITNESS ENTHUSIASTS ALL OVER THE WORLD. AND THAT'S NOT ALL, WITH PATENTED TRAINING DEVICES LIKE THE LIFELINE POWER WHEEL®, PORTABLE POWER JUMPER, POWER PUSHUP, PULLUP REVOLUTION AND JUNGLE GYM XT, BOBBY'S NOT SLOWING DOWN.





## BUILD EXPLOSIVE POWER

POWER AND DECELERATION ARE THE KEYS TO BEING AN EXPLOSIVE ATHLETE. POWER PLAYS A ROLE IN OVERALL SPEED, QUICKNESS AND ACCELERATION. DECELERATION HELPS YOU STOP, CUT AND CHANGE DIRECTION. WHILE YOU CAN DEVELOP BOTH OF THESE SEPARATELY WITH PLYOMETRICS AND SPRINTS, YOU CAN IMPROVE THEM SIMULTANEOUSLY WITH BANDS USING THESE TWO PRODUCTS.



### PORTABLE POWER JUMPER

Whether you're looking to increase your vertical jump or gain speed, agility and power, the Portable Power Jumper is a great tool. The Power Jumper is unlike any other platform or weight-based jump trainers because it doesn't increase strain and damage to your knees, and it is portable - allowing you to train anywhere and incorporate agility and hand-eye drills into your training program.

**LLPPJ-R4 | \$49.99**

- » TARGET CORE MUSCLES
- » BOOST AB WORKOUTS
- » EXTEND WORKOUT INTENSITY



### POWER SPRINTER

Shoot out of the blocks like a bullet. Often, a two or three tenths of a second improvement means the difference between going home a champion or a could-have-been. Incorporating a few simple resistance exercises to your normal training routine can give you the edge you've been missing.

- » WORK YOUR FAST TWITCH MUSCLES
- » INCREASE YOUR SPEED OFF THE BLOCKS

40LBS	60LBS	70LBS
<b>LLPS-R4   \$44.99</b>	<b>LLPS-R6   \$54.99</b>	<b>LLPS-R7   \$60.99</b>



## FUNCTIONAL TRAINING

Involves training the body for activities performed in daily life. By allowing you to move in more than one plane of motion, functional training increases strength, improves balance and decreases your risk of injury when compared to fixed form movement. This type of training will also improve proprioception—your ability to sense the position of your body and limbs in space—resulting in better sports and training performance. Using this Lifeline product, in conjunction with functional training, will assist in increasing joint mobility and stability as well as developing more efficient motor patterns.







# MAXIMAL POWER, ENDURANCE AND VO2 ENHANCER.

40' LENGTH X  
1.5" DIAMETER

DURABLE ROPE  
WITHSTANDS IMPACT

## 40' TRAINING ROPE

The Lifeline Training Rope will challenge coordination, cardiovascular conditioning and muscle endurance all while bringing fun to a workout. Rope training is very different than other resistance tools which allow gravity to make the negative or lowering portion of the movement easier allowing some level of rest. When training with ropes, if the user stops adding or slows the velocity of the movement, the size wave of the ropes will decrease and come to a complete stop. This method of training allows the user to experience new levels of mental and physical toughness that offers increased training intensity from session to session which delivers fantastic results to body composition and performance.

LLTRB-40 | \$159.99

- » BUILD EXPLOSIVE POWER & STRENGTH
- » TRAIN FOR ENDURANCE & BODY CONDITIONING
- » ROPE WILL NOT SHED OR HARM FLOORS - GOOD FOR INDOOR & OUTDOOR



HIGH STRENGTH  
POLYPROPYLENE  
MATERIAL

NON-SLIP GRIP  
FOR COMFORT

- » PERFECT FOR INDOOR OR OUTDOOR USE
- » ROPE WILL NOT SHED
- » ROPE WILL NOT HARM HARDWOOD FLOORS OR MATS



## COMBAT BAG

Multiple handles for maximum function. Great alternative to limiting gym machines. Throw, carry, curl, twist, or press. Increase difficulty of bodyweight exercises. Portable for on-the-go workouts. Build muscles and aerobic capacity simultaneously. Shock muscles and breakthrough fitness plateaus. Constant load shifting works stabilizer muscles

- » IMPROVE FUNCTIONAL STRENGTH WITH BALANCE AND STABILITY
- » INTENSIFY FULL-BODY WORKOUTS
- » DEVELOP POWER AND EXPLOSIVENESS

10LBS	20LBS	30LBS
LLCB-10   \$79.99	LLCB-20   \$89.99	LLCB-30   \$99.99





### 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



10LBS      20LBS      30LBS  
LLSB-10 | \$39.99    LLSB-20 | \$59.99    LLSB-30 | \$79.99



### WALL BALL

Press and push to improve explosive power. Achieve full range of motion. Coordinated movements improve balance and stability. Freedom of movement provides inexhaustible exercise variety. Use as base to challenge coordination.

- » DEVELOP FUNCTIONAL STRENGTH
- » IMPROVE MUSCLE STABILITY
- » INCREASE EXPLOSIVE POWER



10LBS      16LBS      20LBS  
LLWB-10 | \$79.99    LLWB-16 | \$89.99    LLWB-20 | \$99.99

## CLASSIC, **EXPLOSIVE** FUNCTIONAL TRAINING AIDS

# MADE IN THE USA.

UNLIKE ANY OTHER PROFESSIONAL KETTLEBELL ON THE MARKET, LIFELINE KETTLEBELLS ARE MADE HERE IN THE UNITED STATES OF AMERICA.



## KETTLEBELLS

The Lifeline Kettlebell is more than a cast iron weight appearing like a cannon ball with a handle. This tool, popularized in Russia a few hundred years ago, is as versatile as it is effective for drastically improving strength, power, mobility and flexibility all while positively altering body composition without significant changes to diet. The offset center of gravity and larger diameter handle which makes traditional lifts like the get up and presses much harder add resilience to the shoulder girdle. The compact size and ballistic manner of which the swing, clean and snatch are performed make each more effective than using a traditional dumbbell for the same exercises. The kettlebell is a must for improving functional fitness.

» INCREASE MUSCULAR ENDURANCE

» IMPROVE YOUR AGILITY, CORE STABILIZATION AND COORDINATION



4KG LLKB4   \$34.99	8KG LLKB8   \$44.99	12KG LLKB12   \$54.99	16KG LLKB16   \$69.99
20KG LLKB20   \$79.99	24KG LLKB24   \$89.99	28KG LLKB28   \$99.99	32KG LLKB32   \$109.99
36KG LLKB36   \$119.99	40KG LLKB40   \$129.99	44KG LLKB44   \$139.99	





### HEX RUBBER DUMBBELLS (SOLD AS SINGLES)

- » DURABLE RUBBER COVERED HEX SHAPED HEADS
- » KNURLED CHROME HANDLES, ERGONOMICALLY CONTOURED
- » RUBBER COATING PROTECTS FLOORS AND LOWERS NOISE
- » 5LB - 15LB = 25MM HANDLE; 20LB + = 35MM HANDLE
- » SOLD AS SINGLES



5LBS LLHRD5   \$7.49	10LBS LLHRD10   \$14.99	15LBS LLHRD15   \$22.49
20LBS LLHRD20   \$29.99	30LBS LLHRD30   \$44.99	40LBS LLHRD40   \$59.99

**5LBS THROUGH 50LBS WEIGHTSET  
5LBS INCREMENTS (10 PAIRS)  
LLHRD5-50 | \$699.99**



### KETTLEBELL & DUMBBELL DUAL-RACK

- » HEAVY GAUGE STEEL WITH ALL-4-SIDE WELDED CONSTRUCTION WHICH IS DEBURRED INSIDE AND OUT FOR USER SAFETY.
- » DIMENSIONS: 23" W X 33" H X 44.5" L
- » TRAY DIMENSIONS: 11" DEEP X 39" WIDE
- » WEIGHT: 79LBS

**LLRACK-KB | \$249.99**



### OLYMPIC RUBBER BUMPER PLATES (Sold as Single Weight Plate)

- » MATERIAL: HIGH QUALITY RECYCLED RUBBER AND FEATURES A STAINLESS STEEL INSERT
- » LITTLE TO NO BOUNCE
- » COATED WITH DURABLE FINISH TO PREVENT PEELING AND CHIPPING
- » STAINLESS STEEL INSERTS HOLD UP TO HEAVY USE WITH MINIMAL BOUNCE
- » MEETS IWF STANDARDS
- » SINGLE PLATE WEIGHTS: 10LB, 15LB, 25LB, 35LB, 45LB
- » SOLD AS A SINGLE WEIGHT PLATE



10LBS LLRBP-10   \$19.99	15LBS LLRBP-15   \$29.99	25LBS LLRBP-25   \$44.99
35LBS LLRBP-35   \$59.99	45LBS LLRBP-45   \$74.99	



### 45LB OLYMPIC BAR WITH COLLARS

- » USE WITH OLYMPIC STYLE PLATES AND FOR OLYMPIC WEIGHTLIFTING, POWER WEIGHTLIFTING OR CROSS TRAINING
- » 7' LENGTH; 45LB WEIGHT
- » MATERIAL- HEAT-TREATED STEEL
- » BRASS BUSHINGS
- » DUAL KNURL MARKINGS
- » MAX WEIGHT CAPACITY- 1,000LBS
- » INCLUDES 2 SPRING COLLARS

**LLOWB-1000 | \$224.99**



# STRENGTH POWER CONDITIONING



### 205 LB OLYMPIC RUBBER BUMPER WEIGHT SET

- » SET INCLUDES: 7' OLYMPIC BAR, (2) SPRING COLLARS, (2) 10 LB, (2) 25 LB AND (2) 45 LB RUBBER BUMPER WEIGHT PLATES
- » OLYMPIC BAR MAXIMUM WEIGHT CAPACITY: 1000 LBS
- » OLYMPIC BAR DIMENSIONS: 84" L X 28.5MM D
- » OLYMPIC BAR WEIGHT: 45 LBS

**LLRBPSET | \$499.99**





## RECOVERY

Rejuvenation is the category leader for sports therapy. We develop products designed by experts to prevent injury + perform better + recover faster by: strengthening + boosting muscle endurance, improving flexibility + range of motion, reducing muscle soreness, pain, + stiffness, regeneration before + after sport. Our expert team have been involved in sports at all different levels...recreational, college and professional. While we all performed at different levels, one thing remained a constant; we wanted to keep our body pain free. We draw on our past experiences to build highly innovative, state-of-the-art products to aid you in injury prevention, rehabilitation and recovery.







