



LIFELINE
POWERED BY INNOVATION™

**2019
CATALOG**

CONTENTS



06

06

RESISTANCE TRAINING

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

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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.

24

STRENGTH TRAINING

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



18



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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 wants.

54

MOBILITY & RECOVERY

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

62

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.







BUILD A CUSTOM CABLE SYSTEM: **LIFELINE'S PATENTED**

PROGRESSIVE RESISTANCE 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 cables every year, depending on use and wear - and with Lifeline's interchangeable system, it's easy! Feel the difference and try a Lifeline cable today!

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
 TEAL	R1	10LB
 PURPLE	R2	20LB
 PINK	R3	30LB
 MAGENTA	R4	40LB
 ORANGE	R5	50LB
 RED	R6	60LB
 YELLOW	R7	70LB
 GREEN	R8	80LB
 BLUE	R9	90LB
 BLACK	R10	100LB



LL5C-R1 | \$7.99



LL5C-R2 | \$8.99



LL5C-R3 | \$9.99



LL5C-R4 | \$10.99



LL5C-R5 | \$12.99



LL5C-R6 | \$13.99



LL5C-R7 | \$14.99



LL5C-R8 | \$16.99



LL5C-R9 | \$17.99



LL5C-R10 | \$19.99

STEP 2: SELECT YOUR HANDLES



TRIPLE POCKET MAX FLEX HANDLES

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

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

LLCGH3 | \$14.99



SINGLE POCKET MAX FLEX HANDLES

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

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

LLCGH1 | \$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 patented handle design. Different levels of cables may be combined to customize resistance level or to target different muscle groups. Proper cable alignment is achieved with these great ergonomic handles!

- » HOLDS UP TO 3 LIFELINE RESISTANCE CABLES — UP TO 300LB RESISTANCE
- » CHANGE & ADD CABLES QUICKLY WITH PATENTED DESIGN FROM 10-100LB
- » 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 proper cable alignment. Resistance training provides more dynamic functional movement patterns in a range of different angles, which increases muscle activation and diversity of exercises.

- » HOLDS ONE LIFELINE RESISTANCE CABLE
- » CHANGE CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT

LLEH | \$9.99



GRIP ALL HANDLES

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

- » HOLDS ONE LIFELINE RESISTANCE CABLE OR FLAT BAND
- » CHANGE CABLES QUICKLY WITH PATENTED DESIGN
- » ERGONOMIC HANDLE FOR PROPER CABLE ALIGNMENT

LLGAH | \$14.99

STEP 3: ACCESSORIZE



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

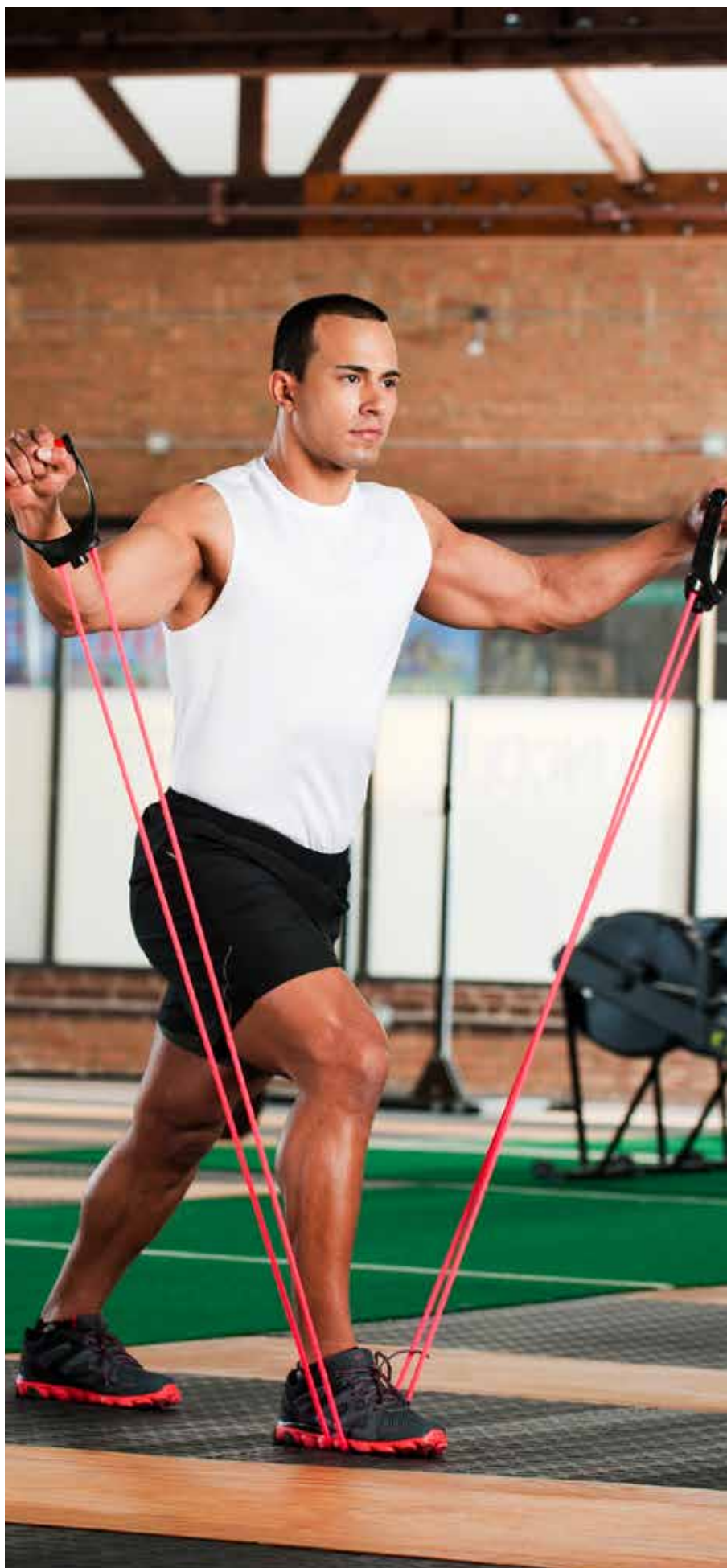


DOOR ANCHOR

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 RESISTANCE KITS.

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 Grip 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



VARIABLE RESISTANCE KIT ELITE

- Triple Grip Handles
 - R5 Cable (50LB)
 - R6 Cable (60LB)
 - R7 Cable (70LB)
 - Door Anchor
 - Carry Bag
- LLVRTKELITE | \$59.99**



VARIABLE RESISTANCE KIT PLUS

- Triple Grip Handles
 - R3 Cable (30LB)
 - R4 Cable (40LB)
 - R5 Cable (50LB)
 - Door Anchor
 - Carry Bag
- LLVRTKPLUS | \$49.99**



VARIABLE RESISTANCE KIT

- Triple Grip Handles
 - R1 Cable (10LB)
 - R2 Cable (20LB)
 - R3 Cable (30LB)
 - Door Anchor
 - Carry Bag
- LLVRTK | \$39.99**



ULTIMATE TRAINER KIT

This ultimate kit allows you to incorporate each of the ten (10) cables included to mix and match every resistance configuration by adding or removing cables using Lifeline's patented Progressive Resistance System. The ten (10) cables allow many different weighted resistance options for you to create to maximize your workout.

- R1 Cable (10LB)
 - R2 Cable (20LB)
 - R3 Cable (30LB)
 - R4 Cable (40LB)
 - R5 Cable (50LB)
 - R6 Cable (60LB)
 - R7 Cable (70LB)
 - R8 Cable (80LB)
 - R9 Cable (90LB)
 - R10 Cable (100LB)
 - Triple Grip Handles
 - Exchange Handles
 - (2) Door Anchors
 - Carry Bag
- LLRTKULT | \$139.99**



PRO RESISTANCE TRAINER KIT

UP TO
150 LB
RESISTANCE



PRO RESISTANCE TRAINER KIT

Incorporate each of the six (6) cables included in this kit to mix and match from 10lbs – 150lbs of peak weighted resistance by adding or removing cables using Lifeline's patented Progressive Resistance System. Easily move between upper body, core and lower body exercises by anchoring the Door Anchor up or down; set it high for downward movements, set it low for upward movements, or center it for presses and rows!

- R1 Cable (10LB)
- R2 Cable (20LB)
- R3 Cable (30LB)
- R4 Cable (40LB)
- R5 Cable (50LB)
- R6 Cable (60LB)
- Triple Grip Handles
- (2) Door Anchors
- Carry Bag

LLRTKPRO | \$79.99



EXTREME TRAINING PACK

RESISTANCE TRAINING
- BODY WEIGHT TRAINING

UP TO
90 LB
RESISTANCE



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 on any standard hinged door. 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.

- R2 Cable (20LB)
- R3 Cable (30LB)
- R4 Cable (40LB)
- Triple Grip Handles
- Door Anchor
- Power Up Chin Up
- Carry Bag

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 | \$39.99

- » (3) 40LB INTERCHANGEABLE CABLES FOR DIFFERENT RESISTANCE LEVELS
- » DOUBLE YOUR POWER AND STRENGTH
- » PROVEN BETTER THAN WEIGHTS



LIFELINE CABLES

WORK YOUR FULL BODY IN MULTIPLE PLANES AND USE DYNAMIC EXERCISES LIKE TWISTS, PUNCHES AND CHOPS TO BUILD BALANCED MUSCLES AND INCREASED FLEXIBILITY.

MAX FLEX CABLE KITS

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

- » MAX FLEX HANDLES FOR COMFORT AND SECURE GRIP
- » LAYERED CABLE CONSTRUCTION FOR OPTIMUM DURABILITY AND FUNCTION
- » 20-70 LB PEAK RESISTANCE



VERY LIGHT 20LB
LLMXFC4-R2 | \$15.99

LIGHT 30LB
LLMXFC4-R3 | \$16.99



MEDIUM 40LB
LLMXFC4-R4 | \$17.99

HEAVY 50LB
LLMXFC4-R5 | \$18.99



VERY HEAVY 70LB
LLMXFC4-R7 | \$21.99



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.



POWER CABLE

- » EACH 5' CABLE ACTS INDEPENDENTLY OF EACH OTHER WHILE CONNECTED TO DOOR, AROUND A POLE OR WITH A PARTNER
- » ERGONOMIC HANDLES FOR PROPER CABLE ALIGNMENT
- » AVAILABLE IN 10 RESISTANCE LEVELS WITH INTERCHANGEABLE DESIGN



TRAINER CABLE

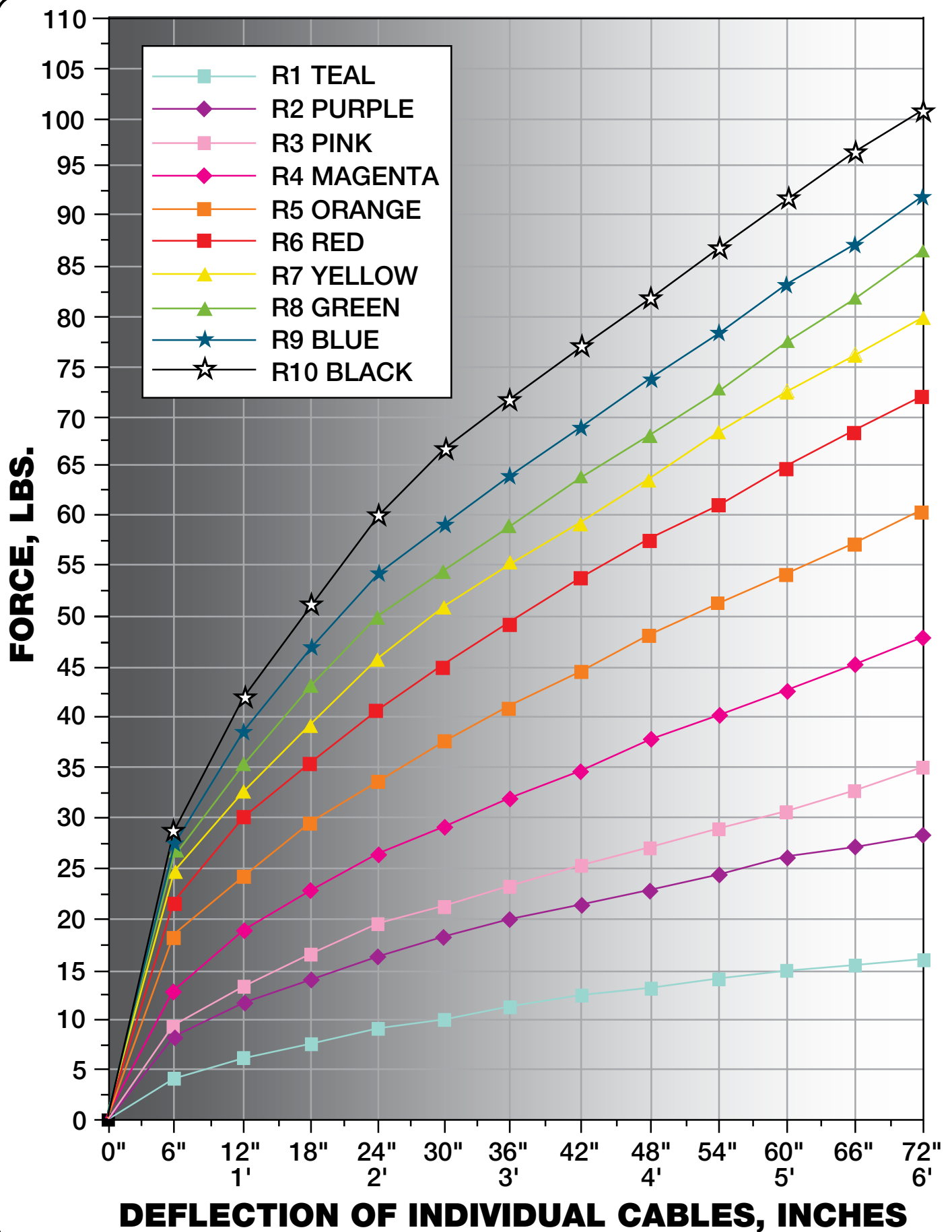
- » EACH 4' CABLE ACTS INDEPENDENTLY OF EACH OTHER WHILE CONNECTED TO DOOR, AROUND A POLE OR WITH A PARTNER
- » MAX FLEX COMFORT HANDLES WITH NON-SLIP TRACTION PROVIDE SAFE GRIP
- » AVAILABLE IN 6 RESISTANCE LEVELS WITH INTERCHANGEABLE DESIGN



