



2023 FITNESS CATALOG



FITNESS IS ANYTHING BUT ONE SIZE FITS ALL.

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

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

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

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

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

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

#FitnessForLife



LIFELINE.FITNESS



LIFELINEUSA



LIFELINEUSA



LIFELINE FITNESS



LIFELINEFITNESSINC

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RESISTANCE TRAINING

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

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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.

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AEROBIC STEP

Get more from your workout while minimizing space with aerobic step products! Aerobic steps are a great home-fitness tool for beginners to experts. From high steps to full-size club platforms, we offer a wide selection of steps to suit user needs.

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STRENGTH TRAINING

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

26

SPEED & AGILITY

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

28

MOBILITY & YOGA

Prevent injury + perform better + recover faster by boosting muscle endurance, improving flexibility and reducing muscle soreness & stiffness. Practicing yoga brings the benefits of renewed flexibility, increased stability and strength, and improved posture and breathing while reducing stress.



RESISTANCE TRAINING



RESISTANCE CABLES

5FT RESISTANCE CABLES R1-R10

- » 3X max cable stretch and 5ft long for more workout options
- » Progressive layering technology provides a consistent force through entire move
- » Bands are color-coded and easily identified
- » Simple interchangeable process



CABLE HANDLES

TRIPLE POCKET MAX FLEX HANDLES

- » 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

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

LLCGH1 \$12.99



PRO GRIP ALL HANDLES

- » Holds one Lifeline cable (R1-R4) or flat band
- » Change cables quickly with patented design
- » Ergonomic handle for proper cable alignment
- » Easily adjust active cable/band length

LLPGAHW \$19.99



TRIPLE GRIP HANDLES

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

LLTGH \$12.99



EXCHANGE HANDLES

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

LLEH \$10.99



RESISTANCE ACCESSORIES

ANKLE/WRIST ATTACHMENTS (PAIR)

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

LLAWA \$19.99



DOOR ANCHOR

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

LLDA \$5.49



RESISTANCE BANDS

SUPER BANDS

- » Strengthen muscles faster
- » Stretch entire body
- » Add resistance easily

LLSB-L1	Very Light	\$17.99
LLSB-L2	Light	\$19.99
LLSB-L3	Medium	\$24.99
LLSB-L4	Heavy	\$34.99
LLSB-L5	Very Heavy	\$47.99



FLAT BANDS

- » Strengthen muscles faster
- » Stretch entire body
- » Lightweight and portable resistance

LLFB-L1	Very Light	\$4.99
LLFB-L2	Light	\$5.99
LLFB-L3	Medium	\$6.99
LLFB-L4	Heavy	\$7.99
LLFB-L5	Very Heavy	\$8.99



FLAT BAND LOOPS KIT

- » Strengthen entire body
- » Tone and sculpt muscles
- » Includes - (3) Resistance levels - L1, L2, L3

LLFBLK \$12.99



RESISTANCE KITS

TRAIN STATION DOORWAY GYM

- » Comprehensive tool that improves strength and power
- » Quickly move up or down, changing resistance angle
- » Versatility to strength train anywhere
- » Patented functional design offers multiple position settings to work various muscle groups
- » Includes - (2)Max Flex Handles, (1)Interchangeable Ankle/Wrist Attachment, (2)R3-30lb 4ft Cables, (2)Portable Door Straps with 2-Way Sliding Cable Attachment

LLTS \$54.99



5FT RESISTANCE KITS

ULTIMATE TRAINER KIT

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

LLRTKULT \$146.99



PRO RESISTANCE TRAINER KIT

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

LLRTKPRO \$83.99



VARIABLE RESISTANCE TRAINING KIT PLUS

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

LLVRTKPLUS \$52.99



VARIABLE RESISTANCE TRAINING KIT

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

LLVRTK \$41.99



4FT RESISTANCE KITS

ECONOMY RESISTANCE KITS

- » Provides wide range of dynamic resistance
- » Use up to 3 resistance cables at once
- » Patented handles feature foam comfort grips and quick change cable pockets to easily alter resistance
- » Lightweight, portable alternative to free weights and machines
- » Includes - Handles, 4ft Resistance Cables, Door Anchor, Carry Bag and Exercise Chart



150LB 4FT RESISTANCE KIT

- » Includes - (2)Handles, (1)R1-10lb Cable, (1)R2-20lb Cable, (1)R3-30lb Cable, (1)R4-40lb Cable, (1)R5-50lb Cable, (1)R6-60lb Cable, (1)Door Anchor, (1)Carry Bag, and a (1)Exercise Chart.