## PROGRESSION ROLLER

These unique foam rollers allow you to perform deep tissue self-massage and increase blood flow to soft muscle tissue. The progressively contoured surfaces provide variable pressure to address joint and muscle pain. The pipe core provides stability and support and will not deform over time.

- » 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

PIPE CORE PROVIDES DURABILITY  
+ WILL NOT DEFORM OVER TIME

EVA FOAM COVER  
FOR COMFORT



PROGRESSION ROLLER 13"  
5.5" DIAMETER X 13" LONG  
RPR13 | \$39.99



PROGRESSION ROLLER 23"  
5.5" DIAMETER X 23" LONG  
RPR23 | \$59.99



**+PROGRESSIVE SURFACE**  
FOR 3 LEVELS OF MASSAGE

- L1 - Smooth surface for traditional massage
- L2 - Tri-Rib surface for increased massage
- L3 - Narrow grooves for deep penetrating massage





# RECOVERY IS THE KEY TO GETTING **STRONGER**

– LENGTHENING THE MUSCLE IS KEY TO  
THEN BEING ABLE TO BUILD STRENGTH.

## PROFESSIONAL FOAM ROLLER

The Professional Foam Roller provides excellent muscle massage for legs, back, arms and core. The foam roller is made from high-density material and will hold up under vigorous training facility use. This foam roller also improves alignment and hip mobility while increasing core flexibility.

- » LENGTHENS MUSCLE TISSUE TO ASSIST WITH MUSCLE IMBALANCES AND HELP PREVENT MISALIGNMENT
- » ADDRESS MUSCLE AND JOINT PAIN



PROFESSIONAL FOAM ROLLER 18" X 6"  
RPFR18 | \$24.99

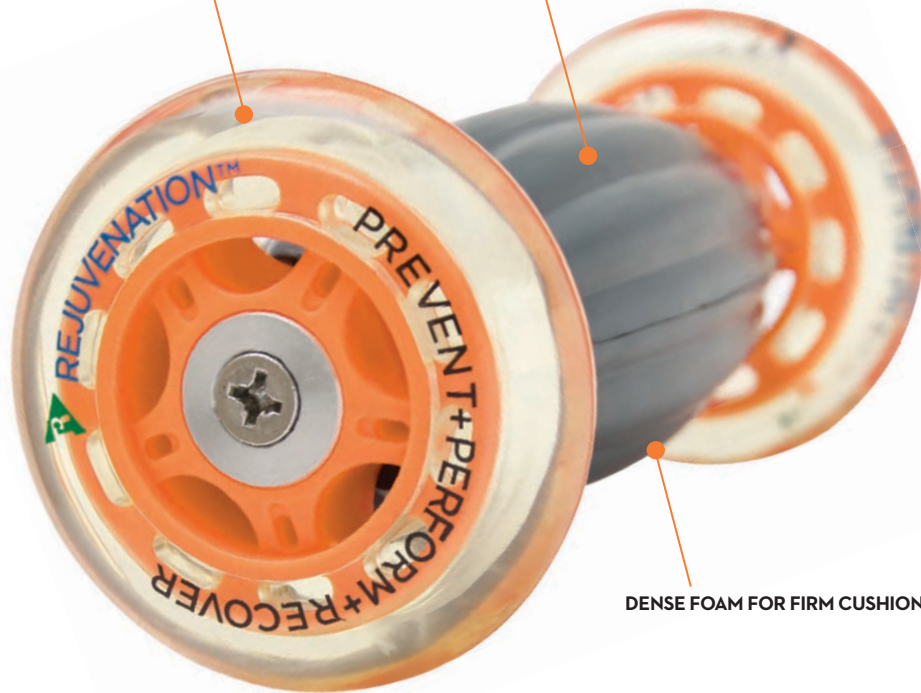


PROFESSIONAL FOAM ROLLER 36" X 6"  
RPFR36 | \$34.99



SMOOTH ROLLING ACTION

RIBBED FOR PULSATING MASSAGE



DENSE FOAM FOR FIRM CUSHION

## FOOT THERAPY ROLLER

The Foot Therapy Roller is designed to provide effective massage therapy for your feet. The muscles in the body rely on the performance of the feet for proper weight distribution and posture. Help soothe sore, tired feet and revitalize your entire body by relieving tension, increasing circulation and relaxing your muscles.

**RFTR | \$24.99**

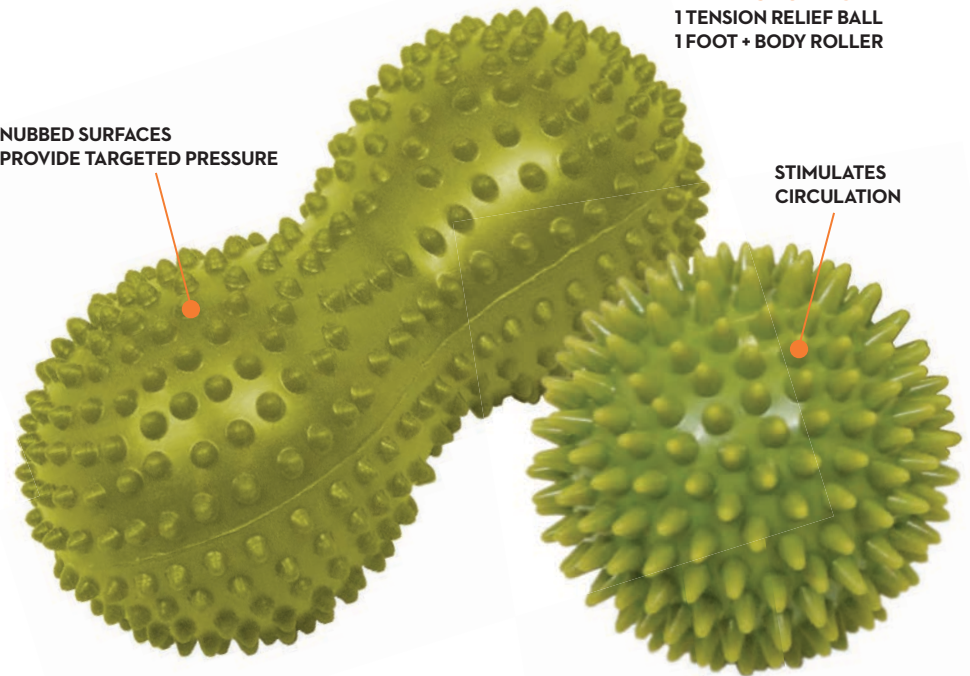
- » AID IN PREVENTION AND RECOVERY OF PLANTAR FASCIITIS
- » ACHIEVE DEEPER TISSUE MASSAGE WITH RIBBED DESIGN
- » MASSAGE LOWER LEGS AND FEET



**KIT INCLUDES**  
1 TENSION RELIEF BALL  
1 FOOT + BODY ROLLER

NUBBED SURFACES  
PROVIDE TARGETED PRESSURE

STIMULATES  
CIRCULATION



## MUSCLE MASSAGE KIT

The Muscle Massage Kit is designed to provide effective massage therapy for muscles all over your body. By targeting trigger points and applying pressure with the nubs on the balls, you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Massage Kit regularly can relieve stress, improve strength and flexibility while helping prevent muscle injuries.

**RMMK | \$14.99**

- » DECREASE TENSION + SORENESS
- » STIMULATE CIRCULATION
- » ASSIST IN RELAXATION







### MUSCLE THERAPY BAR

The Muscle Therapy massage bar is designed to provide effective massage therapy for muscles. By targeting trigger points, aka knots, and applying pressure with the grooved surface and rolling action of the unique Muscle Therapy massage bar you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Therapy massage bar regularly can improve flexibility while helping prevent muscle injuries.

**RMTB | \$29.99**

- » STIMULATE CIRCULATION
- » ELIMINATE TRIGGER POINTS/KNOTS IN MUSCLES
- » HELP PREVENT MUSCLE INJURIES
- » RECOVER FASTER



### HAND INVIGORATION PUTTY

Hand Invigoration hand putty is a versatile tool that can help rehabilitate weakened hand, wrist and forearm muscles. Increasing hand strength, coordination and dexterity promotes improved flexibility and blood flow as well as relieves stress.

**RHI3 | \$9.99**

- » INCREASE HAND STRENGTH, COORDINATION + DEXTERITY
- » REHAB HAND MUSCLES + RELIEVE STRESS
- » IMPROVE FINGER FLEXIBILITY + BLOOD FLOW



**KIT INCLUDES  
3 PROGRESSIVE LEVELS  
- SOFT, MEDIUM, FIRM**

### HAND RENEWAL KIT

The Hand Renewal Kit's exercise squeeze balls will strengthen and rehab hands, wrists & forearms. These round squeeze balls will aid in the prevention of stiffness. It comes in three progressive levels to advance with your routine.

**RHW3 | \$14.99**

- » IMPROVE WRIST, FINGER AND FOREARM STRENGTH
- » PREVENT STIFFNESS + ENHANCE CIRCULATION
- » RELIEVES STRESS



# THE IMPORTANCE OF RECOVERY



## PREVENT

Maintain joint and muscle health to encourage full range of movement, functional strength and stability.



## PERFORM

Improve strength, balance, and range of motion with varying levels of resistance for true functional training.



## RECOVER

Muscle therapy increases blood flow to deep tissues, reduces inflammation and speeds recovery.



# INDIVIDUAL PRE-CUT & PACKAGED

INCREASE YOUR RESISTANCE  
AS YOUR STRENGTH INCREASES

## STAMINA & STRENGTH FLAT BANDS

The Stamina & Strength flat bands are designed to improve muscle stamina & strength, balance, range of motion and coordination of muscle groups. These versatile, easy to use bands are well suited for rehabilitation from injury as well as general strength training and are available in progressive color coded resistance levels to allow you to increase resistance as your strength increases. Individually pre-cut and packaged. 6' long x 4.5" W.