FUNCTIONAL TRAINING CABLE

- » FEATURES A 5' CABLE; SLIDING FOAM PADS FOR VARIOUS COMFORTABLE GRIP POSITIONS AND LOOPS AT BOTH ENDS FOR USE WITH A DOOR OR PARTNER

COLOR	RESISTANCE LEVELS	PEAK RESISTANCE	POWER CABLE	TRAINER CABLE	FUNCTIONAL TRAINING CABLE
TEAL	R1	10LB	2-PC5-1	—	—
PURPLE	R2	20LB	2-PC5-2	LLTC-2	2-FMT-2
PINK	R3	30LB	2-PC5-3	LLTC-3	2-FMT-3
MAGENTA	R4	40LB	2-PC5-4	—	2-FMT-4
ORANGE	R5	50LB	2-PC5-5	LLTC-5	2-FMT-5
RED	R6	60LB	2-PC5-6	—	—
YELLOW	R7	70LB	2-PC5-7	LLTC-7	2-FMT-7
GREEN	R8	80LB	2-PC5-8	—	—
BLUE	R9	90LB	2-PC5-9	LLTC-9	—
BLACK	R10	100LB	2-PC5-10	LLTC-10	—



COMPLETE, PORTABLE, FUNCTIONAL TRAINING SYSTEM

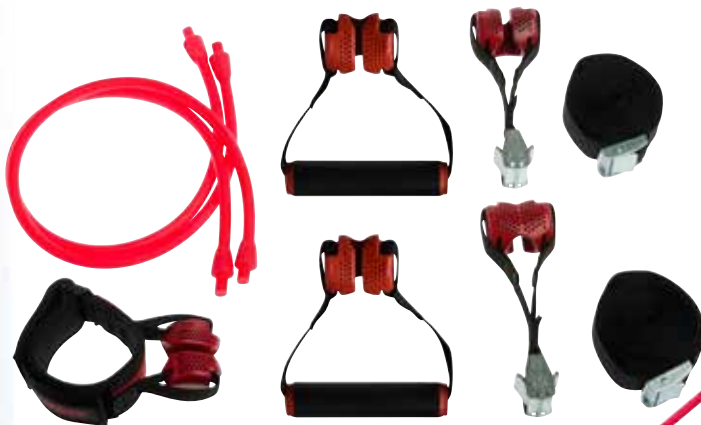
MAKE YOUR DOOR YOUR GYM
SLIDES ONTO ANY STANDARD HOME, OFFICE OR DORM DOOR

TRAIN STATION DOORWAY GYM

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

LLTS | \$49.99

- » COMPREHENSIVE TOOL THAT IMPROVES STRENGTH AND POWER
- » VERSATILITY TO STRENGTH TRAIN ANYWHERE
- » PATENTED FUNCTIONAL DESIGN OFFERS MULTIPLE POSITION SETTINGS
- (2) R3 Cables (30LB) • Max Flex Handles
- Interchangeable Ankle/Wrist Attachment
- (2) Portable Door Straps with 2-Way Sliding Cable Attachment



QUICKLY MOVE
UP & DOWN, CHANGING
RESISTANCE ANGLE

EACH CABLE MOVES
INDEPENDENTLY
TO QUICKLY MOVE
BETWEEN EXERCISES

ADJUST HEIGHT TO
WORK LOWER BODY,
UPPER BODY & CORE



PROGRESSIVE RESISTANCE, LOWER BODY TRAINING



MONSTER WALK

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

- » INCREASE SPEED AND LATERAL MOVEMENT
- » STRENGTHEN LEGS AND GLUTES
- » ISOLATE HARD-TO-TRAIN MUSCLES



20LB
LLMW-R2 | \$13.99



30LB
LLMW-R3 | \$14.99



40LB
LLMW-R4 | \$15.99



FLAT BAND LOOPS KIT

Great for low impact, full body workout. Isolate specific muscle groups and intensity bodyweight movements. The controlled load is great for injury rehab. The flat band loops are a portable, lightweight alternative to free weights and machines. Flexibility provides wide range of motion. They maintain resistance throughout entire rep and the length of bands accommodates a range of exercises.

LLFBLK | \$19.99

- » STRENGTHEN ENTIRE BODY
- » THREE RESISTANCE LEVELS – L1 (RED), L2 (BLACK), L3 (GRAY)
- » TONE AND SCULPT MUSCLES



KIT INCLUDES
3 RESISTANCE LEVELS – L1, L2, L3



PORTABLE POWER JUMPER

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

LLPPJ-R4 | \$49.99

- » INCREASE LOWER BODY STRENGTH AND EXPLOSIVENESS
- » IMPROVE FITNESS AND ATHLETIC PERFORMANCE
- » ADD HEIGHT AND DISTANCE TO JUMPS
- » INCLUDES (2) R4-40LB AND (2) R7-40LB PADDED RESISTANCE CABLES TO ALLOW PROGRESSION





LATERAL RESISTOR

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

LLLR11

- » DURABLE WEBBING ON EXTERIOR; PADDED INTERIOR
- » INNOVATIVE PATENTED CABLE POCKET DESIGN
- » ADJUSTABLE RESISTANCE FOR LIFELINE CABLES



ADD EXTRA SET OF THREE 9" CABLES



R3-30LB



R4-40LB



R6-60LB

LLLRC-R3 | \$7.99 LLLRC-R4 | \$8.99 LLLRC-R6 | \$10.99

LIFELINE'S PROGRESSIVE LAYERING TECHNOLOGY™

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



PROGRESSIVE RESISTANCE, UPPER BODY TRAINING

CHEST EXPANDER

UP TO
90 LB
RESISTANCE

STRENGTHEN CHEST & SHOULDERS



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



R3-30LB

LLCX-R3 | \$8.99



R4-40LB

LLCX-R4 | \$9.99



R6-60LB

LLCX-R6 | \$11.99



R7-70LB

LLCX-R7 | \$13.99



R9-90LB

LLCX-R9 | \$17.99



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

LLPPP | \$39.99

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



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



SUPER BANDS

A continuous 80" loop made from thick, super durable rubber...a huge rubber band. Assist with pull-ups and push-ups or add resistance to explosive movements and lunges. 5 resistance levels available; progress through level 1-5 as you get stronger.

- » STRENGTHEN MUSCLES FASTER
- » STRETCH ENTIRE BODY
- » ADD RESISTANCE EASILY



FLAT BANDS

Lifeline's Flat Bands are easy to use and applicable to an almost endless array of resistance exercises and stretches, these portable elastic bands build muscle stamina and strength, improve balance, expand range of motion and increase coordination. Featuring five (5) progressive color-coded resistance levels to allow you to safely increase resistance and make the gradual adjustments needed for low-impact injury rehabilitation. Versatile and lightweight, these resistance bands can be used in any direction or position to isolate specific muscle groups or for any fitness objective—from stretching and injury rehab to strengthening muscles and improving balance.

- » STRENGTHEN MUSCLES FASTER
- » STRETCH ENTIRE BODY
- » ADD RESISTANCE EASILY



VERY LIGHT
LLFB-L1 | \$5.99



LIGHT
LLFB-L2 | \$6.99



MEDIUM
LLFB-L3 | \$7.99



HEAVY
LLFB-L4 | \$8.99



VERY HEAVY
LLFB-L5 | \$9.99



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BODYWEIGHT MODE



RESISTANCE CABLE MODE

BODYWEIGHT MODE



RESISTANCE CABLE MODE

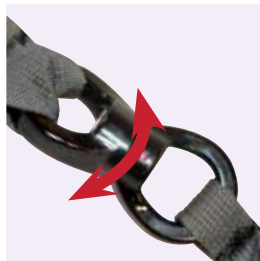


JUNGLE GYM V3

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

LLJGV3 | \$149.99

- » QUICKLY SWITCH BETWEEN BODYWEIGHT AND RESISTANCE CABLE TRAINING
- » CLIMBING-GRADE ROTATING SWIVEL FOR QUICK + EASY PUSH-PULL TRANSITION
- » RESISTANCE CABLE MODE ALLOWS FOR ADDITIONAL EXERCISES



SIMPLE TRANSITION FROM BODYWEIGHT TO RESISTANCE



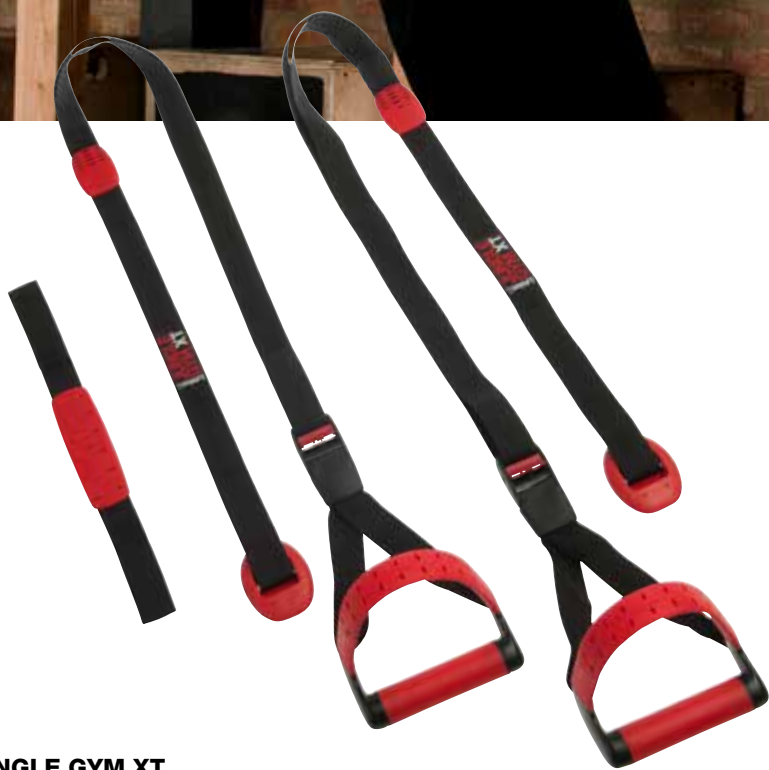
1. UNCLIP CARABINER FROM HANDLE WEBBING LOOP