LLBRK150 \$45.99



180LB 4FT RESISTANCE KIT

- » Includes - (2)Handles, (1)R5-50lb Cable, (1)R6-60lb Cable, (1)R7-70lb Cable, (1)Door Anchor, (1)Carry Bag, and a (1)Exercise Chart.

LLBRK180 \$38.99



120LB 4FT RESISTANCE KIT

- » Includes - (2)Handles, (1)R3-30lb Cable, (1)R4-40lb Cable, (1)R5-50lb Cable, (1)Door Anchor, (1)Carry Bag, and a (1)Exercise Chart.

LLBRK120 \$31.99



60LB 4FT RESISTANCE KIT

- » Includes - (2)Handles, (1)R1-10lb Cable, (1)R2-20lb Cable, (1)R3-30lb Cable, (1)Door Anchor, (1)Carry Bag, and a (1)Exercise Chart.

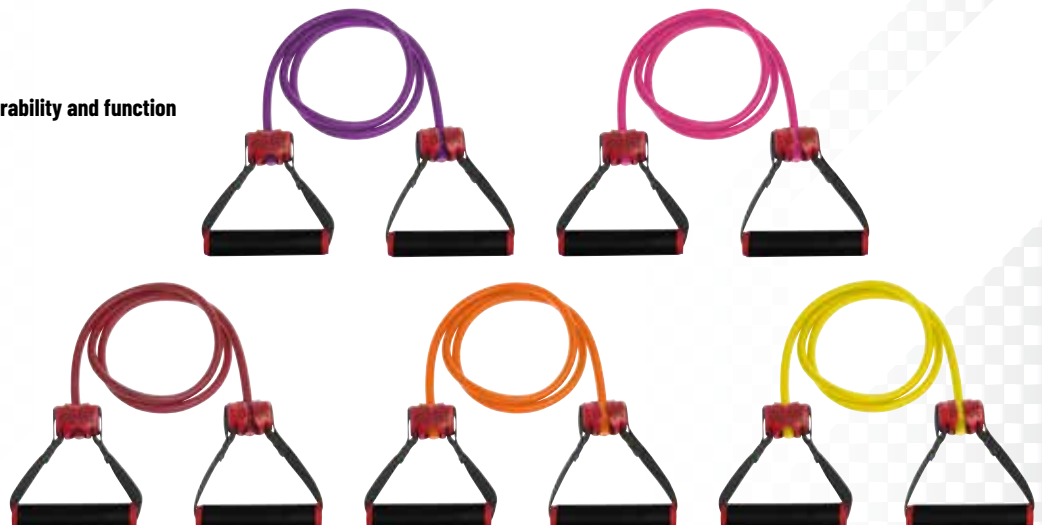
LLBRK60 \$26.99



MAX FLEX CABLE KITS

- » Max Flex handles for comfort and secure grip
- » 4ft layered cable construction for optimum durability and function
- » 20-70lb peak resistance

LLMXFC4-R2	Very Light	\$14.99
LLMXFC4-R3	Light	\$15.99
LLMXFC4-R4	Medium	\$16.99
LLMXFC4-R5	Heavy	\$17.99
LLMXFC4-R7	Very Heavy	\$19.99



CABLE SYSTEMS

LATERAL RESISTOR

- » Durable webbing on exterior; padded interior
- » Innovative patented cable pocket design
- » Adjustable resistance for Lifeline cables
- » Includes - (3)R4-40lb 9" cables for up to 120lb of resistance

LLLR11 \$24.99



POWER PUSH UP PLUS

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

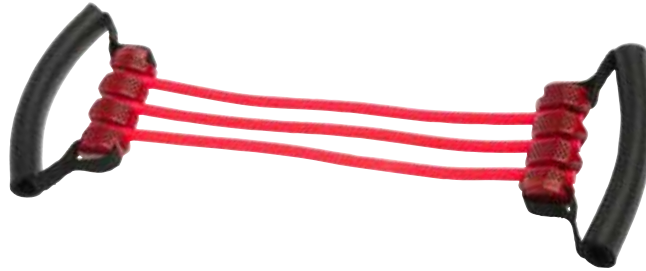
LLPPP \$37.99



CHEST EXPANDER

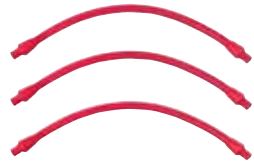
- » Strengthen upper body
- » Open chest and shoulders
- » Resistance train anywhere
- » Includes - (3)R3-30lb 16" cables for up to 90lb of resistance