- » INCREASE MUSCLE STAMINA + STRENGTH
- » ALLOWS FOR TOTAL BODY STRENGTHENING
- » COST EFFECTIVE RESISTANCE TOOL



VERY LIGHT  
RSS61 | \$5.99



LIGHT  
RSS62 | \$6.99



MEDIUM  
RSS63 | \$7.99



HEAVY  
RSS64 | \$8.99



VERY HEAVY  
RSS65 | \$9.99

## STAMINA & STRENGTH FLAT BAND KITS

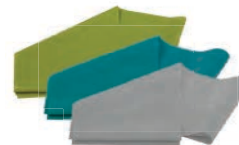
- » INCREASE YOUR RESISTANCE AS YOUR STRENGTH INCREASE
- » PRE-SELECTED RESISTANCE KITS



STAMINA + STRENGTH  
REHAB KIT LEVEL 1

- (1) VERY LIGHT
- (1) LIGHT
- (1) MEDIUM

RSSRK | \$19.99



STAMINA + STRENGTH  
REHAB KIT LEVEL 2

- (1) MEDIUM
- (1) HEAVY
- (1) VERY HEAVY

RSSSK | \$24.99



STAMINA + STRENGTH  
REHAB KIT LEVEL 3

- (1) VERY LIGHT
- (1) LIGHT
- (1) MEDIUM
- (1) HEAVY
- (1) VERY HEAVY

RSSRSS | \$34.99



STAMINA + STRENGTH  
REHAB KIT COMPLETE KIT

- ALL LEVEL BANDS
- GRIP ALL HANDLE
- DOOR ANCHOR

RSSCK | \$39.99





### GRIP ALL HANDLES

Interchangeable Grip All Handles allow you to change bands in seconds as well as patented grip ball safely locks in bands. With the controlled load, it's a great for injury rehab. Offers clients lightweight and portable solution for on-the-go recovery.

**LLGAH | \$14.99**

- » CHANGE AND ADD BANDS QUICKLY
- » IMPROVE STRETCHING FOR QUICKER RECOVERY
- » TARGET MUSCLES THROUGHOUT ENTIRE MOVEMENT



LENGTH: 6'



### STRETCH AND FLEX KIT

This unique tool is specifically designed to help you achieve much deeper, more effective stretches than are possible when done on your own. The Stretch & Flex stretching strap helps you prepare for daily activities, prevent injury, alleviate tightness and enhance overall everyday performance. Comfort pockets along strap allow for easy adjustment.

**RSSR | \$14.99**

- » ACHIEVE GREATER MUSCLE FLEXIBILITY
- » PERFORM DEEPER MUSCLE STRETCHES BY USING STRAP RATHER THAN ON YOUR OWN.
- » FLEX FABRIC COMFORT POCKETS ALLOW YOU TO EASE INTO STRETCHES



INCLUDES  
(2) 7" DISCS

### STABILITY + BALANCE MINI DISCS

Target and tone your trouble spots while improving coordination. Balance + Stability Discs give you a unique and creative approach to strengthen and sculpt the entire body. Exercises performed on the Body Balance Discs challenge your stability continuously, working both the prime muscle(s) and stabilizers for better, faster results this leads to better balance helping you to remain agile and fit.

**RSB | \$24.99**

- » INCREASE BODY STABILITY
- » IMPROVE BALANCE
- » BUILD STRENGTH + MUSCLE COORDINATION





## HEALTHY ABS & BACK KIT

A strong, healthy core will help you stand taller, look and feel more youthful and be stronger and more capable of performing everyday activities such as bending and lifting. The Healthy Abs & Back core ball is specifically designed to help you develop all the areas of the core – your abdominals, obliques, back and pelvis. Building strong core muscles helps prevent and alleviate back pain and improves your posture.

**RMCB | \$14.99**




- » ADDRESSES BACK PAIN
- » STRENGTHEN ABS + CORE
- » IMPROVE POSTURE + BALANCE

## PRO BURST RESISTANCE EXERCISE BALL

The PRO Burst Resistant Exercise Ball is designed to provide a comfortable, supportive and stationary surface for you to exercise. The professional level burst resistant exercise ball is a versatile tool that allows you to exercise and stretch your entire body while engaging stabilizer muscles that often go unused. This fosters improved functional strength, balance and flexibility of your body which can aid in preventing injury and increasing energy.

- » RESTORE MOBILITY, BALANCE + FLEXIBILITY
- » INCREASE CORE + ABS STRENGTH
- » BACK SUPPORT FOR STRETCHING + EXERCISE

### PRO BURST RESISTANCE EXERCISE BALL SIZE CHART

	55cm	5'1" - 5'7"
	65cm	5'8" - 6'1"
	75cm	6'2"+



55cm - SMALL  
**RBREB55 | \$24.99**



65cm - MEDIUM  
**RBREB65 | \$24.99**



75cm - LARGE  
**RBREB75 | \$24.99**







### 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. As shown above, our patented and doctor recommended assistive grip comfortably holds the hand in place at the knuckles rather than the wrist to promote circulation.

DELUXE INCLUDES DOOR BRACE AND ASSISTIVE GRIP  
LLESP-4 | \$9.99



### 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 grip and assistive grip. Its 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. 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.

DELUXE INCLUDES DOOR BRACE AND ASSISTIVE GRIP  
LLMUSP-4 | \$14.99

### ECONO SHOULDER PULLEY

LLESP-1 | \$7.99

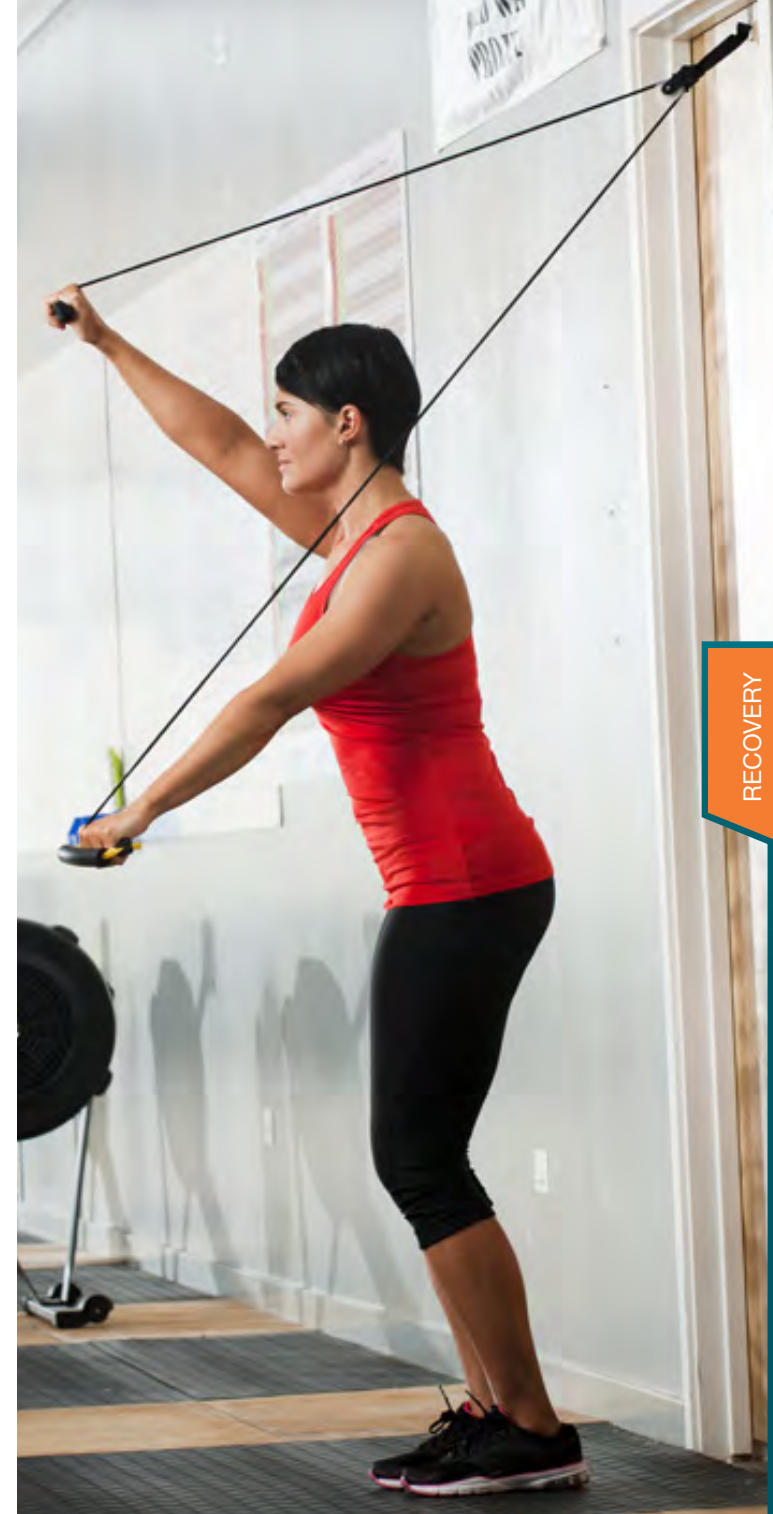
- » NO OVER DOOR BRACE
- » NO ASSISTIVE GRIP



### MULTI-USE SHOULDER PULLEY

LLMUSP-1 | \$11.99

- » NO OVER DOOR BRACE
- » NO ASSISTIVE GRIP



RECOVERY



## ATHLETIC TRAINING

PER4M products were created to help you gain a competitive edge in your training. Our products were expertly designed to aid in the development, progression, and improvement of 4 key areas to athletic performance success: speed + quickness + agility + power. We sought out the best in the business to assist us in developing a series of specific drills to get the maximum out of each PER4M sports products. Custom videos and drills have been created to highlight all of the different ways that PER4M can take your training to the next level.









## EXPLOSIVE FIRST STEP. **AGILITY ACCELERATOR.**



### **SPEED LADDER**

PER4M Speed Ladder for intense training drills of the upper and lower body as well as excellent body stability. Attack the PER4M Speed Ladder with quick feet and high knees for breakout explosion for first step movements.

**PER4MSL | \$24.99**

- » 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





# QUICK BURSTING. EXPLOSIVE MOVEMENTS. **BOUND STRONGER.**



ATHLETIC TRAINING

## POWER CHUTE

PER4M Power Chute increases speed and power gain during sprinting drills thru added resistance. The quick release buckle allows you to engage in over speed surges while running.