2. CLIP CARABINER TO STRAP FOR SAFETY

3. BEGIN RESISTANCE TRAINING EXERCISES



TRANSITION FROM SPLIT ANCHOR SET UP TO ADJUSTABLE ANCHOR STRAP & 360 SWIVEL



JUNGLE GYM XT

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

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



JUNGLE GYM XT WALL ANCHORS

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

LLJGXT-WM | \$29.99

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



JUNGLE GYM XT STRAP XTENDERS

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

LLJGXT-EXT | \$29.99

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

FUNCTIONAL CORE DEVELOPER



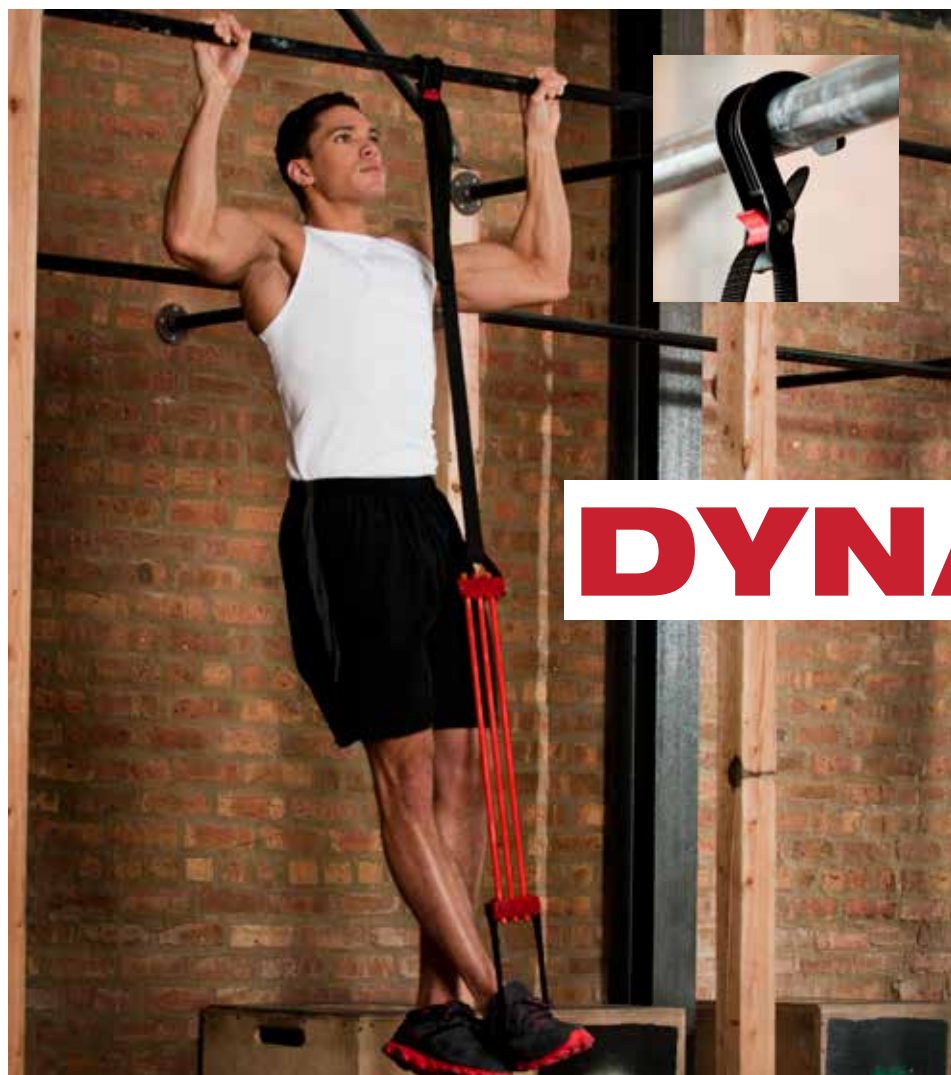
LIFELINE POWER WHEEL™

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 while in a supine position fires the glutes and hamstrings to another level. When using in the plank position the entire body is required to perform throughout the piking movement. The unique design enables the user to perform the power wheel crawl, which tests the body's level of muscular endurance, aerobic conditioning and mental toughness. It is a great workout finisher or enough for an entire day's training.

LLPW | \$49.99

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





DYNAMIC, PULL-UP ASSISTANCE

PULLUP REVOLUTION

Unleash the potential of your pull-up bar with the Lifeline Pullup Revolution, adjustable pull-up assistance system. Improve arm, shoulders, and chest strength with assisted pull-ups and chin-ups. Build stabilizer muscles in abs and back with planks, pushups and knee ups!

The Pullup Revolution assists in pull-up efficiency by allowing you to perform more, higher quality reps with proper form than before. You can do extra reps past muscle exhaustion to develop that V-shaped torso, broad shoulders, and narrow waist.



PULLUP REVOLUTION PLUS

- » THREE CABLE DESIGN ALLOWS FOR INCREASE/DECREASE OF ASSISTANCE
- » HEAVY DUTY BAR HOOK ATTACHES EASILY TO PULL UP BAR, INTEGRATED STRAP LOCK ALLOWS FAST STRAP HEIGHT ADJUSTMENT.
- » DURABLE, NON-SLIP STIRRUP FOR SECURE FOOT PLACEMENT








LLPURPLUS | \$39.99

PULLUP REVOLUTION PRO

- » THREE CABLE DESIGN ALLOWS FOR INCREASE/DECREASE OF ASSISTANCE
- » WEBBED BELT FOR ASSISTED PUSH-UP EXERCISES
- » DURABLE, NON-SLIP STIRRUP FOR SECURE FOOT PLACEMENT
- Cardio Belt
- Bar Adapter
- Additional R8 Cables (80LB)

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	



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.

LLPJR-YB | \$11.99

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



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



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 | \$29.99



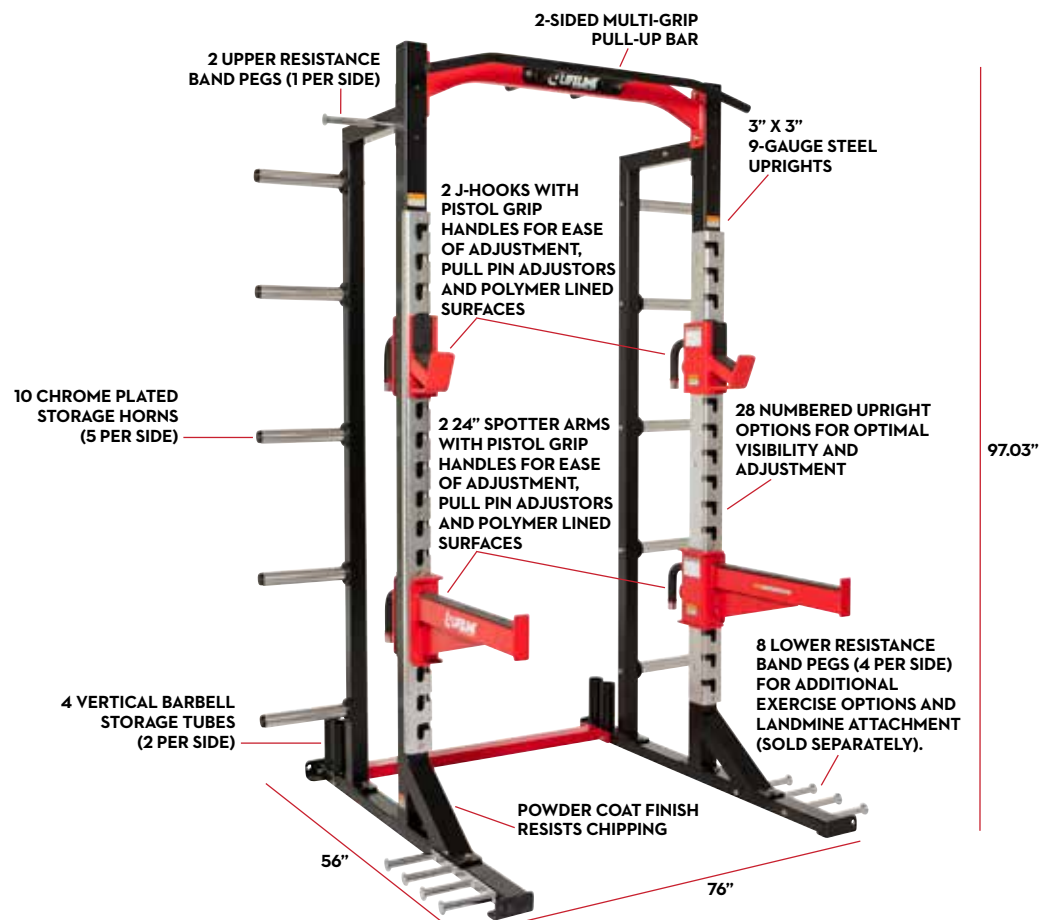
.75LBS
LLWSR-75 | \$19.99



STRENGTH TRAINING

INTRODUCING LIFELINE'S LATEST:

COMMERCIAL & CONSUMER RACKS + ACCESSORIES



COMMERCIAL HALF RACK

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

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

LLCHR | \$2,999.99

- » BUILT TO HANDLE EVERYTHING FROM HOME GYM TO COMMERCIAL TRAINING FACILITY USE
- » EASY J-HOOK AND SPOTTER ARM HEIGHT ADJUSTMENT
- » COMPACT FOOTPRINT
- » CAN BE LINKED IN ROWS USING CONNECTOR BRIDGE (SOLD SEPARATELY)





COMMERCIAL UTILITY WEIGHT BENCH

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

LLCUWB | \$899.99

- » COMMERCIAL-GRADE CONSTRUCTION
- » MULTIPLE INCLINE ANGLES TO WORK DIFFERENT MUSCLE GROUPS
- » QUICK AND EASY TO MOVE



COMMERCIAL DIP STATION

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

LLCDS | \$299.99

- » 1.75" DIAMETER HANDLES FOR COMFORT
- » ANGLED BAR DESIGN FOR MULTIPLE GRIP WIDTH OPTIONS
- » WELDED SUPPORTS AT TOP AND BOTTOM FOR STRENGTH AND STABILITY



COMMERCIAL LANDMINE ATTACHMENT

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

LLCLM | \$249.99

- » 12" TUBE LENGTH
- » 9-GAUGE STEEL TUBE
- » QUICKLY ATTACH AND REMOVE VIA PULL PIN



COMMERCIAL CONNECTOR BRIDGE WITH PULLUP BAR

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

LLCCB | \$299.99

- » 55.75" LONG
- » INCLUDES 2-SIDED MULTI-GRIP PULL-UP BAR
- » 11-GAUGE TUBULAR STEEL



BUILD YOUR HOME FUNCTIONAL TRAINING CENTER

STEP 1: CHOOSE YOUR RACK



C1 PRO POWER RACK
LLPRC1



C1 PRO HALF RACK
LLHRC1

STEP 2: CHOOSE YOUR BENCH



UTILITY WEIGHT BENCH - ADJUSTABLE
LLUWB



FLAT WEIGHT BENCH
LLFWB

STEP 3: CHOOSE YOUR WEIGHT SET



LIFELINE 300LB PRO OLYMPIC GRIP PLATE SET
LLOGPSET300

(2)2.5LB, (4)5LB, (2)10LB, (2)25LB, (2)35LB, (2)45LB, 1-45LB OLYMPIC BAR, 2 COLLARS

LIFELINE 400LB PRO OLYMPIC GRIP PLATE SET
LLOGPSET400

(2)2.5LB, (6)5LB, (2)10LB, (2)25LB, (2)35LB, (4)45LB, 1-45LB OLYMPIC BAR, 2 COLLARS

LIFELINE 205LB RUBBER BUMPER PLATE SET
LLRBPSET205

(2)10LB, (2)25LB, (2)45LB, 1-45LB OLYMPIC BAR, 2 COLLARS

STEP 5: RECOMMENDED ACCESSORIES



TRAINING ROPE
LLTRB-40



POWER WHEEL
LLPW

STEP 4: GET THE LIFELINE FUNCTIONAL TRAINING PACK



JUNGLE GYM XT
LLJGXT



PULLUP REVOLUTION PLUS
LLPURPLUS



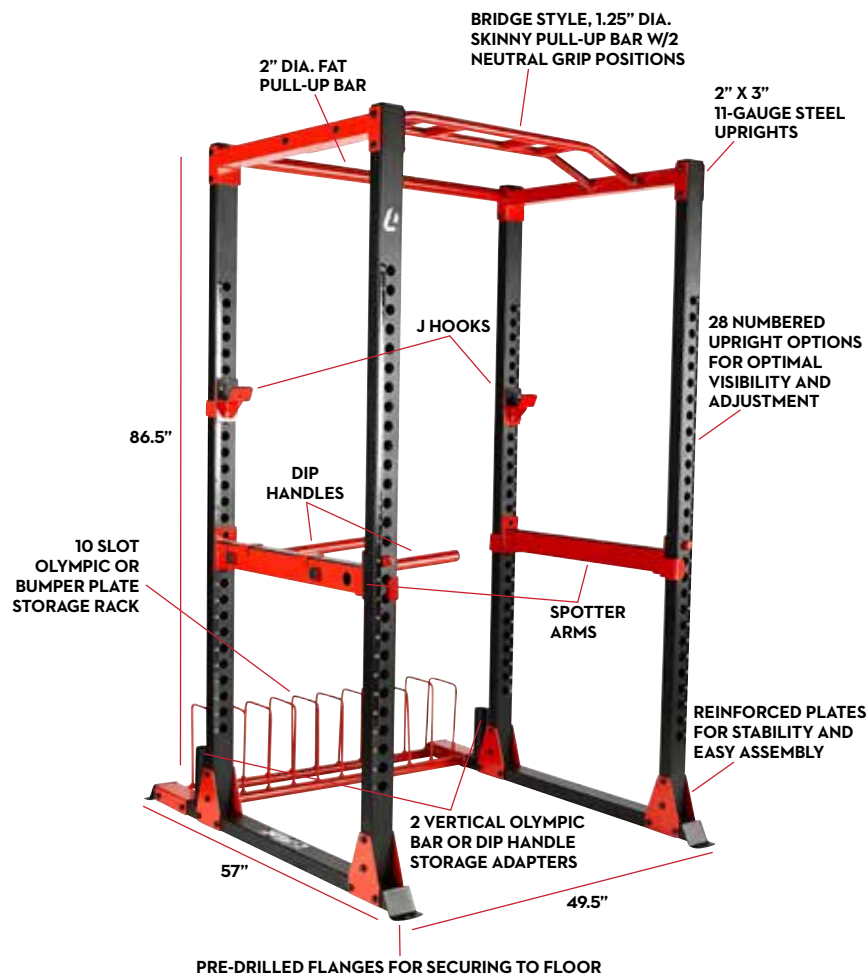
ULTIMATE TRAINER KIT
LLRTKULT

ADD THE LIFELINE FUNCTIONAL TRAINING PACK TO ROUND OUT YOUR FUNCTIONAL TRAINING CENTER

- LIFELINE JUNGLE GYM XT FOR BODYWEIGHT SUSPENSION EXERCISES
- PULLUP REVOLUTION ADJUSTABLE PULLUP ASSISTANCE SYSTEM HELPS YOU PERFORM MORE, HIGHER QUALITY REPS WITH PROPER FORM PAST MUSCLE EXHAUSTION
- BUILD MUSCLE WITH LIFELINE'S ULTIMATE RESISTANCE TRAINER KIT, INTERCHANGE RESISTANCE LEVEL FROM 10LBS - 270LBS AS YOU PROGRESS