LLCE \$21.99

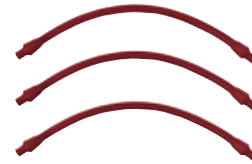


9" RESISTANCE CABLES

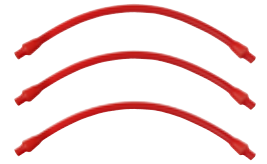
- » Interchangeable on Lateral Resistor
- » Increase agility, balance and speed for better athletic performance
- » Build complete lower body strength for explosive moves
- » Available in various peak resistance
- » Layered cable construction for optimum durability and function
- » Each set includes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



LLLRC-R3 \$7.99
R3-30lb



LLLRC-R4 \$8.99
R4-40lb



LLLRC-R6 \$9.99
R6-60lb

PORTABLE POWER JUMPER

- » Increase lower body strength and explosiveness
- » Improve fitness and athletic performance
- » Add height and distance to jumps
- » Includes - (2) each of R4-40lb and R7-70lb 5ft cables

LLPPJ-R4 \$52.49



TNT CABLE SYSTEM

- » Double your power and strength
- » Proven better than weights
- » Includes - (3)R4-40lb 5ft Interchangeable cables, (2)Triple Grip Handles and (1)Door Attachment

LLTNTCS \$37.99



MONSTER WALK

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

LLMW-R2 20lb \$14.99



BODYWEIGHT TRAINING



SUSPENSION TRAINERS

JUNGLE GYM XT

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

LLJGXT \$99.99



JUNGLE GYM V3

- » Includes - (2)R3-30lb and (2)R5-50lb 16" resistance cables
- » Quickly switch between bodyweight and resistance cable training
- » Climbing-grade rotating swivel for quick + easy push-pull transition
- » Resistance cable mode allows for additional exercises

LLJGV3 \$159.99



PULLUP REVOLUTION PLUS

- » 3 cable design allows for increase/decrease of assistance
- » Heavy Duty Bar Hook attaches easily to pull up bar, integrated strap lock allows fast strap height adjustment; fits up to 1.25" diameter bar
- » Durable, non-slip stirrup for secure foot placement
- » (3)R6-60lb 16" cables for assistance

LLPURPLUS \$39.99



PULLUP REVOLUTION PRO

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

LLPURPRO \$59.99



ABDOMINAL & ACCESSORIES

LIFELINE POWER WHEEL™

- » Intense tool to improve strength & balance
- » Use with hands and feet for maximum full body workout options
- » Challenge your core, obliques and glutes
- » Patented functional design with heavy duty construction

LLPW \$59.99



JUNGLE GYM XT WALL ANCHORS

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

LLJGXT-MM \$24.99



JUNGLE GYM XT STRAP XTENDERS

- » Lengthens Jungle Gym straps
- » Industrial straps-8 feet each
- » Dupont Zytel™ cam buckles
- » Velcro excess strap-wraps

LLJGXT-EXT \$24.99



16" RESISTANCE CABLES

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

LLCX-R3 30lb \$8.99
 LLCX-R4 40lb \$9.99
 LLCX-R6 60lb \$11.99

LLCX-R7 70lb \$12.99
 LLCX-R8 80lb \$14.99
 LLCX-R9 90lb \$16.99

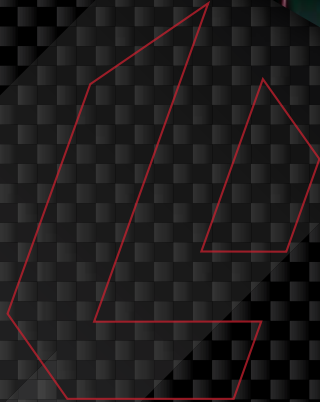


CHECK IT OUT

WATCH OUR PRODUCT TUTORIAL & EXERCISE VIDEOS



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AND ON YOUTUBE
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AEROBIC STEPS



CLUB SIZE STEPS

THE STEP HEALTH CLUB SIZE PLATFORM WITH FOUR (4) ORIGINAL RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes full-size (43" L x 16" W x 4" H) aerobic platform and 4 original black risers
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Vary workout difficulty by adjusting platform height from 4" to 6" to 8" using risers