**PER4MPC \$24.99**

- » PROVIDES RESISTANCE TO BUILD TOTAL BODY SPEED & POWER
- » DEVELOP RAPID ACCELERATION & PROPER FORM
- » QUICK RELEASE BUCKLE ALLOWS MID-RUN OVERSPEED SURGE
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING



MESH PANELS IMPROVES CHUTE STABILITY & PREVENT TANGLING

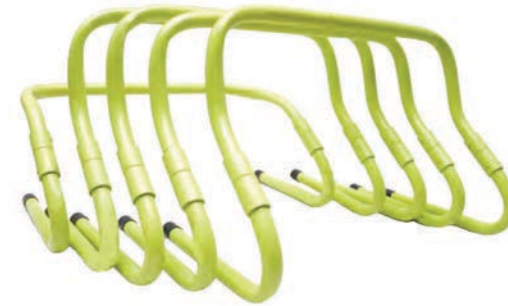
54 IN. CHUTE WITH QUICK RELEASE BUCKLE

ADJUSTABLE BELT WITH FREE SLIDE RING FOR MOVEMENT IN ALL DIRECTIONS





## ACCURACY + COORDINATION. PLYOMETRIC TRAINING.



### QUICK HURDLES

PER4M Quick Hurdles improve knee lift and leaping power thru intense stepping and jumping drills.

**PER4MQH | \$49.99**

- » 5 QUICK HURDLES CONSTRUCTED OF DURABLE, LIGHTWEIGHT PVC
- » ADJUSTABLE HURDLE HEIGHT: FROM 8 IN. TO 12 IN.
- » HURDLE LEGS ROTATE INWARD FOR EASY STORAGE
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING



**20**  
CONES

### QUICK CONES

PER4M Quick Cones develop ultimate agility and body control thru various custom drills. 20 Cones provide extensive drill options for continuous variety and challenge.

**PER4MQC | \$19.99**

- » 20 CONES - 8 IN. DIAMETER X 2 IN. TALL HIGH-VISIBILITY CONES
- » STORAGE/TRANSPORT RACK
- » MADE OF FLEXIBLE, HIGH-STRENGTH PLASTIC; WON'T BREAK IF STEPPED ON
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING

## PRECISION DEVELOPMENT. SKILL POSITION / TRAINING.



# 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING INCLUDED WITH EVERY PRODUCT



»»» PLUS

VISIT [WWW.PER4MSPORTS.COM](http://WWW.PER4MSPORTS.COM) FOR MORE TRAINING VIDEOS





## ONE ON ONE COMPETITION. PARTNER CHALLENGE.



### JUKE 360

PER4M Juke 360 is used to build explosive movement power and proper footwork technique during drills. The Juke 360 helps create strength and stamina and improve movement, speed and flow.

**PER4MJ360 | \$39.99**

- » 28 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



### REACTION BELTS

PER4M Reaction Belts enhance forward, backward and lateral juke and shadow drills. Reaction Belts challenge athletes to improvise and foster competition.

**PER4MRBELT | \$14.99**

- » ADJUSTABLE BELTS WITH FREE SLIDE RING ALLOW MOVEMENT IN ALL DIRECTIONS
- » 4 FT, 7 FT AND 10 FT TETHERS FOR VARIABLE PROXIMITY DRILLS
- » BREAKAWAY TETHERS ALLOW SAFE, AGGRESSIVE MOVES
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING





## POWER DRAG BAG

PER4M Power Drag Bag builds strength and adds resistance to sprinting and footwork drills. Power thru lunges and other striding moves to develop full lower body explosiveness.

**PER4MPDB | \$69.99**

- » DURABLE POWER DRAG BAG IS SAFE FOR USE OUTDOORS & INDOORS & WON'T MARK WOOD FLOORS
- » ADJUSTABLE LENGTH TETHER FOR CUSTOMIZED FIT
- » ADJUSTABLE PADDED VEST PROVIDES CUSTOMIZED FIT
- » HEAVY DUTY WEIGHT BAGS WITH HANDLES
- » 10 DIFFERENT DRILLS CARDS FOR TRAINING & PRACTICING



## WEIGHTED VEST

Use the PER4M Weighted Training Vest for added weight during drills & exercises.

**PER4MWV10 | \$39.99**

- » INCREASE STRENGTH TO MAXIMIZE ON-FIELD PERFORMANCE
- » ADD RESISTANCE TO TRAINING TO OUTPERFORM THE COMPETITION
- » BUILD SPEED & POWER WHILE INCREASING EXPLOSIVENESS
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING



**WEIGHT  
IN THE  
ROPE**

## GRAVITY WEIGHTED ROPE

The PER4M Gravity Weighted Jump Rope is a useful tool to develop footwork, coordination and endurance. This item gives you the extra weight you need to push your training and keep you moving towards your goals. The fitness jump rope is designed to improve vertical leap and to develop your cardiovascular system to improve peak performance.

**PER4MGWR | \$19.99**

- » INTENSIFY WORKOUT WITH WEIGHTED JUMP ROPE
- » IMPROVE VERTICAL LEAP AND FOOT SPEED
- » DEVELOP CARDIOVASCULAR STRENGTH FOR EXTENDED PEAK PERFORMANCE
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING





## ELITE TRAINING GLOVES

These durable training gloves are designed to help you get the most out of your training program. Numerous advanced features assist in increasing grip strength and lessening hand fatigue while protecting your skin from blisters and sore spots. Using these gloves will allow you to focus on reaching your goals rather than on your sore hands.

**PER4METG-XS-PDQ | \$19.99**

**PER4METG-S-PDQ | \$19.99**

**PER4METG-M-PDQ | \$19.99**

**PER4METG-L-PDQ | \$19.99**

**PER4METG-XL-PDQ | \$19.99**

- » NEOPRENE KNUCKLE PAD FOR SUPERIOR FIT AND FLEX
- » HEX-GRIP PALM TEXTURE FOR ADDED GRIPPING STRENGTH
- » STRETCH FLEX BACK FOR MAXIMUM COMFORT AND BREATHABILITY



## GRIP STRENGTH POWER PACK

PER4M Grip Strength Power Pack increases hand strength, coordination and grip strength. Take this grip trainer with you anywhere you go to increase hand, wrist and forearm power or to rehab your hand muscles. The PER4M Grip Strength Power Pack gives you a performance advantage with the increased grip strength that results from a wide range of exercises.

**PER4MGSP | \$16.99**

- » INCREASE HAND, WRIST & FOREARM POWER
- » IMPROVE GRIP STRENGTH FOR PERFORMANCE ADVANTAGE
- » BUILDS FLEXIBILITY, COORDINATION & DEXTERITY
- » REHAB HAND & FOREARM MUSCLES
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING







# EXPLODE. JUMP HIGHER.



## LEG POWER TUBE

PER4M Leg Power Tube increases lower body strength and build robust power and leg drive. The Leg Power Tube provides resistance while moving in all directions to allow for freedom of movement and balanced strengthening.

**PER4MLPT | \$14.99**

- » LATEX POWER TUBE PROVIDES PROGRESSIVE RESISTANCE
- » HEAVY DUTY NYLON WEBBING FOR STRENGTH & DURABILITY
- » ADJUSTABLE PADDED CUFFS FOR A COMFORTABLE FIT
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING



## JUMP TRAINER

PER4M Jump Trainer increases both vertical and horizontal leaping ability. Increase lower body dynamic strength by adding resistance to drills and training workouts.

**PER4MJT | \$39.99**

- » 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



## UPPER BODY POWER BOOSTER

Use the PER4M Upper Body Power Booster to increase strength and power. Achieve full range of motion for maximum training advantage.

**PER4MUBPB | \$39.99**

- » BUILD POWERFUL UPPER BODY STRENGTH
- » FULL RANGE OF MOTION DEVELOPMENT
- » ABILITY TO ISOLATE UPPER BODY THROUGH TARGETED MOVEMENT
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING





## YOGA

We give the yoga and fitness communities thoughtfully designed tools with unparalleled performance and minimal environmental impact. We like to keep our products simple, functional and environmentally friendly. We Plant a Tree for every product we sell and have done so since day one. Our inspiration comes from imagination, awesome brands, cool cities, amazing people and art. We add life to our practice with our colors, design and innovation. We make sure what we say are truths. Our brand and products constantly evolve as we look to improve what we do. We take risks because we don't want to be like everyone else. We are all individuals, but together we make up Natural Fitness.





ZERO  
IMPACT  
PROGRAM  
YOUR PURCHASE  
PLANTS ONE  
TREE

We do more than just the minimum...we always want to push a little further than everyone else. Giving back is important to us as we want to make a difference above and beyond the products we make. That's why we established our Zero Impact Program (Z.I.P); through our program we plant a tree for every product we sell. We realize that everything has a carbon footprint and an environmental cost; planting trees is how we offset the costs associated with our products.

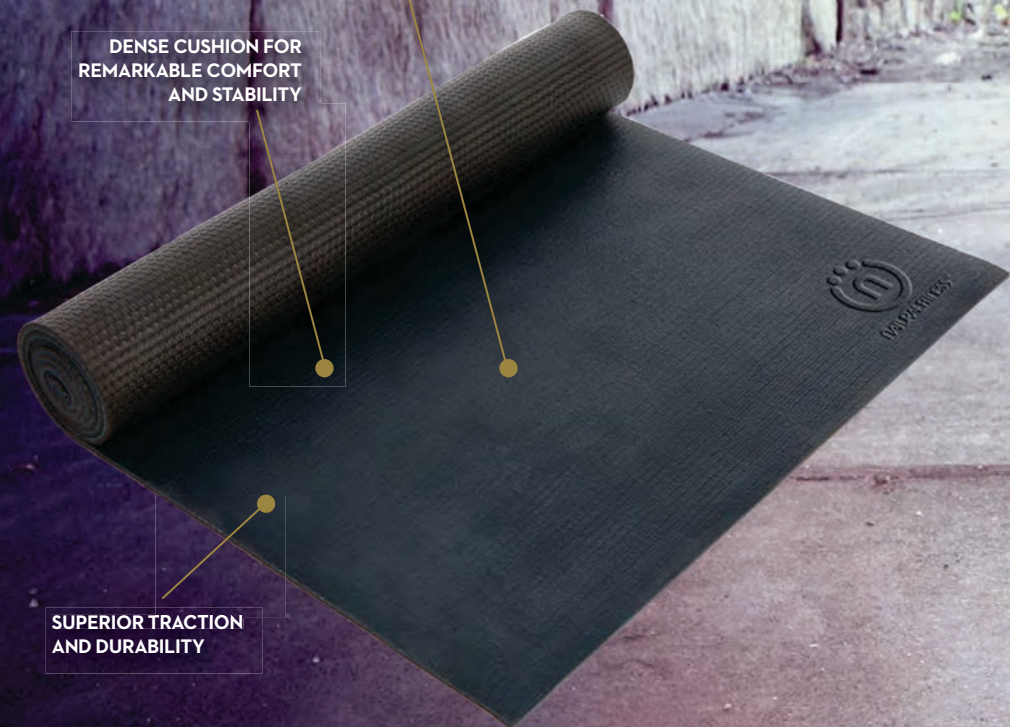


# THE HERO MAT WAS DESIGNED FOR ELITE PERFORMANCE

PROPRIETARY BLEND OF NATURAL RUBBER  
AND PER (POLYMER ENVIRONMENTAL RESIN)

DENSE CUSHION FOR  
REMARKABLE COMFORT  
AND STABILITY

SUPERIOR TRACTION  
AND DURABILITY



## HERO MAT

Whether your 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.