DUMBBELL WEIGHT SETS
HEX RUBBER & PRO ROUND

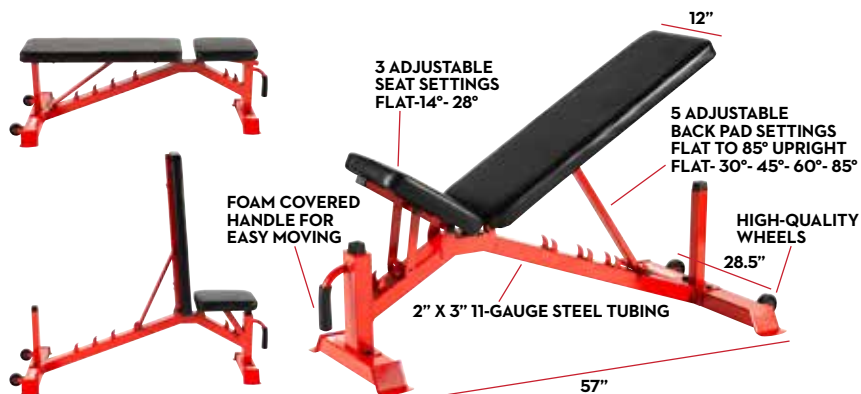


C1 PRO POWER RACK

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

LLPRC1 | \$799.99

- » FULLY EQUIPPED POWERLIFTING AND BODYWEIGHT TRAINING RACK
- » BUILT IN BAR AND PLATE STORAGE
- » FAST, EASY AND SECURE ACCESSORY ADJUSTMENT



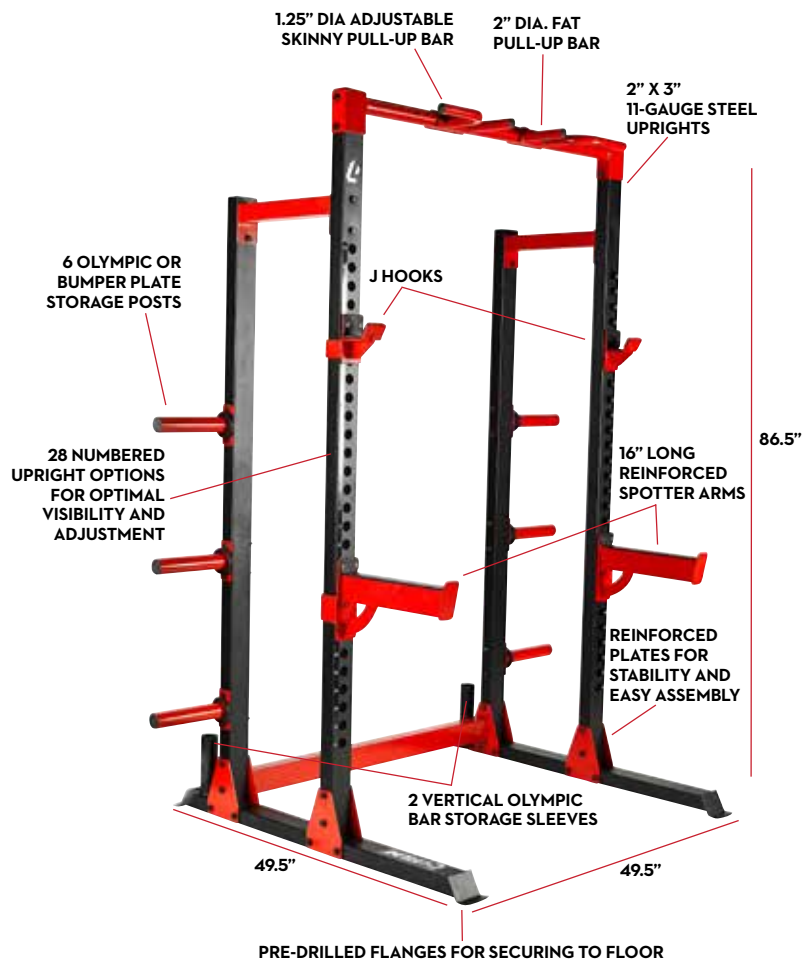
UTILITY WEIGHT BENCH - ADJUSTABLE

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

LLUWB | \$299.99

- » FLAT, INCLINE OR MILITARY PRESS
- » RUGGED, DURABLE, STABLE AND READY TO TRAIN
- » SIMPLE TO MOVE AND EASY TO ADJUST





C1 PRO HALF RACK

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

LLHRC1 | \$599.99

- » VERSATILE OLYMPIC LIFTING AND FUNCTIONAL TRAINING RACK
- » PERFECT SOLUTION FOR LOW CEILING AND CRAMPED TRAINING AREAS LIKE GARAGES & BASEMENTS
- » DUAL OLYMPIC BAR AND 6 OLYMPIC PLATE STORAGE POSTS

2" FAT BAR - 1.25" SKINNY BAR FOR MORE OPTIONS

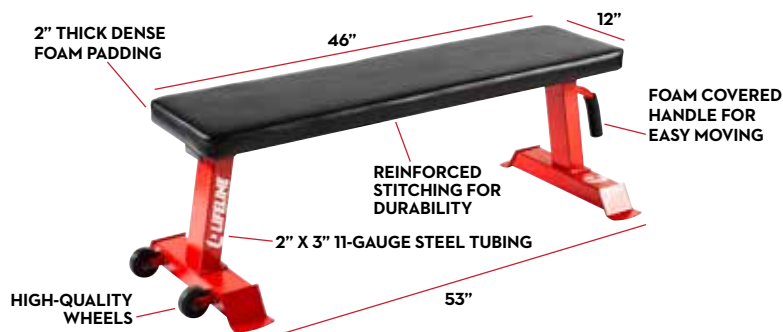


- » 1.25" SKINNY BAR STANDARD AND NEUTRAL GRIP POSITIONS
- » ADJUSTABLE WIDTH POSITIONS ON BAR
- » TEXTURE FINISH FOR SECURE GRIP

WEIGHT PLATE + BAR STORAGE



- » 6 INTEGRATED POSTS HOLD OLYMPIC OR BUMPER PLATE STORAGE
- » STORE 2 OLYMPIC BARS
- » PRE-DRILLED FLANGES FOR SECURING TO FLOOR



FLAT WEIGHT BENCH

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

LLFWB | \$199.99

- » HEAVY DUTY CONSTRUCTION
- » MINIMAL ASSEMBLY
- » EASY TO MOVE AND STORE





PRO OLYMPIC GRIP WEIGHT PLATES

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

- » EASY TO HANDLE AND SAFELY LOAD
- » BUILT-IN GRIP HOLES ALLOW FOR HANDHELD USES
- » RUBBER COATING PROTECTS SURFACES AND DAMPENS NOISE



45LB
LLOGP-45 | \$92.25



35LB
LLOGP-35 | \$71.75



25LB
LLOGP-25 | \$51.25



10LB
LLOGP-10 | \$20.50



5LB
LLOGP-5 | \$11.25



2.5LB
LLOGP-2.5 | \$6.25

LIFELINE OLYMPIC GRIP PLATE SETS

AVAILABLE IN:

255LB

355LB

455LB

300LB
W/BAR

400LB
W/BAR

500LB
W/BAR



500LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (6) 45LB, (2) 35LB, (2) 25LB, (4) 10LB, (4) 5LB, (2) 2.5LB PLATES, (1) 45LB OLYMPIC BAR, (2) COLLARS

LLOGPSET500 | \$799.99

455LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (6) 45LB, (2) 35LB, (2) 25LB, (4) 10LB, (4) 5LB, (2) 2.5 LB PLATES

LLOGPSET455 | \$699.99

400LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (4) 45LB, (2) 35LB, (2) 25LB, (2) 10LB, (6) 5LB, (2) 2.5LB, PLATES, (1) 45LB OLYMPIC BAR, (2) COLLARS

LLOGPSET400 | \$699.99

355LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (4) 45LB, (2) 35LB, (2) 25LB, (2) 10LB, (6) 5LB, (2) 2.5 LB PLATES

LLOGPSET355 | \$599.99

300LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (2) 45LB, (2) 35LB, (2) 25LB, (2) 10LB, (4) 5LB, (2) 2.5LB PLATES, (1) 45LB OLYMPIC BAR, (2) COLLARS

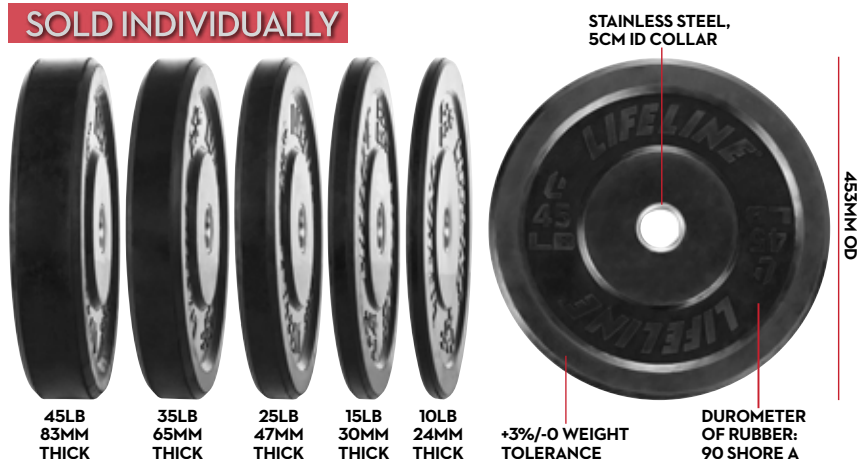
LLOGPSET300 | \$599.99

255LB PRO OLYMPIC GRIP WEIGHT PLATE SET

INCLUDES: (2) 45LB, (2) 35LB, (2) 25LB, (2) 10LB, (4) 5LB, (2) 2.5 LB PLATES

LLOGPSET255 | \$499.99



SOLD INDIVIDUALLY**RUBBER BUMPER PLATES**

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

- » UNIFORM WEIGHT MAKES FOR CONSISTENT FITNESS TRACKING
- » CAN BE USED TO BUILD MUSCLE AND ENDURANCE WITHOUT A BAR
- » PERFECT FOR OLYMPIC WEIGHTLIFTING, POWER WEIGHTLIFTING OR CROSS TRAINING

**LIFELINE RUBBER BUMPER PLATE SETS**

AVAILABLE IN:

260LB**205LB
W/BAR****260LB RUBBER BUMPER PLATE SET**

INCLUDES: (2) 45LB, (2) 35LB, (2) 25LB, (2) 15LB, (2) 10LB PLATES
LLRBPSET260 | \$499.99

205LB RUBBER BUMPER PLATE SET

INCLUDES: (2) 45LB, (2) 25LB, (2) 10LB PLATES, (1) 45LB OLYMPIC BAR, (2) COLLARS

LLRBPSET | \$499.99

**45LB OLYMPIC BAR WITH COLLARS**

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

LLOWB-1000 | \$224.99

- » NEEDLE BEARINGS PROVIDE SMOOTH SLEEVE ROTATION
- » LIFT MORE WEIGHT FOR FASTER MUSCLES GAINS
- » PERFECT FOR OLYMPIC WEIGHTLIFTING, CROSSFIT OR POWER WEIGHTLIFTING




SOLD INDIVIDUALLY

PRO ROUND RUBBER DUMBBELLS

These high-quality dumbbells are sleek, stylish and versatile. The Lifeline Pro Round Rubber Dumbbells are available in weights from 5lb up to 120lb. The triple knurled chrome handles are ergonomically designed for a secure, comfortable grip and the rubber over-molded heads protect both your floor and the dumbbells while diminishing noise. The heads are welded to the handles to provide a stable, durable joint. The ends feature high-visibility weight markings for easy identification.