F1011W	Grey	\$99.99
F1010W	Teal	\$99.99
F1012	Pink	\$99.99



THE STEP HEALTH CLUB SIZE PLATFORM WITH SIX (6) ORIGINAL RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes full-size (43" L x 16" W x 4" H) grey aerobic platform and 6 original black risers
- » Platform features premium nonslip, comfort cushion top and supports up to 350 lbs
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Vary workout difficulty by adjusting platform height from 4" to 6" to 8" to 10" using risers

F1036 \$119.99



THE STEP CLUB SIZE PLATFORM WITH TWO (2) FREESTYLE RISERS AND TWO (2) ORIGINAL RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes full-size (43" L x 16" W x 4" H) aerobic platform, 2 freestyle black risers, 2 original black risers
- » Platform features premium nonslip, comfort cushion top and supports up to 350 lbs
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Intensify and diversify your workout using freestyle risers in a variety of slanted positions

F1021W	Grey	\$109.99
F1020W	Red	\$109.99
F1023	Teal	\$109.99
F1024	Pink	\$109.99



CIRCUIT SIZE STEPS

THE STEP CIRCUIT SIZE PLATFORM WITH FOUR (4) FREESTYLE RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes circuit-size platform with overall dimensions (28.5" L x 14.5" W x 4" H) and approximate stepping surface of 22" L x 11" W. Also includes (4) freestyle risers
- » Platform features grooved, nonslip top and supports up to 275 lbs
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Vary workout difficulty by adjusting platform height from 4" to 6" to 8" using risers
- » Intensify your workout using freestyle risers in a variety of slanted positions

F1056	Pink	\$49.99
F1015W	Grey	\$49.99
F1004	Teal	\$49.99



CIRCUIT SIZE STEPS

THE STEP CIRCUIT SIZE PLATFORM WITH TWO (2) FREESTYLE RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes circuit-size platform with overall dimensions (28.5" L x 14.5" W x 4" H) and approximate stepping surface of 22" L x 11" W. Also includes (2) freestyle risers
- » Platform features grooved, nonslip top and supports up to 275 lbs
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Vary workout difficulty by adjusting platform height from 4" to 6" using risers
- » Intensify your workout using freestyle risers in a variety of slanted positions

F1017W	Red	\$39.99
F1065	Grey	\$39.99
F1055	Pink	\$39.99



HIGH STEPS

THE STEP HIGH STEP PLATFORM WITH FOUR (4) RISERS

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes High Step platform and (4) black risers. Platform overall dimensions and space required is (16" L X 16" W X 4" H)
- » Platform features premium, nonslip comfort cushion top and supports 275 pounds
- » Four nonskid feet on each riser and platform prevents sliding or scratching floors
- » Vary workout difficulty by adjusting platform height from 4" to 12" using risers

F1080	Blue	\$69.99
F1180	Grey	\$69.99
F1085	Teal	\$69.99
F1087	Pink	\$69.99



STACKABLE STEPS

4" STACKABLE AEROBIC STEP

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes stackable step (22" L x 12" W x 4" H) grey aerobic platform
- » Platform features nonslip, textured surface for added safety
- » Eight nonskid feet prevent platform from sliding or scratching floors
- » Features a resistance band notch, which safely holds the band in place

F1007W \$29.99

6" STACKABLE AEROBIC STEP

- » Made in the United States from durable, recyclable high-density polyethylene
- » Includes stackable step (22" L x 12" W x 6" H) blue aerobic platform
- » Platform features nonslip, textured surface for added safety
- » Eight nonskid feet prevent platform from sliding or scratching floors
- » Features a resistance band notch, which safely holds the band in place

F1008W \$39.99



4" STACKABLE AEROBIC STEP 10 PK

F1027 \$279.99

6" STACKABLE AEROBIC STEP 5PK

F1028 \$179.99

AEROBIC STEPS WITH LOCKING RISERS

ADJUSTABLE MINI AEROBIC STEP PLATFORM FOR CARDIO & STRENGTH TRAINING

- » Offers ample workout options - perfect for both cardio and strength training
- » Adjustable risers challenge workout by increasing platform height from 3" to 5"
- » Shock absorbing, non-slip platform supports over 330 lbs.
- » Platform and risers lock together for lightweight, easy to carry transportability
- » Perfect for daily gym, home or office use with compact dimensions of 18" L x 11" W and height adjustability from 3" to 5"