24" X 72" X 6mm YHIN | \$74.99

- » THICK AND DENSE WITHOUT BEING HEAVY
- » EXCELLENT TRACTION AND CUSHION FOR UNSURPASSED PERFORMANCE
- » ECO-FRIENDLY COMPOSITE MATERIAL
- » EASILY CARED FOR AND DURABLE





# USE YOUR STRENGTH STAMINA BALANCE



## 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.

24" X 69" X 5mm

- » HIGHLY VERSATILE MAT WITH EXCELLENT DURABILITY
- » PHTHALATE FREE
- » NON-SLIP TRACTION
- » MADE FROM PER & NATURAL RUBBER



CRIMSON  
YWMC | \$39.99



TEAL  
YWMT | \$39.99



GRANITE  
YWMG | \$39.99



AMETHYST  
YWMA | \$39.99





### 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.

» ECO-FRIENDLY

» LATEX/PHthalATE FREE

» NON-SLIP TRACTION



BURGUNDY/MUSTARD  
24" x 69" x 6mm  
YESM69BMDL6 | \$29.99



ORANGE/RED ROCK  
24" x 69" x 6mm  
YESORRD6 | \$29.99



INDIGO/AQUA  
24" x 69" x 4mm  
YESM69IAL4 | \$19.99



MOSS/NIGHT  
24" x 69" x 4mm  
YESMNG4 | \$19.99



### 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.

24" X 68" X 4mm YRFRMRRE | \$29.99

» EASIER TO PACK AND CARRY THAN STANDARD YOGA MATS

» EXCELLENT TRACTION AND CUSHION

» BAG PROTECTS MAT AND KEEPS IT COMPACT







### POWERHOUSE MAT

Designed for fitness floor exercises, Pilates and stretching, unlike typical foam exercise mats, this Powerhouse Mat is 9 3/8mm thick and designed with open-cell technology to provide extra-cushion and just the right amount of give so that sore muscles come from working hard and not hardwood floors. Made from non-toxic foam material absent of PVC, halogen, or phthalates, the Powerhouse PRO Mat not only helps protect you but also the environment.

24" x 72" x 9 3/8mm FPM | **\$24.99**

- » EXCELLENT CUSHION FOR PILATES AND FLOOR WORK
- » ENVIRONMENTALLY FRIENDLY MATERIAL
- » EXTRA THICKNESS PROTECTS JOINTS DURING EXERCISE



### POWERHOUSE PRO MAT

The Powerhouse PRO Mat from Natural Fitness is designed for more intense fitness... floor exercises, Pilates, stretching, and restorative yoga. Unlike typical foam exercise mats, this Powerhouse PRO Mat is made from non-toxic foam material which does not contain PVC, halogen, or phthalates, making it safer for both the user and the environment.

24" x 72" x 9.5mm FPPTC | **\$49.99**

- » EXCELLENT TRACTION AND DURABILITY
- » EXTRA DENSE + FIRM MATERIAL LASTS LONGER
- » PERFECT FOR PILATES AND FITNESS FLOOR WORK





## 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.

- » HIGHLY ABSORBABLE TO ENHANCE COMFORT DURING WORKOUTS
- » IDEAL FOR HOT YOGA
- » SLIP-RESISTANT MICROFIBER



RED ROCK/SUN  
26" x 74"  
YMTRRS | \$39.99

CARBON/SUN  
26" x 74"  
YMTCS | \$39.99



## 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.

- » IMPROVES TRACTION FOR HOT YOGA; TRACTION INCREASES WHEN DAMP
- » QUICK DRYING MICROFIBER HELPS KEEP MAT CLEAN
- » DOUBLES AS TRAVEL OR GYM TOWEL



RED ROCK/SUN  
12" X 24"  
YTRRS | \$14.99

CARBON/SUN  
12" X 24"  
YTCS | \$14.99



## HEMP YOGA SLINGSTRAP

Innovatively designed, the SlingStrap plays both the role of sling, perfect for transporting your mat and gear, and yoga strap, 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.

8' LONG YSSHN | \$14.99

- » 100% NATURAL HEMP
- » ECO-FRIENDLY, SUSTAINABLE
- » ALLOWS YOU TO EASE INTO AND HOLD POSES LONGER
- » ADJUSTS TO CARRY MAT







## 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.

8' LONG

- » PREMIUM HIGH-STRENGTH BUCKLES
- » 8FT LONG FOR MORE POSE OPTIONS
- » ACHIEVE DIFFICULT STRETCHES AND BINDS



OLIVE  
YSH8O | \$12.99



FLAME  
YSH8F | \$12.99



GRANITE  
YSH8G | \$12.99



## HEMP YOGA MAT BAG

For those that want to make the ultimate fashion statement, we designed the Double Zip Hemp Yoga Mat Bag to be both chic and sustainable. The eco-friendly material is both strong and durable while the organic finish is the epitome of natural beauty. Outfitted with a double zip opening to make it super easy to get your mat in and out of the bag and featuring a secure pocket for storing your keys and personal items, when it comes to toting your mat the Double Zip Hemp Yoga Mat Bag is the level best.

YMBHNE | \$24.99

- » LARGE ENOUGH TO CARRY EXTRA THICK MATS
- » PROTECT YOUR MAT WITH AN ECO-FRIENDLY MATERIAL
- » KEEPS MAT ROLLED FOR STORAGE



## CORK YOGA BLOCK

Harvested without harming trees, this sustainable wood is the ideal replacement to environmentally harmful foam on other blocks and the key (ONLY?) ingredient in our Cork Yoga Block. 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.

5.5" x 6" x 3.5" YBLOC3 | \$19.99

- » SUSTAINABLE ALTERNATIVE TO FOAM BLOCKS
- » STABLE SUPPORT FOR CHALLENGING POSES
- » IMPROVES ALIGNMENT





## WRIST ASSIST GLOVES

Relying on a patent pending gel pad that is therapeutically designed to reduce wrist pain, these revolutionary gloves offer the extra support you need during weight bearing exercises involving the hands and wrists. The integrated contoured pad is durable, resilient, and retains its shape for the life of the glove. Featuring just enough cushioning to provide maximum comfort but also sufficiently firm for excellent stability, the Wrist Assist Glove makes sure you are always in safe hands.

SMALL YWAG-S | \$29.99  
MEDIUM YWAG-M | \$29.99  
LARGE YWAG-L | \$29.99

- » PERFECT FOR YOGA, PILATES, WEIGHT TRAINING AND MORE
- » MINIMIZE WRIST PAIN AND IMPROVE GRIP POWER
- » PROTECT HANDS AND INCREASE COMFORT



## GRIP SOCKS

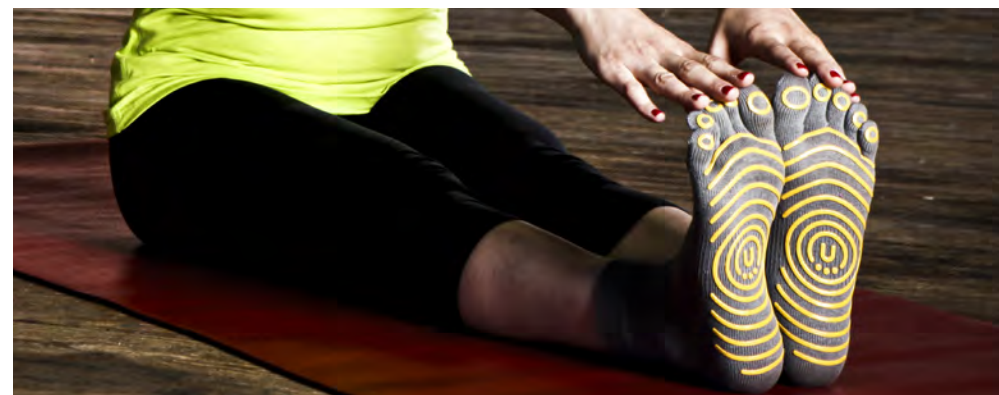
Made from premium Organic Cotton and featuring ergonomically-placed nonslip traction on the socks' undersides, this special footwear provides extra grip to ensure you receive the maximum benefit from your workout. Available in two sizes for a great fit and featuring a five-toe design to allow for a natural range of movement, these socks will make you feel that your intense workout is no sweat.

XS/S (WOMEN'S 5-8; MEN'S 4-7) YGSCS-XSS | \$12.99  
M/L (WOMEN'S 8-11; MEN'S 7-10) YGSCS-ML | \$12.99

- » KEEP FEET WARM WHILE MAINTAINING BAREFOOT FUNCTIONALITY
- » INCREASE TRACTION FOR BAREFOOT ACTIVITIES
- » MORE HYGIENIC THAN BARE FEET

### ALSO AVAILABLE IN THREE PACKS:

XS/S (WOMEN'S 5-8; MEN'S 4-7) YGSCS-XSS-3PK | \$32.99  
M/L (WOMEN'S 8-11; MEN'S 7-10) YGSCS-ML-3PK | \$32.99





# BENEFITS

## BAMBOO

## CORK

## HEMP

## NATURAL RUBBER

## PER

Fast-growing bamboo is a type of grass which is stronger than most wood • Bamboo requires no pesticides, herbicides or fertilizers in its cultivation • Re-grows immediately after it is harvested and regenerates without need for replanting • Bamboo minimizes CO2 gases and generates 35% more oxygen than an equivalent stand of trees • Renewable resource that offers an alternative to deforestation.