- » PROTECTS FLOORS, EQUIPMENT AND DUMBBELLS
- » TAPERED HANDLES PROVIDE COMFORT FOR MULTIPLE HOLDS
- » NOISE-DAMPENING

5-10LB
28MM DIA X 145MM



15-50LB
32MM DIA X 145MM



55-120LB
34MM DIA X 145MM



120LB
LLPRRD-120 | \$240.00



115LB
LLPRRD-150 | \$230.00



110LB
LLPRRD-110 | \$220.00



105LB
LLPRRD-105 | \$210.00



100LB
LLPRRD-100 | \$200.00



95LB
LLPRRD-95 | \$190.00



90LB
LLPRRD-90 | \$180.00



85LB
LLPRRD-85 | \$170.00



80LB
LLPRRD-80 | \$160.00



75LB
LLPRRD-75 | \$150.00



70LB
LLPRRD-70 | \$140.00



65LB
LLPRRD-65 | \$130.00



60LB
LLPRRD-60 | \$120.00



55LB
LLPRRD-55 | \$110.00



50LB
LLPRRD-50 | \$100.00



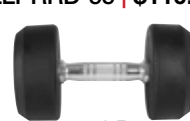
45LB
LLPRRD-45 | \$90.00



40LB
LLPRRD-40 | \$80.00



35LB
LLPRRD-35 | \$70.00



30LB
LLPRRD-30 | \$60.00



25LB
LLPRRD-25 | \$50.00



20LB
LLPRRD-20 | \$40.00



15LB
LLPRRD-15 | \$35.00



10LB
LLPRRD-10 | \$29.00



5LB
LLPRRD-5 | \$16.00



LIFELINE PRO ROUND DUMBBELL SETS (NO RACK)

AVAILABLE IN:

3000LB **1200LB** **380LB**

2100LB **650LB** **200LB**

1800LB **550LB** **150LB**



3000LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB, 55LB, 60LB, 65LB, 70LB, 75LB, 80LB, 85LB, 90LB, 95LB, 100LB, 105LB, 110LB, 115LB, 120LB

LLPRRDSET3000 | \$5,999.99

2100LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB, 55LB, 60LB, 65LB, 70LB, 75LB, 80LB, 85LB, 90LB, 95LB, 100LB

LLPRRDSET2100 | \$4,299.99

1800LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 80LB, 85LB, 90LB, 95LB, 100LB, 105LB, 110LB, 115LB, 120LB

LLPRRDSET1800 | \$3,599.99

1200LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB, 55LB, 60LB, 65LB, 70LB, 75LB

LLPRRDSET1200 | \$2,499.99

650LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 55LB, 60LB, 65LB, 70LB, 75LB

LLPRRDSET650 | \$1,299.99

550LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB

LLPRRDSET550 | \$1,139.99

380LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 10LB, 15LB, 20LB, 25LB, 30LB, 40LB, 50LB

LLPRRDSET380 | \$829.99

200LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 10LB, 15LB, 20LB, 25LB, 30LB

LLPRRDSET200 | \$429.99

150LB PRO ROUND DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB

LLPRRDSET150 | \$340.99



2100LB PRO ROUND DUMBBELL SET WITH 3-TIER RACKS

Complete Pro Round Rubber Dumbbell 5LB to 100LB set in 5LB increments. INCLUDES: (2) 3-TIER RACK; 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB, 55LB, 60LB, 65LB, 70LB, 75LB, 80LB, 85LB, 90LB, 95LB, 100LB

- » 3-TIER RACK SAVES SPACE
- » DURABLE, POWDER-COATED SURFACE
- » QUICK AND EASY TO ASSEMBLE

LLPRDRACK2100 | \$4,399.99



1200LB PRO ROUND DUMBBELL SET WITH 3-TIER RACKS

Pro Round Rubber Dumbbell 5LB to 75LB set in 5LB increments. INCLUDES: (2) 3-TIER RACKS; 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB, 55LB, 60LB, 65LB, 70LB, 75LB

LLPRDRACK1200 | \$2,599.99



550LB PRO ROUND DUMBBELL SET WITH 3-TIER RACK

Pro Round Rubber Dumbbell 5LB to 50LB set in 5LB increments. INCLUDES: 3-TIER RACK; 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB

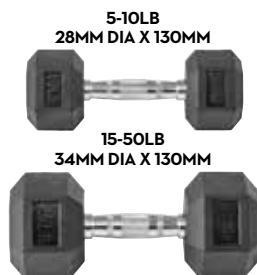
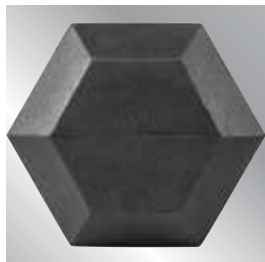
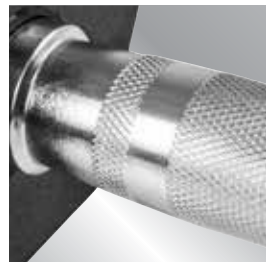
LLPRDRACK550 | \$1,199.99



HEX RUBBER DUMBBELLS

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

- » PROTECTS FLOORS, EQUIPMENT AND DUMBBELLS
- » TAPERED HANDLES PROVIDE COMFORT FOR MULTIPLE HOLDS
- » NON-ROLL DESIGN



550LB HEX RUBBER DUMBBELL SET WITH 3-TIER RACK

Complete Hex Rubber Dumbbell 5LB to 50LB set in 5LB increments. INCLUDES: 3-TIER RACK & 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB

- » 3-TIER RACK SAVES SPACE
- » DURABLE, POWDER-COATED SURFACE
- » QUICK AND EASY TO ASSEMBLE

LLHRDRACK550 | \$999.99



LIFELINE HEX RUBBER DUMBBELL SETS (NO RACK)

AVAILABLE IN:

550LB

200LB

380LB

150LB



550LB HEX RUBBER DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB

LLHRDSET550 | \$975.99

380LB HEX RUBBER DUMBBELL SET

INCLUDES: 2 EACH: 10LB, 15LB, 20LB, 25LB, 30LB, 40LB, 50LB

LLHRDSET380 | \$749.99

200LB HEX RUBBER DUMBBELL SET

INCLUDES: 2 EACH: 10LB, 15LB, 20LB, 25LB, 30LB

LLHRDSET200 | \$425.00

150LB HEX RUBBER DUMBBELL SET

INCLUDES: 2 EACH: 5LB, 10LB, 15LB, 20LB, 25LB

LLHRDSET150 | \$299.99



KETTLEBELLS

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

- » WIDE, FLAT BASE ELIMINATES WOBBLE ON FLOOR
- » FINISH PROVIDES GREAT FEEL AND EXCELLENT GRIP
- » NO WELDS FOR MAXIMUM DURABILITY

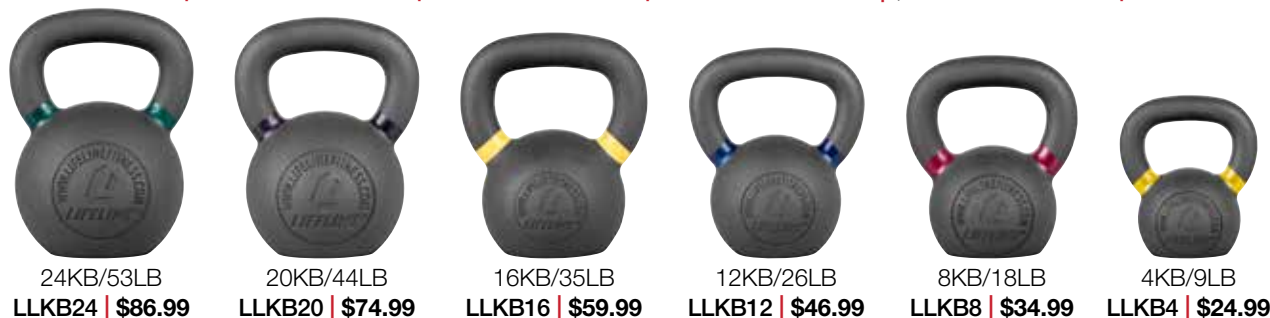
COLOR CODED STRIPE

QUICKLY IDENTIFY WEIGHT LEVEL

WEIGHT LEVEL	STRIPE COLOR	HANDLE DIAMETER X MAX OPENING WIDTH
4KG 9LB	PALE YELLOW	1.26" D X 3.22" W
8KG 18LB	SPICY PINK	1.26" D X 4.03" W
12KG 26LB	BLUE	1.42" D X 4.8" W
16KG 35LB	BRIGHT YELLOW	1.46" D X 4.8" W
20KG 44LB	DARK PURPLE	1.50" D X 4.8" W
24KG 53LB	GREEN	1.57" D X 4.8" W
28KG 62LB	ORANGE	1.57" D X 4.8" W
32KG 71LB	RED	1.57" D X 5" W
36KG 80LB	BLACK	1.57" D X 5" W
40KG 88LB	WHITE	1.57" D X 5" W
44KG 97LB	SILVER	1.57" D X 5" W



44KB/97LB LLKB44 | \$149.99 40KB/88LB LLKB40 | \$139.99 36KB/80LB LLKB36 | \$129.99 32KB/71LB LLKB32 | \$114.99 28KB/62LB LLKB28 | \$99.99



24KB/53LB LLKB24 | \$86.99 20KB/44LB LLKB20 | \$74.99 16KB/35LB LLKB16 | \$59.99 12KB/26LB LLKB12 | \$46.99 8KB/18LB LLKB8 | \$34.99 4KB/9LB LLKB4 | \$24.99

KETTLEWORX® KETTLEBELLS

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

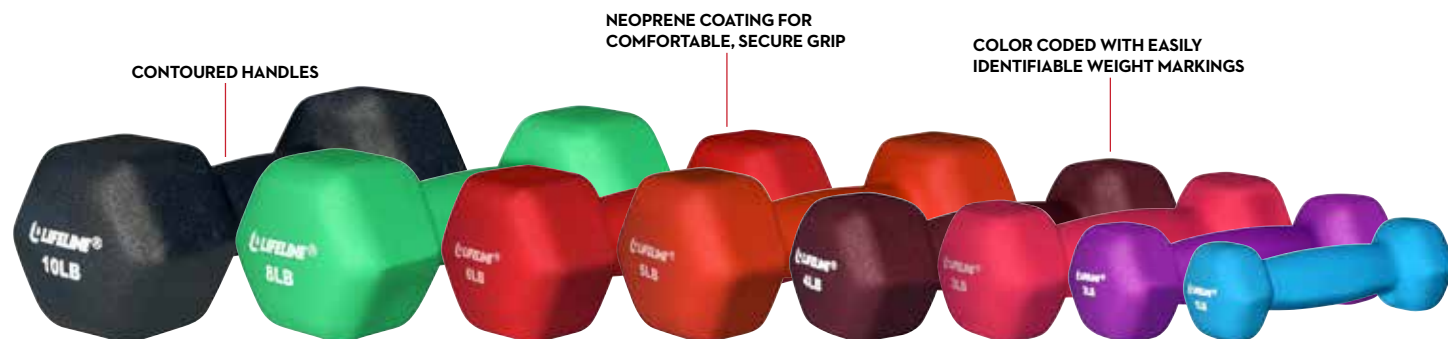
- » VINYL-DIPPED TO PROTECT FLOOR AND KETTLEBELL
- » WEIGHT IS CLEARLY MARKED AND COLOR CODED
- » HANDLE IS SMOOTH FOR EASY GRIP



5LB CO-KWB05 | \$19.99 10LB CO-KWB10 | \$29.99 15LB CO-KWB15 | \$39.99



20LB CO-KWB20 | \$49.99 25LB CO-KWB25 | \$59.99 30LB CO-KWB30 | \$69.99 35LB CO-KWB35 | \$79.99 40LB CO-KWB40 | \$89.99 45LB CO-KWB45 | \$99.99

**SOLD INDIVIDUALLY****HEX NEOPRENE DUMBBELLS**

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

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

- » PROTECTS FLOORS, EQUIPMENT AND DUMBBELLS
- » TAPERED HANDLES PROVIDE COMFORT FOR MULTIPLE HOLDS
- » NON-ROLL DESIGN



10LB
LLND10 | \$11.99



8LB
LLND8 | \$9.49



6LB
LLND6 | \$6.99



5LB
LLND5 | \$6.69



4LB
LLND4 | \$6.09



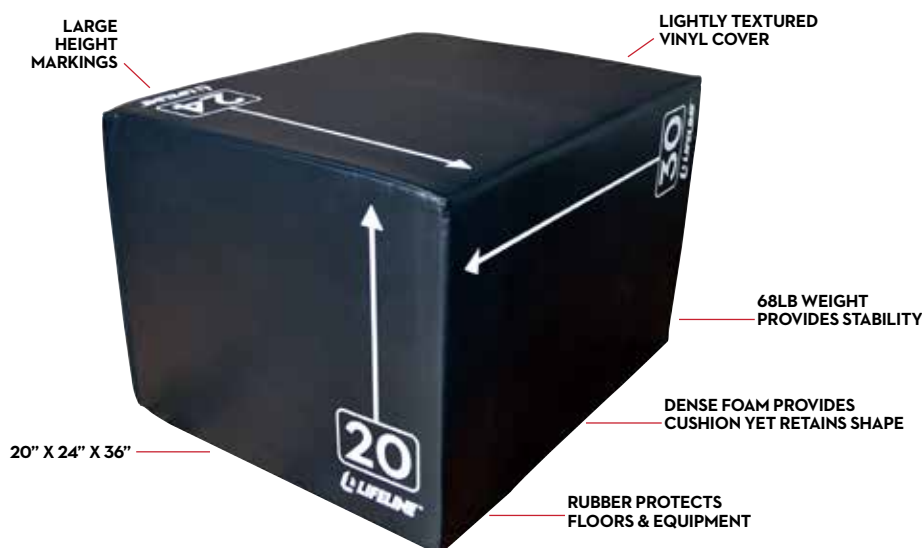
3LB
LLND3 | \$5.39



2LB
LLND2 | \$4.39



1LB
LLND1 | \$3.49

**3-IN-1 FOAM PLYO BOX**

If you are looking for a versatile tool to help you progress with your plyometric training the Lifeline 3-in-1 Foam Plyo Box is what you need. With 20", 24" and 30" sides you can simply flip the box to increase or decrease the height to meet your requirements. The lightly textured, heavy duty vinyl cover provides sure footing and the dense foam has just the right amount of give to protect shins and cushion landings. The compact size is perfect for those who have a small space but want big performance. DO NOT USE FOAM PLYO BOXES ON SMOOTH FLOOR SURFACES SUCH AS WOOD, TILE OR CONCRETE.