F1069 \$19.99



26" CIRCUIT STEP PLATFORM

- » Offers ample workout options - perfect for both cardio and strength training
- » Adjustable risers challenge workout by increasing platform height from 4" to 6"
- » Shock absorbing, non-slip platform supports over 400 pounds
- » Platform and risers lock together for lightweight, easy to carry transportability
- » Perfect for daily gym, home or office use with compact dimensions of 26" L x 11" W x 4" H

F1070 \$29.99



31" CIRCUIT STEP PLATFORM

- » Offers ample workout options - perfect for both cardio and strength training
- » Adjustable risers challenge workout by increasing platform height from 4" to 6" to 8"
- » Shock absorbing, non-stick, non-slip platform supports over 400 pounds
- » Platform and risers lock together for lightweight, easy to carry transportability
- » Perfect for daily gym, home or office use with compact dimensions of 30.7" L x 11.4" W x 4" H

F1072 \$39.99



RISER PACKS

CIRCUIT STEP RISERS (2 BLACK BLOCKS)

F1115W \$19.99



FREESTYLE HEALTH CLUB SIZE RISERS (2 BLACK BLOCKS)

F1120 \$29.99



ORIGINAL HEALTH CLUB STEP RISERS (2 BLACK BLOCKS)

F1108W \$34.99



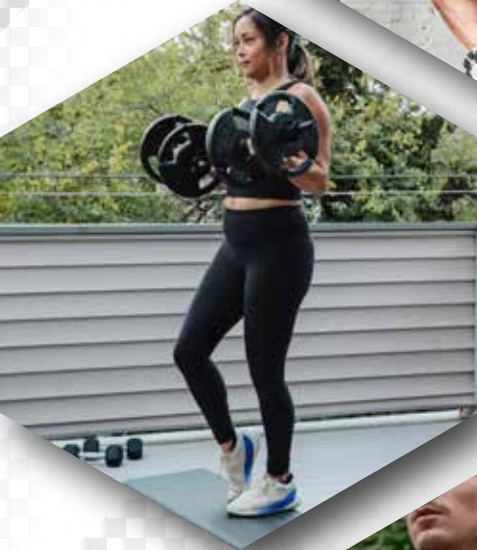
FREESTYLE HEALTH CLUB SIZE RISERS (20 BLACK BLOCKS)

F1130 \$279.99

ORIGINAL HEALTH CLUB STEP RISERS (20 BLACK BLOCKS)

F1109W \$299.99

STRENGTH TRAINING



WEIGHT RACKS

C1 PRO POWER RACK

- » Fully equipped power-lifting and bodyweight training rack
- » Built in bar and plate storage
- » Fast, easy and secure accessory adjustment

LLPRC1 \$749.99



C1 PRO HALF RACK

- » Versatile Olympic lifting and functional training rack
- » Perfect solution for low ceiling and cramped training areas like garages & basements
- » Dual Olympic bar storage sleeves and 6 Olympic plate storage posts

LLHRC1 \$599.99



WEIGHT RACK ACCESSORIES

LIFELINE C1 LANDMINE ATTACHMENT

- » FOR USE ONLY WITH LIFELINE C1 PRO HALF RACK AND C1 PRO POWER RACK
- » Securely fastens to Lifeline C1 Rack upright
- » Fits 2" Olympic bars and 1" Standard bars
- » Dual swivel for full range of motion
- » Heavy duty steel construction with matte black powder coat finish - built to last

LLC1LA \$59.99



LIFELINE C1 PRO HALF RACK DIP STATION

- » FOR USE ONLY WITH THE LIFELINE C1 PRO HALF RACK
- » 2" Diameter handles for comfort
- » Three width settings for maximum versatility; narrow - 19.5", medium - 23.5", and wide - 27.5"
- » Crossbeam design provides more room to work outside the rack
- » Finish: matte black powder coat