Renewable resource harvested from the Cork Oak Tree. Great elasticity characteristics • Lightweight, strong + stable • Products made from cork are biodegradable, compostable and recyclable • Cork tree regenerates its bark and can be harvested in years to come • With an average life span of 200 years, one tree can be harvested 20 times.

Hemp fiber is a stronger, longer-wearing, pesticide-free alternative to cotton • Highly resistant to most insects and disease. Hemp eliminates the need for pesticides and herbicides • Hemp is the #1 biomass producer on the planet • Products made from hemp fiber are biodegradable, compostable and recyclable • Sustainable hemp reduces deforestation.

Natural Rubber & Latex - Requires 1/10 of the fossil fuels needed to produce synthetic rubber Phthalate Free and contains no PVC • Products made from Natural Rubber are biodegradable.

PER (polymer environmental resin) is a unique material that is more sensitive to the environment and your health than yoga mats made of standard PVC foam • Free of cadmium, lead, and harmful phthalates Lightweight, strong & durable • Provides excellent traction & cushion.



### PRO YOGA KIT

Are you a yoga pro...maybe, maybe not...but you can still look like one! Natural Fitness pulled the best of the best to create our Pro Yoga Kit!

**YPROYK | \$129.99**

#### KIT INCLUDES:

- » HERO MAT
- » YOGA MAT TOWEL (CARBON/SUN)
- » CORK BLOCK
- » HEMP YOGA STRAP (OLIVE)
- » HEMP YOGA MAT BAG



### HOT YOGA KIT

Natural Fitness has put the perfect group of products together for the new Hot Yoga Kit. From head to toe we've got you covered for the sweatiest, most-intense yoga out there. Now, we didn't forget to think about the environment! We've included eco-safe products for your Hot Yoga Use.

**YHOTYK | \$109.99**

#### KIT INCLUDES:

- » WARRIOR MAT (CRIMSON)
- » YOGA MAT TOWEL (RED ROCK/SUN)
- » CORK BLOCK
- » HEMP YOGA STRAP (FLAME)
- » HEMP YOGA MAT BAG



### BEGINNER YOGA KIT

The yoga basics...mat, strap & blocks. Sometimes all you need are the basics and Natural Fitness put together this kit for just this reason.

**BYK | \$64.99**

#### KIT INCLUDES:

- » ECO-SMART MATT (6MM - BURGUNDY/MUSTARD)
- » 2 CORK BLOCKS
- » HEMP YOGA STRAP (GRANITE)








## PRO BURST RESISTANT EXERCISE BALL

Perfect for taking crunches, bridges, and planks to the next level, by working this piece of equipment into your fitness regimen you can look forward to improved core strength and balance. Tone, and strengthen entire body, build a powerful core, and increase total body balance and flexibility.

- » PROPRIETARY BURST RESISTANT COMPOSITE
- » ECO-FRIENDLY, 6P PHTHALATE/TOXIN FREE
- » DESIGNED TO DEFLATE SLOWLY IF PUNCTURED

### PRO BURST RESISTANCE EXERCISE BALL SIZE CHART

	55cm	5'1" - 5'7"
	65cm	5'8" - 6'1"
	75cm	6'2"+



55cm - PLUM  
FBREB55P | \$29.99



65cm - OLIVE  
FBREB65OL | \$29.99



75cm - SLATE  
FBREB75S | \$29.99

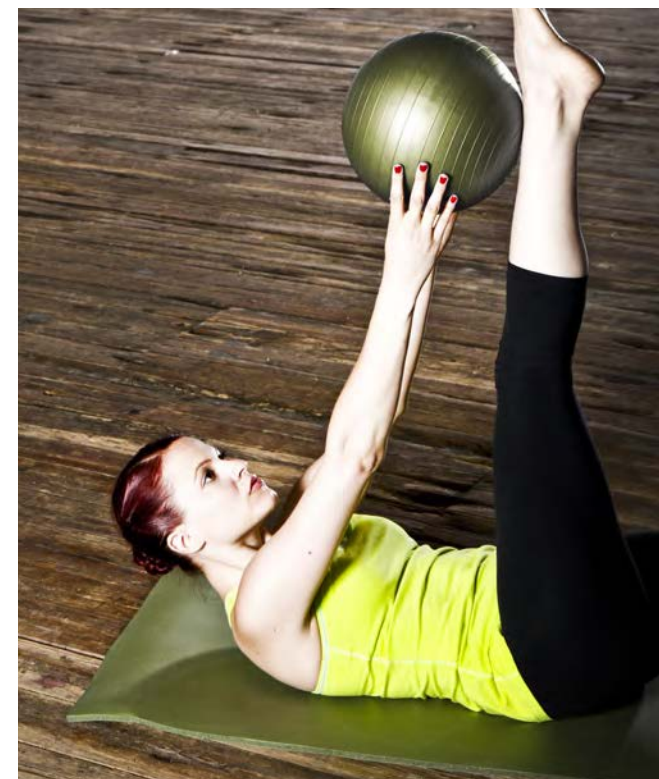


## MINI CORE BALL

At approximately 8" diameter, the Mini Core Ball is small enough to fit in your suitcase and deliver big results. By allowing you to do medicine ball type moves like plyometric push ups, fitness ball core work like ball squats, or stability ball stretches like back extensions, this piece of equipment can help you build strength, improve balance, and tone your core.

**FMCBM | \$12.99**

- » DURABLE PHTHALATE-FREE, LATEX-FREE MATERIAL
- » SURFACE TEXTURE REDUCES SLIPPAGE
- » PROPRIETARY BURST RESISTANT COMPOSITE





# “RESISTANCE TUBES, ARE THE PERFECT NO EXCUSES

TOOL FOR EVERY ONE OF MY CLIENTS. THE ADJUSTABLE RESISTANCE TUBES ARE EASY TO TRAVEL WITH, AND ALLOW CLIENTS TO IN STRENGTH TRAINING WHILE ON THE ROAD, AT HOME OR ANYWHERE” – **LAURA WILSON, NASM CPT**



## ADJUSTABLE RESISTANCE TUBE

Available in light, medium, and heavy, each model is designed with patented adjustable handles to allow you to quickly and easily alter the resistance level without having to switch tubes. The adjustable, break-resistant dipped rubber tubes are built to withstand overzealous baggage handlers, overstuffed closets, and unforgiving gym lockers, making them great fit no matter where you need to get in a lift.

- » BREAK RESISTANT MULTI-LAYERED LATEX TUBE
- » PATENTED ADJUSTABLE QUICK-CHANGE COMFORT HANDLES
- » HANDLES MADE FROM RECYCLED MATERIAL
- » ALL KITS INCLUDE RESISTANCE TUBE, ADJUSTABLE HANDLES, AND DOOR ATTACHMENT



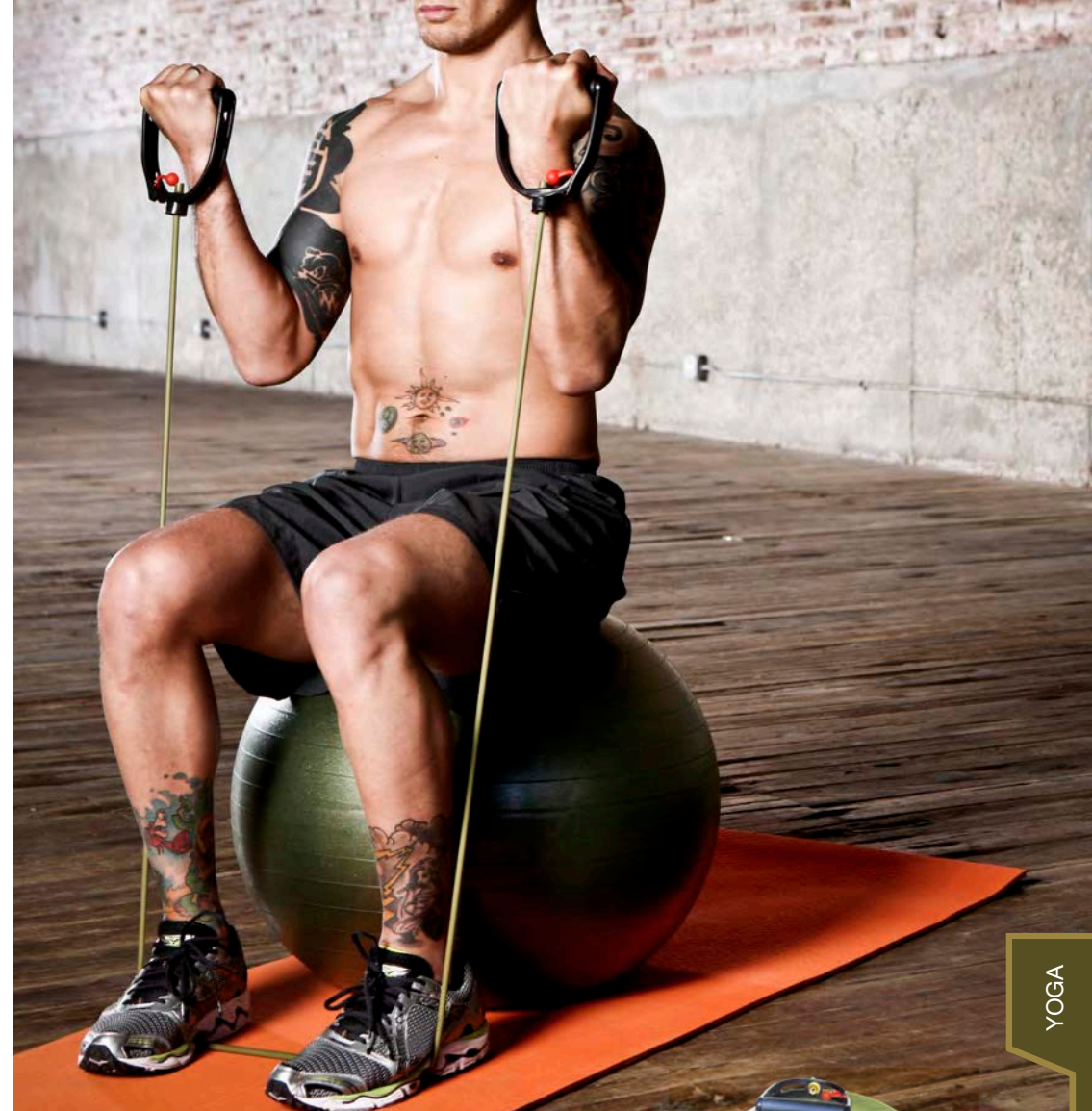
LIGHT - PLUM  
FRTALP | \$14.99



MEDIUM - OLIVE  
FRTAMOL | \$14.99



HEAVY - SLATE  
FRTAHS | \$14.99



YOGA

## RESISTANCE TONING KIT

With the Natural Fitness Resistance Toning Kit you can get the same results at a fraction of the price. By combining a Burst Resistant Exercise Ball (65 cm), Adjustable Resistance Tube, and an Ankle Cuff, we've packaged everything you need to target all your muscles, from your traps to your calves.