LLPB3IN1 | \$349.99

- » FOAM CORE SOFTENS LANDINGS AND HELPS PREVENT INJURIES
- » HEIGHT ADJUSTABILITY
- » EASY TO CLEAN



LLPB-6 | 160.00



LLPB-12 | \$240.00



LLPB-18 | \$300.00

STACKING FOAM PLYO BOXES

The Lifeline Stacking Foam Plyo Boxes are perfectly suited to adjust for progression, different exercises, and various ability levels. The lightly textured, heavy duty vinyl cover provides sure footing and the dense foam has just the right amount of give to protect shins and cushion landings. Use individually or utilize the strong hook and loop flaps on the sides to secure the boxes in a stack. Integrated handles make it easier to adjust or move the boxes.

The large landing surface allows you to go for it with a 35.5" wide X 30" deep size. Available in three heights - 6", 12" and 18" - which can be purchased individually or as a set that allows you to go from 6" to 36" high in 6" increments. DO NOT USE FOAM PLYO BOXES ON SMOOTH FLOOR SURFACES SUCH AS WOOD, TILE OR CONCRETE.

- » FOAM CORE SOFTENS LANDINGS AND HELPS PREVENT INJURIES
- » HEIGHT ADJUSTABILITY
- » CAN BE USED TOGETHER OR SEPARATELY
- » EASY TO CLEAN

STACKING FOAM PLYO BOXES SET

The Lifeline Stacking Foam Plyo Boxes are perfectly suited to adjust for progression, different exercises, and various ability levels. The lightly textured, heavy duty vinyl cover provides sure footing and the dense foam has just the right amount of give to protect shins and cushion landings. Use individually or utilize the strong hook and loop flaps on the sides to secure the boxes in a stack. Integrated handles make it easier to adjust or move the boxes.

The large landing surface allows you to go for it with a 35.5" wide X 30" deep size. Available in three heights - 6", 12" and 18" - which can be purchased individually or as a set that allows you to go from 6" to 36" high in 6" increments. DO NOT USE FOAM PLYO BOXES ON SMOOTH FLOOR SURFACES SUCH AS WOOD, TILE OR CONCRETE.

LLPBSET | \$699.99

- » FOAM CORE SOFTENS LANDINGS AND HELPS PREVENT INJURIES
- » HEIGHT ADJUSTABILITY
- » CAN BE USED TOGETHER OR SEPARATELY
- » EASY TO CLEAN





20LB
LLWB-20 | \$99.99

WALL BALL

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

- » IMPROVE BALANCE, COORDINATION AND STABILITY
- » DEVELOP EXPLOSIVE POWER
- » COMBAT MUSCULAR IMBALANCES



16LB
LLWB-16 | \$89.99



10LB
LLWB-10 | \$79.99



30LB
LLCB-30 | \$99.99

COMBAT BAG

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

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



20LB
LLCB-20 | \$89.99



10LB
LLCB-10 | \$79.99



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



30LB
LLSB-30 | \$79.99



20LB
LLSB-20 | \$59.99



10LB
LLSB-10 | \$39.99



6LB-10LB
8.75" DIAMETER



2LB-4LB
7.25" DIAMETER

MEDICINE BALL

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

- » INCREASE STRENGTH AND STABILITY
- » DEVELOP COORDINATION WITH FULL BODY MOVEMENTS
- » BUILD CORE POWER



10LB
LLMB10W | \$68.99



8LB
LLMB8W | \$57.99



6LB
LLMB6W | \$47.99



4LB
LLMB4W | \$36.99



2LB
LLMB2W | \$28.99

MEDICINE BALL SET

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

INCLUDES: 2LB, 4LB, 6LB, 8LB, 10LB MEDICINE BALLS AND A VERTICAL STORAGE RACK

- » HIGH-STRENGTH STEEL TUBING
- » SPACE-SAVING VERTICAL STORAGE
- » RACK DIMENSIONS: 12" X 12" X 48.8"

LLMBSET2-10W | \$279.99



40' TRAINING ROPE

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

- » BUILD MUSCLE AND AEROBIC CAPACITY SIMULTANEOUSLY
- » HIGH-INTENSITY, WHOLE-BODY WORKOUT
- » DYNAMIC MOVEMENTS CREATE FUNCTIONAL STRENGTH

LLTRB-40 | \$159.99



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







EXPLOSIVE FIRST STEP.

AGILITY ACCELERATOR.

SPEED LADDER

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

- » IMPROVE ACCELERATION, LATERAL QUICKNESS & CHANGE OF DIRECTION
- » GAIN GREATER BODY CONTROL BY IMPROVING AGILITY
- » ADAPT TRAINING TO SPORT SPECIFIC MOVEMENTS TO IMPROVE MUSCLE MEMORY
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING

PER4MSL | \$24.99



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



POWER CHUTE

The PER4M Power Chute, speed training parachute, adds air resistance to sprint workouts to increase explosive speed and power while strengthening calves, thighs, glutes and core. Improve fast directional change for better sports performance while increasing muscle mass in calves, thighs and quads. By strengthening the fast-twitch muscles you will see improved short burst speed and explosiveness. By distributing the resistance across your entire body, the Power Chute also forces you to improve your form, which results in improved athletic performance and fewer injuries.

- » 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

PER4MPC | \$24.99



ACCURACY + COORDINATION. PLYOMETRIC TRAINING.

QUICK HURDLES

Improve speed, quickness and leaping power through intense sprinting, stepping and jumping exercises. Adaptable to drills that focus on high knee lift, hopping, side-stepping and crossovers, this versatile training tool develops the acceleration, power, agility and body control needed for peak athletic and fitness performance on the field or in the gym.

- » 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

PER4MQH | \$49.99



5
HURDLES



PRECISION DEVELOPMENT. SKILL POSITION / TRAINING.

QUICK CONES

PER4M Quick Cones (20 per set) help train your fast-twitch muscle fibers for speed and agility while developing the precise body control needed for the quick change of directions that are paramount for peak athletic performances. Train to develop faster reaction time, improve linear speed and side-to-side agility.

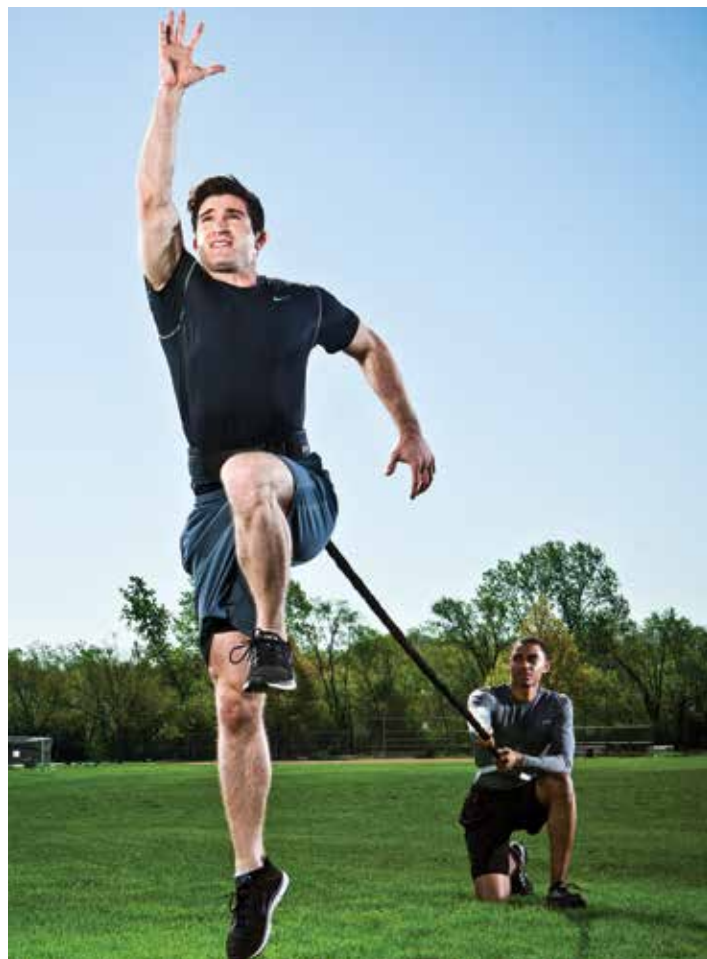
- » 20 CONES - 8 IN. DIAMETER X 2 IN. TALL HIGH-VISIBILITY CONES
- » STORAGE/TRANSPORT RACK
- » MADE OF FLEXIBLE, HIGH-STRENGTH PLASTIC; WON'T BREAK IF STEPPED ON
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING

PER4MQC | \$19.99

20
CONES



EXPLODE. JUMP HIGHER.



JUKE 360

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

- » 8 FT STRETCH CORD SAFELY EXTENDS TO 20 FT
- » ADJUSTABLE BELT WITH FREE SLIDE RING FOR MOVEMENT IN ANY DIRECTION
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING

PER4MJ360 | \$39.99



JUMP TRAINER

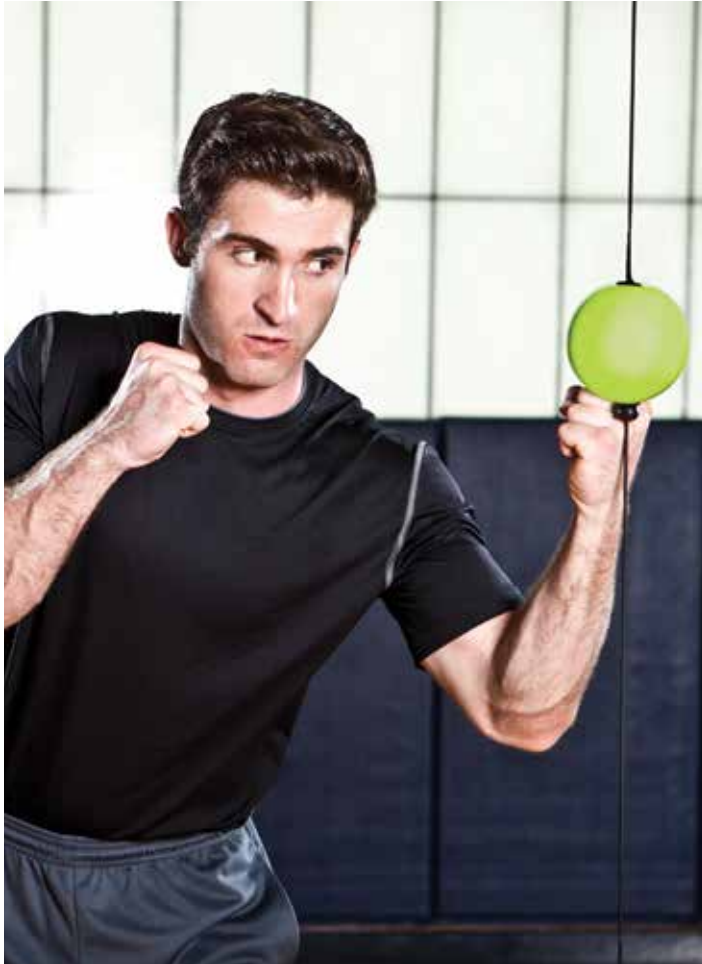
The PER4M Jump Trainer maximizes your vertical and horizontal explosiveness by strengthening quads, hips and glutes—the muscles that contribute most to jumping and vertical leap. Increase lower body dynamic strength as a result of adding intensity and consistent positive and negative resistance to jumping, squatting and all manner of lower body drills and exercises. Use the PER4M Jump Trainer to increase both vertical and horizontal leaping ability. Increase lower body dynamic strength by adding resistance to drills and training workouts.

- » PADDED ADJUSTABLE BELT & ANKLE STRAPS FIT MOST SIZES
- » QUICK RELEASE POWER TUBES ARE EASILY ADDED & REMOVED
- » DURABLE LATEX TUBE CONSTRUCTION
- » 10 DIFFERENT DRILL CARDS FOR TRAINING & PRACTICING

PER4MJT | \$39.99



IMPROVED. REACTION.