**FRTK65 | \$29.99**

- » DURABLE PHTHALATE-FREE, LATEX-FREE MATERIAL
- » SURFACE TEXTURE REDUCES SLIPPAGE
- » PROPRIETARY BURST RESISTANT COMPOSITE







# HIGHX

POWERED BY LIFELINE®

## TRAIN FOR LIFE™

**HIGHX IS A HIGH INTENSITY EXPLOSIVE TRAINING AND CONDITIONING PROGRAM** DESIGNED TO MAXIMIZE THE BODY'S ABILITY TO BURN FAT, BUILD LEAN MUSCLE, OPTIMIZE THE BODY'S HORMONE AND PHYSIOLOGICAL RESPONSE TO EXERCISE WHILE IMPROVING OVERALL DAILY AND ATHLETIC PERFORMANCE. HIGHX IS A **FUNCTIONAL, SYSTEMATIC TRAINING FORMAT** STRUCTURED INTO **MULTIPLE CIRCUITS** TO **ENGAGE, COACH** AND **RETAIN** PARTICIPANTS AND MEMBERS.





“EXERCISE IS ABOUT FAR MORE THAN LOOKING GOOD,  
IT’S ABOUT ENJOYING AN IMPROVED QUALITY OF LIFE  
AND BEING A POSITIVE INFLUENCE ON OTHERS.”

*Galvin*

HIGHXTRAINING.COM



HIGHXTRAINING



# THE PHYSIOLOGICAL RESPONSE TO HIGHX

30  
SECOND  
SUPER-SETS | 3X  
PER  
CIRCUIT

HIGH /LOW  
INTERVAL  
TRAINING

CALORIE  
BURNING

ENDORPHINS

MUSCLE  
BUILDING

MENTAL  
ADVANTAGE  
OF WORKING  
QUICKLY

## WHY HIGHX?

**EXPLOSIVE MOVEMENTS** COUPLED WITH RECOVERY TIMES INCORPORATED INTO EACH WORKOUT PROVIDES MAXIMUM CALORIE BURN.

**MENTAL EDGE** IT PROVIDES BY BEING JUST ONE TIME THROUGH - ONE AND DONE.

**PHYSIOLOGICAL CHANGE** THAT HAPPENS WHEN YOU WORK IN 30-SECOND, ALTERNATING SUPER-SETS.

**PERSONAL ATTENTION** OF THE HIGHX COACH IS UNLIKE ANY OTHER GROUP TRAINING PROGRAM OUT THERE.

INNOVATION + FUNCTIONAL TRAINING = AUTHENTICITY





## LEVEL 1 - WHITE 8 STATIONS

ITEM	MSRP	# OF EACH	PRICE
 (4) POWER WHEEL	\$49.99	4	\$199.96
 (1) AGILITY LADDER	\$69.99	1	\$69.99
 TRIPLE RESISTANCE HANDLES	\$12.99	4	\$51.96
 4 LEVELS OF RESISTANCE TUBES (1 EACH R2, R3, R4, R5)	\$37.96	4	\$151.84
 2 WEIGHTED JUMP ROPE (1) .75LB, (1) 1.25LB	\$44.98	1	\$44.98
 (2 SETS) KETTLEBELLS (4KG, 8KG, 12KG, 16KG)	\$204.84	2	\$409.68
 (2) JUNGLE GYM XT WALL/CEILING ANCHORS (FOR JGXT)	\$129.98	2	\$259.96
 HURDLES	\$49.99	1	\$49.99
 (8) CONES / A-FRAME	—	—	INCLUDED

THE **INNOVATION** OF LIFELINE EQUIPMENT, COUPLED WITH THE **EXPLOSIVE AND REVOLUTIONARY PROGRAMMING** OF HIGHX IS THE PERFECT SOLUTION FOR YOUR GROUP TRAINING.

**HIGHX** TRAINER CERTIFICATION  
INDIVIDUAL CERTIFICATION

## LEVEL 2- YELLOW 10 STATIONS ALL OF LEVEL 1 +

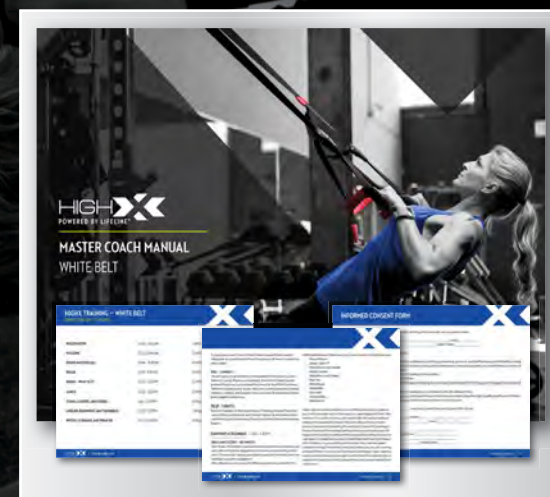
ITEM	MSRP	# OF EACH	PRICE
 (2) PLYO BOX	\$149.99	2	\$299.98
 BATTLE ROPES	\$149.99	1	\$149.99
 SLAM BALLS (10LB, 20LB, 30LB)	\$164.97	1	\$164.97
 (2 ) CONES / A-FRAME	—	—	INCLUDED

**TOTAL:** \$1853.30

**FREE SHIPPING ON ORDERS OVER \$100**

### MARKETING SUPPORT

ALL AUTHORIZED TRAINING CENTERS RECEIVE A LIBRARY OF RESOURCES TO ASSIST YOUR LAUNCH AND MAINTAIN A SUCCESSFUL **HIGHX** PROGRAM!



**TOTAL:** \$299.99\* \$19.99 MONTHLY SUBSCRIPTION

\*299 FOR 1-DAY TRAINING, NASM, CEC, 0.6 CECS FOR WHITE BELT

TRAINING





# KettleWorX®

GLOBAL LEADER  
IN KETTLEBELL TRAINING



# KETTLEWORX IS



a FAST, FUN & EFFECTIVE workout using innovative 3-Dimensional training.

We focus on **CARDIO**, **CORE** & **RESISTANCE** workouts  
utilizing the kettlebell to get your body moving in all directions &  
3 planes of motion for a more effective whole body workout.



# 3x30

**CARDIO,**  
**CORE, AND**  
**RESISTANCE**



# BRING THE **EXCITEMENT**

KETTLEWORX IS AN EXCITING & HIGHLY ACCESSIBLE PRE-DESIGNED GROUP TRAINING SOLUTION USING KETTLEBELLS, DESIGNED SPECIFICALLY FOR FITNESS FACILITIES.

KettleWorX is the best value available in group training features for the price.

Why? **BECAUSE PROGRAMMING IS FREE!**



30 | 600+  
MINUTES | CALORIES

BURN OVER 600 CALORIES IN 30-MINUTE KETTLEWORX WORKOUT. THAT'S EQUIVALENT...6-MILE PACE <sup>(1)</sup>



NO CONTRACTS, NO LICENSING FEES!



"RESEARCHERS ALSO POINT TO THE POSITIVE IMPLICATIONS OF BEING ABLE TO INCREASE CORE STRENGTH BY 70 PERCENT" <sup>(2)</sup>



30 MINUTE WORKOUTS vs 1 HOUR +



LESS EQUIPMENT TO PURCHASE AND MAINTAIN! ALL YOU NEED ARE KETTLEWORX KETTLEBELLS.

**3 | 30**  
programs | minutes each

CARDIO, CORE & RESISTANCE PROGRAMS TARGET WHOLE-BODY WORKOUTS



KETTLEWORX IS FAST, FUN & EFFECTIVE GROUP TRAINING



REVOLUTIONARY WEB-BASED CONTENT DELIVERY SYSTEM - MONTHLY SUBSCRIPTION IS \$14.99 PER TRAINER



1-DAY CERTIFICATIONS! NO PRE-REQUISITES. ACE & AFAA CEC'S

<sup>1</sup> ACE Funded Study, 2010    <sup>2</sup> ACE Certified News, March 2013



# BRING THE PERFORMANCE

## SMALL AUTHORIZED KETTLEWORX TRAINING CENTER

STATIONS/PEOPLE: 20-30

KB WEIGHT	MSRP	# OF EACH	PRICE
 5LB	\$19.99	20	\$399.80
 10LB	\$29.99	20	\$599.80
 15LB	\$39.99	20	\$799.80
 20LB	\$49.99	20	\$999.80
 25LB	\$59.99	—	—
 30LB	\$69.99	—	—
 35LB	\$79.99	—	—
TOTAL:		80	\$2,799.20

## MEDIUM AUTHORIZED KETTLEWORX TRAINING CENTER

STATIONS/PEOPLE: 30-40

KB WEIGHT	MSRP	# OF EACH	PRICE
 5LB	\$19.99	30	\$599.70
 10LB	\$29.99	30	\$899.70
 15LB	\$39.99	30	\$1,199.70
 20LB	\$49.99	30	\$1,499.70
 25LB	\$59.99	—	—
 30LB	\$69.99	—	—
 35LB	\$79.99	—	—
TOTAL:		120	\$4,198.80

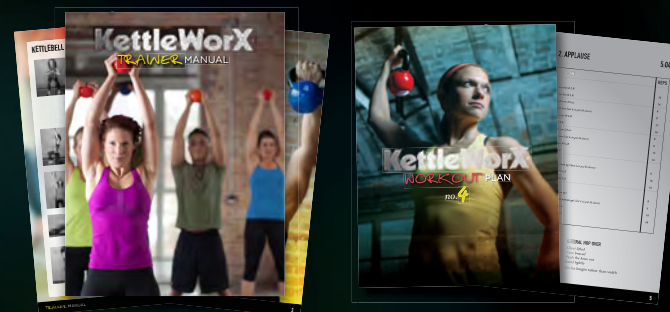
## LARGE AUTHORIZED KETTLEWORX TRAINING CENTER

STATIONS/PEOPLE: 40-50

KB WEIGHT	MSRP	# OF EACH	PRICE
 5LB	\$19.99	40	\$799.60
 10LB	\$29.99	40	\$1,199.60
 15LB	\$39.99	40	\$1,599.60
 20LB	\$49.99	40	\$1,999.60
 25LB	\$59.99	—	—
 30LB	\$69.99	—	—
 35LB	\$79.99	—	—
TOTAL:		160	\$5,598.40

## MARKETING SUPPORT

*All authorized training centers receive a library of resources to assist your launch and maintain a successful **KettleWorX** program! We will provide you with all the tools you need to inform, engage and excite your members surrounding your launch. Items provided include best practices, FAQ's, tips and collateral to bring the excitement!*



 **FACEBOOK** /trykettleworx

 **TWITTER** @KettleWorX

 **YOUTUBE** /kettleworx

 **PINTEREST** KettleWorX

 **INSTAGRAM** KettleWorX

 **KETTLEWORX.COM**

INTERESTED?  
**CONTACT US:**  
SALES@KETTLEWORX.COM

TRAINING



# INDEX

## A

Adjustable Resistance Tube **63**  
Ankle/Wrist Attachment **7**

## B

Bags **59**  
Balance Discs **39**  
Ball Storage **39**  
Bars **31**

## C

C-Bands **14**  
Cardio Belt **10**  
Chest Expander **11**  
Combat Bag **28**  
Cones, Quick **46**

## D

Door Anchor **7**  
Drag Bag, Power **49**  
Dumbbells, Hex Rubber **31**

## E

Eco-Smart Yoga Mat **56**  
Econo Shoulder Pulley **41**  
Econo Shoulder Pulley, Deluxe **41**  
Economy Cable **12,13**  
Elite Training Training Gloves **50**  
Exchange Handles **7**  
Extreme Resistance Training Kit **9**

## F

Flat Band Loops **15**  
Flat Bands **38**

Foam Roller **34, 35**  
Progression Roller 13" **34**  
Progression Roller 23" **34**  
Professional Foam Roller 18" **35**  
Professional Foam Roller 36" **35**  
Foot Therapy Roller **36**

## G

Gloves **50, 60**  
Elite Training **50**  
Wrist Assist **60**  
Gravity Weighted **49**  
Grip All Handles **39**  
Grip Strength Power Pack **50**

## H

Hand Invigoration Putty **37**  
Hand Renewal Kit **37**  
Healthy Abs & Back **40**  
HERO Yoga Mat **54**  
HIGHX **64**  
Hurdles, Quick **46**

## J

Juke 360 **48**  
Jump Ropes **24, 49**  
Gravity Weighted **49**  
Power Jump Rope **24**  
Weighted Speed Rope **24**  
Jump Trainer **51**  
Jungle Gym **19**  
Jungle Gym XT **18**  
Jungle Gym XT Strap Xtenders **19**  
Jungle Gym XT Wall Anchors **19**

## K

Kettlebell Rack **31**  
Kettlebells **30, 66**  
KettleWorX **66**

Kits  
Variable Resistance Training Kit **8**  
Ultimate Resistance Training Kit **8**  
PRO Resistance Training Kit **9**  
Extreme Resistance Training Kit **9**  
Pro Yoga Kit **61**  
Hot Yoga Kit **61**  
Beginner Yoga Kit **61**

## L

Ladder, Speed **44**  
Lateral Resistor **15**  
Leg Power **51**  
Lifeline Power Wheel™ **21**

## M

Mats **54-57**  
Max Flex Cable Kit **12, 13**  
Medicine Balls **29**  
SlamBall **29**  
Wall Ball **29**  
Mini Core Ball **62**  
Monster Walk **15**  
Multi-Use Shoulder Pulley **41**  
Multi-Use Shoulder Pulley, Deluxe **41**  
Muscle Massage Kit **36**  
Muscle Therapy Bar **37**

## O

Orbiter XT Door Mount **7**

## P

Plates **31**  
PlyoBox, Folding **23**  
Portable Jumper Cable **25**  
Power Chin Up **22**  
Power Chute **45**  
Power Jump Rope **24**  
Power Push Up Plus **11**

Power Sprinter **25**  
Powerhouse Mat **57**  
Powerhouse Mat PRO **57**  
Pro Burst Resistance **40, 62**  
PRO Resistance Training Kit **9**  
Professional Foam Roller 18" **35**  
Professional Foam Roller 36" **35**  
Programming **64-67**  
HIGHX **64**  
KettleWorX **66**  
Progression Roller 13" **34**  
Progression Roller 23" **34**  
Progressive Resistance System **6, 7**  
Pull up Revolution PRO **20**  
Pullup Revolution **20**

## Q

Quick Fit Handles **7**

## R

Racks **29, 31**  
Ball Storage **29**  
Kettlebell Rack **31**  
Reaction Belts **48**  
Resistance Bands **15, 38**  
Flat Bands **38**  
Stamina + Strength Bands **38**  
Flat Band Loops **15**  
Resistance Cables **6, 7, 11-15, 20**  
Leg Power **51**  
Jump Trainer **51**  
Upper Body Power Booster **51**  
Lifeline® Resistance Cables **6, 11, 15, 20**  
Progressive Resistance System **6, 7**  
Trainer Cable **12,13**  
Triple Trainer Cable **12,13**  
Max Flex Cable Kit **12,13**  
Economy Cable **12,13**  
C-Bands **14**

Super Bands **14**  
Lateral Resistor **15**  
Monster Walk **15**  
Adjustable Resistance Tube **63**  
Resistance Toning **63**  
Roam Folding Yoga Mat **56**  
Rope, Training **28**

## S

Single Pocket Max Flex Handles **7**  
Shoulder Pulley **41**  
Econo **41**  
Econo Deluxe **41**  
Multi-Use **41**  
Multi-Use Deluxe **41**  
SlamBall **29**  
Socks, Grip **60**  
Stability Ball **40, 62**  
Stamina + Strength Bands **38**  
Stretching Strap **39**  
Super Bands **14**

## T

TNT Cable System **9**  
Towels **58**  
Train Station **10**  
Trainer Cable **12, 13**  
Training Rings **22**  
Triple Grip Handles **7**  
Triple Pocket Max Flex Handles **7**  
Triple Trainer Cable **12, 13**

## U

Ultimate Resistance Training Kit **8**  
Upper Body Power Booster **51**

## V

Variable Resistance Training Kit **8**

## W

Wall Ball **29**  
Warrior Yoga Mat **55**  
Weights **31**  
Plates **31**  
Bars **31**  
Dumbbells, Hex Rubber **31**  
Weighted Speed Rope **24**  
Weighted Vest **49**

## Y

Yoga  
Bags **59**  
Eco-Smart Yoga Mat **56**  
Gloves, Wrist Assist **60**  
HERO Yoga Mat **54**  
Kits **61**  
Mats **54-57**  
Mini Core Ball **62**  
Powerhouse Mat **57**  
Powerhouse Mat PRO **57**  
Roam Folding Yoga Mat **56**  
Socks, Grip **60**  
Strap **58, 59**  
Towels **58**  
Warrior Yoga Mat **55**  
Zero Impact Program **53**

## Z

Zero Impact Program **53**





#### TOLL FREE:

1.800.553.6633

#### LOCAL & INTERNATIONAL

312.265.6771

#### EMAIL

ORDERS@PIVOTAL5.COM

#### WEB

LIFELINEFITNESS.COM

#### ADDRESS

315 N. Racine Avenue  
Chicago, IL 60607

LIFELINEUSA.COM



LIFELINEUSA

#### LIFELINE PRODUCT LIMITED 90-DAY WARRANTY

Lifeline warrants that the products sold to be free of defects in materials and workmanship and to be in perfect working order at the time of purchase. If the product should, for any reason, become defective within 90 days of purchase, Lifeline will replace the product once it is returned to Lifeline. This warranty does not apply to any damage caused by accident, abuse or misuse of the product. There are no other warranties other than those expressly set forth within. Product shipped to Pivotal 5 must be in original shipping carton with freight prepaid.

#### RETURN POLICY

If you are not completely satisfied with your order, you may return the unused items within 30 days from the date of invoice for a full refund (excluding shipping and handling charges and any applicable restocking fees). Please call 800.553.6633 for a return authorization number. A copy of the packing slip must accompany all returns. We reserve the right to not accept returns that are in poor condition, do not have a return authorization number or are not accompanied by a packing slip.

#### LIFELINE PRICING

This catalog contains MSRP pricing. Lifeline does provide professional and wholesale pricing for certified professionals, certified fitness facilities and re-sellers. To apply to receive professional or wholesale pricing, please contact sales@pivotal5.com. Individuals and/or organizations that are not certified in the fitness industry would receive Merchant Suggested Retail Pricing (MSRP).

#### SHIPPING CHARGES

Are based on published UPS Ground, F.O.B. Madison, Wisconsin. 2-day and overnight delivery is available on request for incremental charge. Please call for price quote. We will notify you if your order requires oversized or multiple carton(s); shipping fees may increase slightly. When ordering directly from www.lifelinefitness.com, all orders over \$100 ship free via UPS Ground. DISCLAIMER: GIFT CARDS, PACKAGING, TAXES AND PRIOR PURCHASES DO NOT QUALIFY TOWARDS MINIMUM PURCHASE REQUIREMENT AND OFFER CANNOT BE APPLIED TO SUCH ITEMS. OFFER IS GOOD FOR THE ORDER'S FIRST SHIPMENT TO ADDRESS ANYWHERE IN THE CONTINENTAL US ONLY. IF YOU CHOOSE ANOTHER SHIPPING OPTION, ADDITIONAL CHARGES WILL APPLY. NO ADJUSTMENTS ON PREVIOUS PURCHASES. OFFER IS NON-TRANSFERABLE AND SUBJECT TO CHANGE WITHOUT NOTICE. NOT VALID ON INTERNATIONAL SHIPMENTS.

#### CATALOG DISCLAIMER

During the length of time our catalogs circulate, costs and/or availability of items sometimes changes, often without notice. Therefore, prices and products may change without notice, or may not be consistent with the copy or pictures in this catalog. While every effort is made to ensure accuracy, Lifeline® is not responsible for errors or omission in this catalog

©2015 Lifeline, A Pivotal 5, LLC company.





LIFELINEUSA.COM



LIFELINEUSA