QUICK PUNCHER

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

- » IMPROVE REACTION SPEED & HAND-EYE COORDINATION
- » DEVELOP TIMING, HAND SPEED & ACCURACY OF MOVEMENT
- » BUILD QUICKNESS & AGILITY WHILE INCREASING STAMINA
- » 10 DIFFERENT DRILLS CARDS FOR TRAINING & PRACTICING

PER4MQP | \$24.99



REFLEX BALL

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

- » ENHANCE REACTION SPEED & HAND-EYE COORDINATION
- » DEVELOP FIRST-STEP ACCELERATION
- » IMPROVE FAST DIRECTIONAL CHANGE FOR BETTER SPORTS PERFORMANCE

PER4MRBALL | \$9.99



TRIPLE COVE PREP WORK

LIFELINE

LIFELINE

RECOVERY IS THE KEY TO GETTING STRONGER

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

PROGRESSION ROLLER

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

- » PERFORM DEEP TISSUE SELF-MASSAGE
- » AID IN THE RECOVERY OF MUSCLE AND JOINT PAIN
- » INCREASE BLOOD FLOW TO SOFT MUSCLE TISSUE



PROGRESSION ROLLER 13"
5.5" DIAMETER X 13" LONG
LLPGR13 | \$39.99

PROGRESSION ROLLER 23"
5.5" DIAMETER X 23" LONG
LLPGR23 | \$59.99



PROGRESSIVE SURFACE FOR 3 LEVELS OF MASSAGE

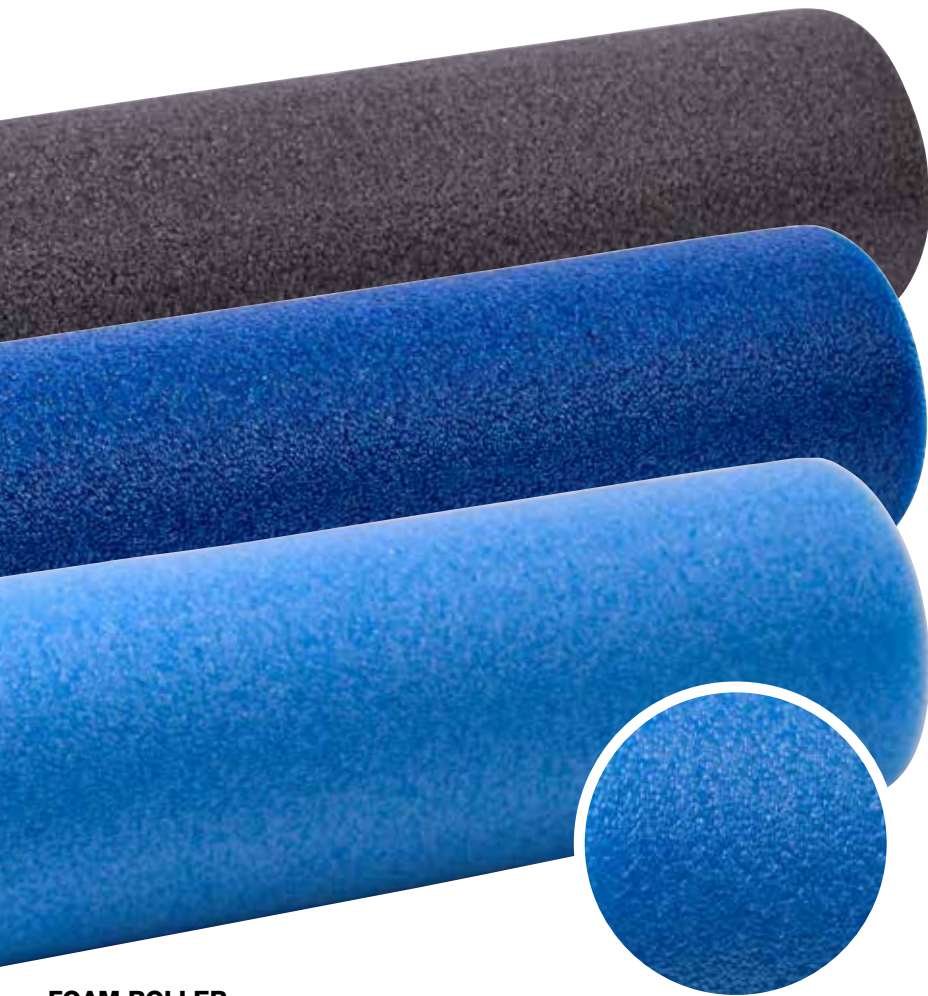
- L1 - SMOOTH SURFACE FOR TRADITIONAL MASSAGE
- L2 - TRI-RIB SURFACE FOR INCREASED MASSAGE
- L3 - NARROW GROOVES FOR DEEP PENETRATING MASSAGE

PROGRESSIVELY CONTOURED SURFACE
PROVIDES 3 LEVELS OF PRESSURE

CORE PROVIDES DURABILITY +
WILL NOT DEFORM OVER TIME

EVA FOAM COVER FOR COMFORT





FOAM ROLLER

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

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



PROFESSIONAL FOAM ROLLER

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

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



BLACK
30" X 6"
LLFR30 | \$34.99

BLUE
24" X 6"
LLFR24 | \$24.99

LIGHT BLUE
18" X 6"
LLFR18 | \$19.99



PROFESSIONAL FOAM ROLLER
36" X 6"
LLPFR36 | \$39.99

PROFESSIONAL FOAM ROLLER
18" X 6"
LLPFR18 | \$24.99

BUILD CORE STRENGTH



75cm - SLATE
FBREB75S | \$29.99

65cm - OLIVE
FBREB65OL | \$29.99

55cm - PLUM
FBREB55P | \$29.99

PRO BURST RESISTANCE EXERCISE BALL SIZE CHART

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

PRO BURST RESISTANT EXERCISE BALLS

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

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



MINI CORE BALL

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

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

LLMCB | \$14.99



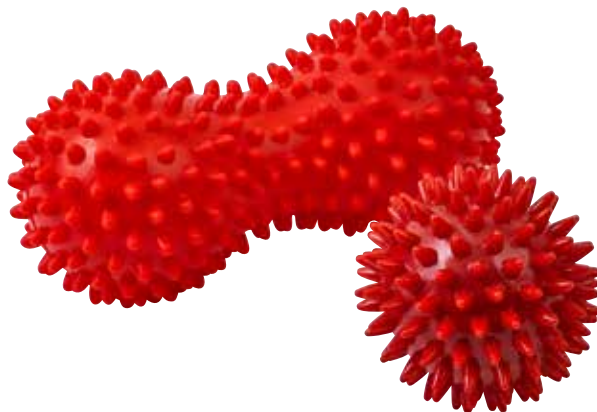


FOOT THERAPY ROLLER

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

- » SOOTHES SORE FEET AND LEGS
- » STIMULATES CIRCULATION
- » RELIEVES TENSION AND STRESS
- » EASES MINOR ACHES AND PAINS

LLFTR | \$24.99

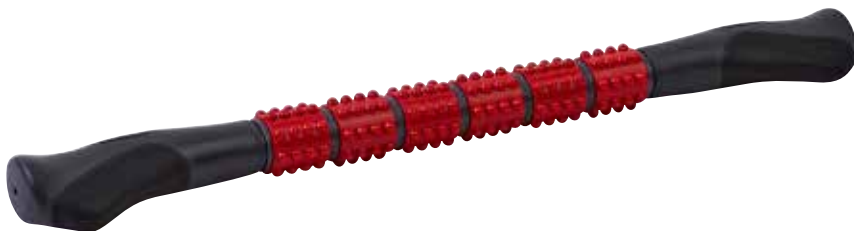


MUSCLE MASSAGE KIT

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

- » NUBBED SURFACES PROVIDE TARGETED PRESSURE
- » SMALL ENOUGH FOR USE ON MOST BODY PARTS
- » SMALL SIZE MASSAGERS ARE PORTABLE + EASILY STORABLE

LLMMK | \$14.99



MASSAGE BAR

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

- » RAISED PATTERNS DESIGNED TO ATTACK TRIGGER POINTS FOR INTENSE MUSCLE RELIEF
- » ANTI-SLIP GRIPS ALLOW FIRM AND COMFORTABLE HAND PLACEMENT DURING USE
- » INNER STEEL CORE ENSURES SMOOTH, CONSISTENT ROTATION

LLMB | \$29.99





DUAL MASSAGE BALL

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

- » RELEASE MUSCLE TIGHTNESS AND IMPROVE RECOVERY TIME
- » SMALL ENOUGH FOR USE ON MOST BODY PARTS
- » EASILY PORTABLE AT 5" LONG

LLDMB | \$14.99

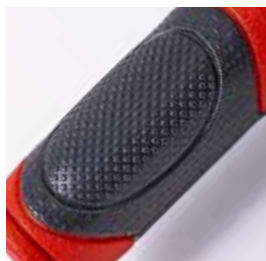
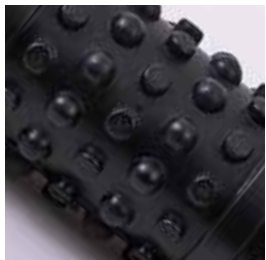


TRAVEL MASSAGE BAR

Perfectly sized to carry with you to relieve the aches and pains that come with airplane seats, hauling luggage, driving for hours and standing in line, this massage tool is textured to target trigger points and knots while relieving stress. The firm yet cushioned roller smooths out overworked fascia and tight muscles to help you achieve better posture, improved flexibility and peak athletic performance.

- » RELEASES MUSCLE TIGHTNESS
- » TARGETS PROBLEM AREAS AND IMPROVES RECOVERY TIME
- » CONVENIENTLY SIZED FOR TRAVEL

LLTRVMB | \$24.99



STRETCHING STRAP

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

- » ACHIEVE GREATER FLEXIBILITY AND BALANCE
- » EASES TENSION AND TIGHTNESS
- » RELIEVES SORE MUSCLES AND IMPROVES BLOOD FLOW
- » IMPROVES RANGE OF MOTION

LLSS | \$14.99





LLPGR-L | \$9.99



LLPGR-M | \$9.99



LLPGR-H | \$9.99

PRO GRIP RINGS

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

- » 3 LEVELS OF RESISTANCE ALLOW FOR PROGRESSION AS STRENGTH INCREASES
- » EFFECTIVE TRAINING FOR FINGER, HAND, AND FOREARM STRENGTH
- » PERFECTLY SIZED FOR PORTABILITY AND TRAINING ON-THE-GO
- » SILICONE MATERIAL ALLOWS FOR FLEXIBILITY



SOFT



MEDIUM



FIRM

KIT INCLUDES
3 PROGRESSIVE LEVELS
– SOFT, MEDIUM, FIRM

HAND RENEWAL KIT

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

- » STRENGTHENS HANDS, WRISTS AND FOREARMS WITH 3 LEVELS OF FIRMNESS
- » PREVENT STIFFNESS IN JOINTS AND MUSCLES
- » ENHANCE BLOOD FLOW TO REHAB INJURIES

LLHRK | \$14.99





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.

LLESP-4 | \$12.99

DELUXE INCLUDES METAL DOOR HOOK AND ASSISTIVE GRIP



MULTI-USE SHOULDER PULLEY DELUXE

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

LLMUSP-4 | \$16.99

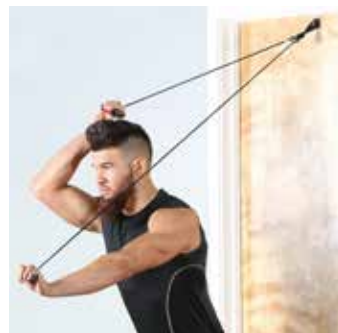
DELUXE INCLUDES METAL DOOR HOOK AND ASSISTIVE GRIP



ECONO SHOULDER PULLEY

LLESP-1 | 9.99

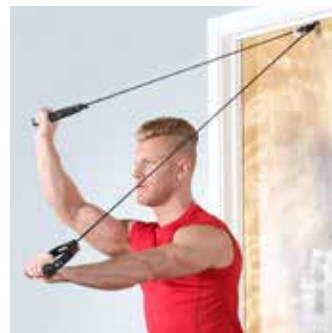
- » NO METAL DOOR HOOK
- » NO ASSISTIVE GRIP



MULTI-USE SHOULDER PULLEY

LLMUSP-1 | \$13.99

- » NO METAL DOOR HOOK
- » NO ASSISTIVE GRIP



FITNESS MATS



PROFESSIONAL TRAINING MAT

The Lifeline Professional Training Mat features a 3/8" thick TPE foam design that's versatile enough to be used for Yoga, Pilates and general floor exercises. This premium thick and dense mat provides the stability and comfort you need and the large size (24"W x 72"L) allows for spacious floor exercises. The uniqueness of this mat is that while it is large in size, thick and dense, it is still very lightweight and easy to carry due to the material.

- » PROTECT KNEES, ELBOWS, AND TAILBONE DURING FLOOR WORK
- » EXTRA GRIP HELPS IN PERFORMANCE
- » PERFORM A VARIETY OF STRENGTH AND STRETCHING EXERCISES ANYWHERE



BLUE/BLACK
24" x 72" x 3/8"
LLPTMB | \$44.99



PURPLE/BLACK
24" x 72" x 3/8"
LLPTMP | \$44.99



EXERCISE MAT PRO

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

- » EXCELLENT TRACTION AND DURABILITY
- » EXTRA THICK FOR PILATES AND FITNESS FLOOR WORKOUTS
- » LARGE SIZE MAT ALLOWS FOR SPACIOUS CORE STRETCHING AND EXERCISING



BLUE
23" x 72" x 5/8"
LLEMPB | \$34.99



CHARCOAL
23" x 72" x 5/8"
LLEMPCG | \$34.99



EXERCISE MAT

This 3/8" thick, dual texture mat provides a comfortable foundation for all types of mobility and recovery exercises including rehabilitation programs, Pilates, stretching and bodyweight training. Perfect for use at the gym, at home or at a physical therapy facility, the non-slip surface helps prevent injuries and the integrated straps allow for convenient, easy storage.

- » EASY TO CLEAN SURFACE
- » EXTRA THICK FOR PILATES AND FITNESS FLOOR WORKOUTS
- » LARGE SIZE MAT ALLOWS FOR SPACIOUS CORE STRETCHING AND EXERCISING



BLACK
23" x 72" x 3/8"
LLEMDG | \$24.99



THE HERO MAT WAS DESIGNED FOR ELITE PERFORMANCE



BLUE
YHIN | \$74.99



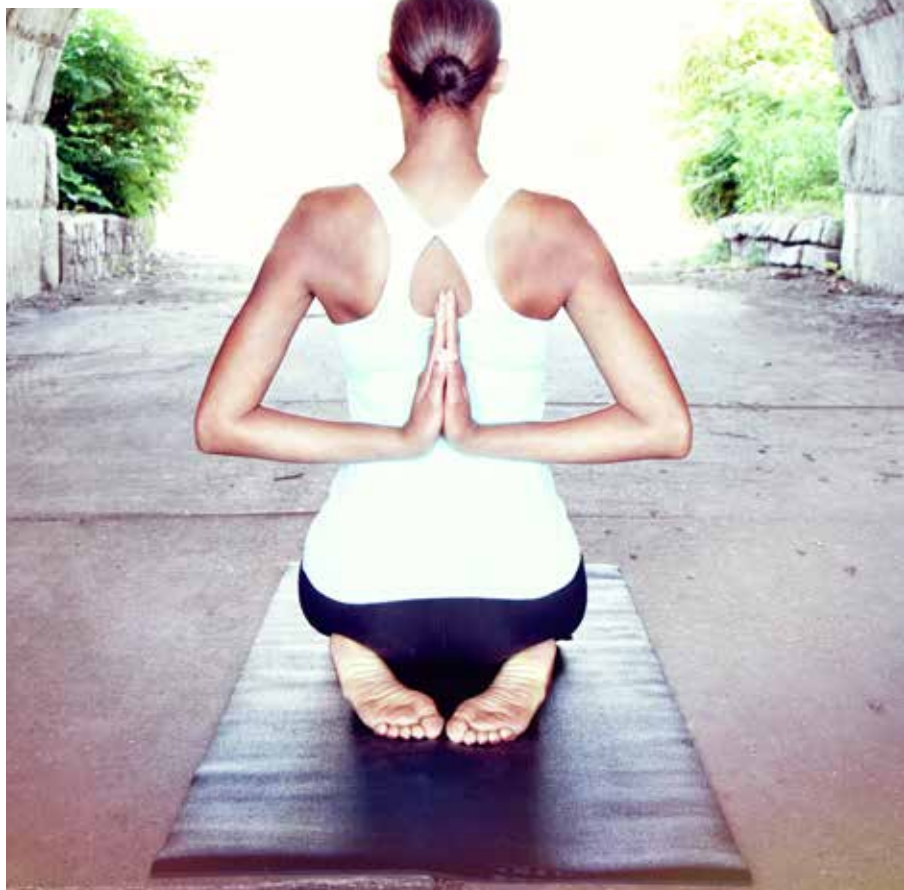
BLACK
WRHMB | \$74.99

HERO MAT

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

24" X 72" X 6mm

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



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



GRANITE
YWMG | \$39.99



TEAL
WRWCC | \$39.99



AMETHYST
YWMA | \$39.99

ECO-SMART YOGA MATS



ECO-SMART YOGA MAT

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

- » PROVIDES CUSHION WITHOUT BEING HEAVY
- » EXCELLENT TRACTION AND CUSHION FOR HIGH-LEVEL PERFORMANCE
- » ECO-FRIENDLY COMPOSITE MATERIAL
- » EASILY CARED FOR AND DURABLE

6MM



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



MOSS/FOREST
24" x 72" x 6mm
WRESM72MF | \$29.99

4MM



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



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



CRIMSON/BORDEAUX
24" x 72" x 6mm
WRESM72CB | \$29.99



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

3MM



BLACK
24" x 69" x 3mm
YESM3BLK | \$14.99



SKY
24" x 69" x 3mm
YESM3SKY | \$14.99



FUCHSIA
24" x 69" x 43mm
YESM3FUS | \$14.99



FLAME
24" x 69" x 3mm
YESM3FLA | \$14.99

6MM EXTRA LONG



INDIGO
24" x 69" x 3mm
YESM3IND | \$14.99



LAVENDER
24" x 69" x 3mm
YESM3LAV | \$14.99



LEAF
24" x 69" x 3mm
YESM3LEA | \$14.99



VINO
24" x 69" x 3mm
YESM3VIN | \$14.99



MIDNIGHT BLUE
24" x 80" x 6mm
WRESM80EL | \$34.99

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.

- » EASIER TO PACK AND CARRY THAN STANDARD YOGA MATS
- » EXCELLENT TRACTION AND CUSHION
- » BAG PROTECTS MAT AND KEEPS IT COMPACT



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



YOGO PRO MAT BAG

From holding a tree pose to holding your own with your kids and everything in between, yogis and yoginis strive to find balance in all aspects of their lives. And, believe it or not, this includes style. The Yogo Pro Yoga Mat Bag is both chic and sustainable with its soft, durable fabric construction and integrated grommets for breathability.

WRYOPMBP | \$24.99

- » EXTRA-WIDE DOUBLE ZIP OPENING
- » CENTER DIVIDER KEEPS WET AND DRY ITEMS SEPARATED
- » ZIP CLOSURE POCKET FOR PERSONAL ITEM STORAGE



YOGO TRAVELER BAG

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

WRYOTMBGR | \$29.99

- » EXTRA-WIDE DOUBLE ZIP OPENING
- » REINFORCED AIR VENTS FOR BREATHABILITY
- » ZIP CLOSURE POCKET FOR KEYS, PHONE, ETC.



ACCESSORIES



PRO YOGA BLOCK

This Pro Yoga Block, made from dense foam, has beveled edges for comfort and offers stable support for any and all yoga poses. It will help you improve your alignment and has excellent grip so you do not slip.

4" x 6" x 9" **WRPYBLOCC** | **\$14.99**

- » LIGHTWEIGHT FOR EASY TRANSPORT
- » STABLE SUPPORT FOR CHALLENGING POSES
- » IMPROVES ALIGNMENT



CORK YOGA BLOCK

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

5.5" x 9" x 3.5" **YBLOC3** | **\$19.99**

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



CARBON/SUN
26" x 74"

YMTCS | **\$39.99**

RED ROCK/SUN
26" x 74"

YMTTRS | **\$39.99**

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



RED ROCK/SUN
12" X 24"

YTRRS | **\$14.99**

CARBON/SUN
12" X 24"

YTCS | **\$14.99**

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



HEMP YOGA SLINGSTRAP

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

YSSHN | \$14.99

- » HEMP
- » INTEGRATED CARABINER TO ATTACH KEYS/WATER BOTTLE
- » ALLOWS YOU TO EASE INTO AND HOLD POSES LONGER
- » ADJUSTS TO CARRY MAT



8' LONG FLAME
YSH8F | \$12.99



8' LONG GRANITE
YSH8G | \$12.99



8' LONG OLIVE
YSH8O | \$12.99

HEMP YOGA STRAP

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

- » PREMIUM HIGH-STRENGTH BUCKLES
- » 8FT LONG FOR MORE POSE OPTIONS
- » ECO-FRIENDLY, SUSTAINABLE HEMP

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-XS/S | \$12.99

M/L (WOMEN'S 8-11; MEN'S 7-10)

YGSCS-M/L | \$12.99

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





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



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)
- » YOGO PRO MAT BAG



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)
- » YOGO PRO MAT BAG

PER4M products are accessible, cutting-edge performance athletic training tools 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.



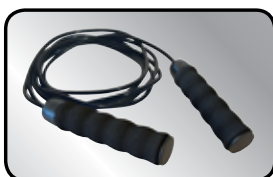
ACTIVATE



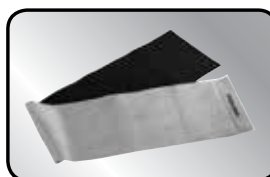
JUMP ROPE
BFJR- 9FT \$7.99



**PROFESSIONAL
SPEED ROPE**
BFPSR - 9FT \$12.99



**WEIGHTED SPEED
ROPE 2LB**
BFWSR - \$14.99



WAIST TRIMMER
BFWT-SM | BFWT-LXL - \$14.99



SAUNA SUIT
BFSS-SM | BFSS-LXL \$19.99

GENERAL FITNESS TOOLS



**SPRING LOADED
HAND GRIPPER**
BFSLHG - \$14.99



DUAL HAND GRIPS (PAIR)
BFDHG - \$9.99



AB WHEEL
BFAW - \$14.99



PUSH UP GRIPS
BFPUG - \$17.99



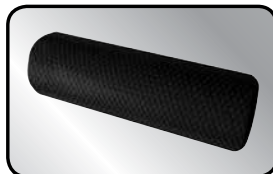
PULL UP BAR
BFPUB - \$24.99



STABILITY BALL 65CM
BFSB65 - 65CM \$19.99



STABILITY BALL 75CM
BFSB75 - \$19.99



MASSAGE ROLLER
PER4MMR - \$14.99

RESISTANCE TRAINING



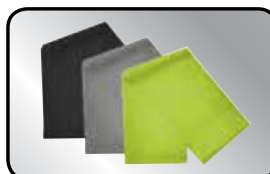
**RESISTANCE TUBE
MEDIUM**
BFRTM - \$14.99



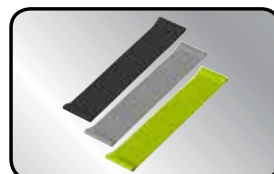
**RESISTANCE TUBE
HEAVY**
BFRTH - \$14.99



**RESISTANCE TUBE
EXTRA HEAVY**
BFRTVH - \$14.99



**FLAT BAND KIT
(SET OF 3- L,M,H)**
BFFBKL - \$19.99



**FLAT LOOP KIT
(SET OF 3- L,M,H)**
BFFBLKL - \$14.99

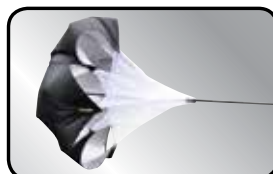
ATHLETIC TRAINING



REFLEX BALL
PER4MRBALL | \$9.99



SPEED LADDER
PER4MSL - \$24.99



POWER CHUTE
PER4MPC - \$24.99



JUKE 360
PER4MJ360 - \$39.99



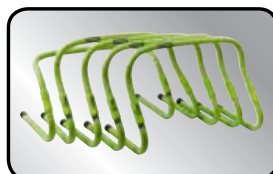
JUMP TRAINER
PER4MJT - \$39.99



QUICK CONES
PER4MQC - \$19.99



QUICK PUNCHER
PER4MQP - \$24.99



QUICK HURDLES
PER4MQH - \$49.99




ELITE TRAINING GLOVES
PER4METG-S-PDQ - \$14.99
PER4METG-M-PDQ - \$14.99
PER4METG-L-PDQ - \$14.99
PER4METG-XL-PDQ - \$19.99




WARRIOR
BY NATURAL FITNESS











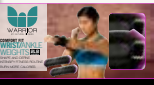
















WARRIOR 4X6 PLANOGRAM

We give the yoga and fitness communities thoughtfully designed tools focused on total body wellness. We like to keep our products simple, functional and on trend with the ever changing wellness landscape.



WARRIOR
BY NATURAL FITNESS







GENERAL FITNESS TOOLS



SAUNA SUIT
WSS-SM | WSS-LXL - \$19.99



SLIM BELT
WSB-SM | WSB-LXL - \$14.99



PUSH UP BARS
WPUB - \$14.99



AB WHEEL
WABW - \$14.99



GLIDING DISCS
WGD - \$14.99



ADJUSTABLE LENGTH JUMP ROPE
WAJR - \$12.99

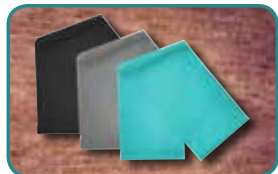


NYLON JUMP ROPE
WNJR - \$9.99

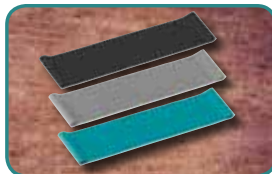


JUMP ROPE
WJR - \$7.99

RESISTANCE



POWER FLAT BANDS
WPFB - \$14.99



POWER LOOP BANDS
WPLPB - \$14.99



RESISTANCE TUBE LIGHT
WRT-L - \$14.99



RESISTANCE TUBE MEDIUM
WRT-M - \$14.99



RESISTANCE TUBE HEAVY
WRT-H - \$14.99

WEIGHTS



WALKING WEIGHTS
WWW2 - \$12.99



ANKLE/WRIST WEIGHTS - 2LB
WAWW-2 - \$12.99



ANKLE/WRIST WEIGHTS - 5LB
WAWW-5 - \$14.99

YOGA



FITNESS MAT
WAMFM - \$24.99



YOGA MAT 5MM
WYM5 - \$24.99



YOGA MAT 4MM
WYM4 - \$19.99



YOGA MAT 3MM
WYM3 - \$14.99



YOGA BAG
WTYB - \$19.99

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**TOLL FREE:**

1.888.467.4485

EMAIL

FITNESS@ESCALADESPORTS.COM

WEB

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ADDRESS

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