LLHRCIDS \$79.99



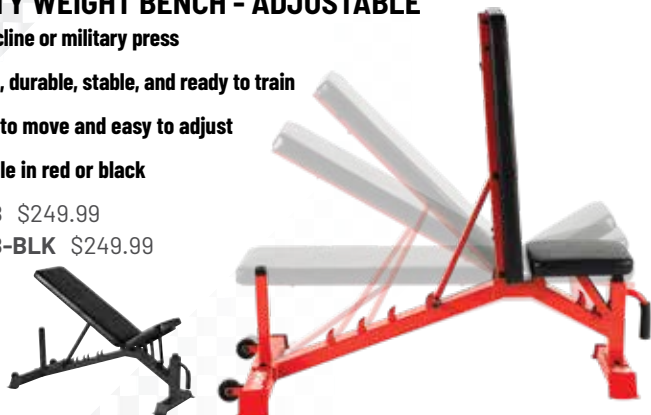
WEIGHT BENCHES

UTILITY WEIGHT BENCH - ADJUSTABLE

- » Flat, incline or military press
- » Rugged, durable, stable, and ready to train
- » Simple to move and easy to adjust
- » Available in red or black

LLUWB \$249.99

LLUWB-BLK \$249.99



FLAT WEIGHT BENCH

- » Heavy duty construction
- » Minimal assembly
- » Easy to move and store

LLFWB \$159.99



WEIGHT PLATES & BARS

OLYMPIC GRIP WEIGHT PLATES

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

LLOGP-2.5	2.5lb	\$7.99
LLOGP-5	5lb	\$13.99
LLOGP-10	10lb	\$27.99
LLOGP-25	25lb	\$59.99
LLOGP-35	35lb	\$89.99
LLOGP-45	45lb	\$99.99



500LBS OLYMPIC GRIP WEIGHT PLATE SET

- » Includes: (6)45lb, (2)35lb, (2)25lb, (4)10lb, (4)5lb, (2)2.5lb Plates, (1)45lb Olympic Bar, (2)Collars

LLOGPSET500 \$1249.99

455LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET455 \$1079.99

400LBS OLYMPIC GRIP WEIGHT PLATE SET

- » Includes: (4)45lb, (2)35lb, (2)25lb, (2)10lb, (6)5lb, (2)2.5lb Plates, (1)45lb Olympic Bar, (2)Collars

LLOGPSET400 \$1039.99

355LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET355 \$849.99

300LBS OLYMPIC GRIP WEIGHT PLATE SET

- » Includes: (2)45lb, (2)35lb, (2)25lb, (2)10lb, (4)5lb, (2)2.5lb Plates, (1)45lb Olympic Bar, (2)Collars

LLOGPSET300 \$809.99

255LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET255 \$619.99

RUBBER BUMPER PLATES

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

LLRBP-10	10lb	\$34.74
LLRBP-15	15lb	\$40.99
LLRBP-25	25lb	\$56.49
LLRBP-35	35lb	\$79.99
LLRBP-45	45lb	\$99.99



205LBS RUBBER BUMPER PLATE SET

- » Includes: (2)45lb, (2)25lb, (2)10lb Plates, (1)45lb Olympic Bar, (2)Collars

LLRBPSET \$569.99

260LBS RUBBER BUMPER PLATE SET

- » Includes: (2)45lb, (2)35lb, (2)25lb, (2)15lb, (2)10lb Plates

LLRBPSET260 \$619.99

45LB OLYMPIC BAR WITH COLLARS

- » Needle bearings provide smooth sleeve rotation
- » Lift more weight for faster muscle gains
- » Perfect for Olympic weightlifting, cross training or power weightlifting

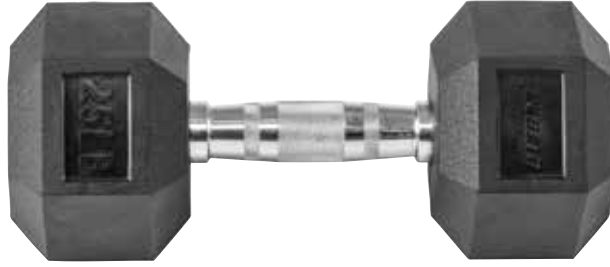
LLOWB-1000 \$189.99



DUMBBELLS

HEX RUBBER DUMBBELLS

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



LLHRD5	5lb	\$12.49	LLHRD35	35lb	\$79.99	LLHRD65	65lb	\$139.99	LLHRD95	95lb	\$199.99
LLHRD10	10lb	\$22.99	LLHRD40	40lb	\$94.99	LLHRD70	70lb	\$149.99	LLHRD100	100lb	\$209.99
LLHRD15	15lb	\$36.99	LLHRD45	45lb	\$109.99	LLHRD75	75lb	\$159.99	LLHRD105	105lb	\$229.99
LLHRD20	20lb	\$47.99	LLHRD50	50lb	\$112.99	LLHRD80	80lb	\$169.99	LLHRD110	110lb	\$239.99
LLHRD25	25lb	\$59.99	LLHRD55	55lb	\$119.99	LLHRD85	85lb	\$179.99	LLHRD115	115lb	\$249.99
LLHRD30	30lb	\$69.99	LLHRD60	60lb	\$129.99	LLHRD90	90lb	\$189.99	LLHRD120	120lb	\$259.99

550LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET550 \$1199.99

380LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET380 \$799.99

200LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET200 \$429.99

150LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET150 \$329.99

HEX RUBBER DUMBBELL 3-TIER RACK

- » 3-tier rack saves space
- » Durable, powder-coated surface
- » Quick and easy to assemble

LLDBRACK3W \$299.99

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

LLHRDRACK550 \$1399.99



HEX NEOPRENE DUMBBELLS

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



LLND1	1lb	\$3.99	LLND3	3lb	\$7.99	LLND5	5lb	\$10.99	LLND8	8lb	\$16.99
LLND2	2lb	\$4.99	LLND4	4lb	\$9.99	LLND6	6lb	\$13.99	LLND10	10lb	\$19.99

KETTLEBELLS

KETTLEBELLS

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



LLKB4	9lb	\$29.99		LLKB16	35lb	\$77.99		LLKB28	62lb	\$132.99		LLKB40	88lb	\$189.99	
LLKB8	18lb	\$44.99		LLKB20	44lb	\$97.99		LLKB32	71lb	\$152.99		LLKB44	97lb	\$209.99	
LLKB12	26lb	\$59.99		LLKB24	53lb	\$114.99		LLKB36	80lb	\$169.99					

KETTLEWORX® KETTLEBELLS

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

CO-KWB05	5lb	\$17.99	
CO-KWB10	10lb	\$27.99	
CO-KWB15	15lb	\$47.99	
CO-KWB20	20lb	\$57.99	
CO-KWB25	25lb	\$67.99	



ADJUSTABLE WEIGHT SETS

USW 54 LB WEIGHT SET WITH 55" PADDED BAR

- » Includes: 3pc 1" Diameter Bar, (2) Spring Collars, (2) 5kg Weights, (4) 2.5kg Weights & (2) 1.5kg Weights
- » Cushioned bar - easy on hands and neck for lifting and squatting
- » Versatility - handles on weights allow for multiple exercise options
- » Easy grip - scalloped edges on weight handles for better grip

F0056 \$129.99



USW 55 LB AEROBIC WEIGHT SET WITH BAR

- » Includes: 54" Long Threaded 3pc Barbell, (2) 5lb Weights, (4) 10lb Weights, (2) Locking Spring Clips and Training Guide
- » Save time and money working out at home with 55lb of weight
- » The 1" diameter, 54" long threaded 3-piece bar is made of a heavy gauge steel. Bar is powder coated for long life
- » Weights are solid Duracast™ high strength concrete encased in a polyethylene shell that won't rust or scratch floors

F0055HD \$89.99



ADJUSTABLE WEIGHT SETS

100LB WEIGHT SET DUMBBELLS + FULL SIZE BAR

- » Includes: 1" Diameter Bar, (2)20lb Weights, (4)10lb Weights, (4)5lb Weights, (2)1" Diameter Dumbbell Bars, and (6)Spring Collars
- » Each dumbbell bar is rated for a maximum of 30lb
- » NEW Full 6ft length 12-gauge steel bar - 48" between flanges designed to fit most bench sets
- » Weights are solid Duracast™ high strength concrete encased in a polyethylene shell that won't rust or scratch floors

F9200 \$129.99



THE STEP FITNESS 60 LB DELUXE WEIGHT SET

- » Includes: 54" Long Threaded 3pc Barbell, (2)2.75lb Weights, (2)5.5lb Weights, (2)8.25lb Weights, (2)11lb Weights and (2)Locking Collars
- » The perfect set for everyone from beginners to serious exercisers doing group power or body pump workouts. Total weight of 60lb (including the bar)
- » Weights are environmentally friendly. Weights are a solid core of safe, clean recycled material encased in a strong HDPE shell
- » The 1" diameter, 54" long threaded 3-piece bar is made of heavy gauge steel and is powder coated for long life
- » Quickly change out weights with the Nylon quick-release collars, which are hinged to improve functionality
- » Multi-grip steering wheel design for more exercise options

F3066 \$149.99



THE STEP ADJUSTABLE DUMBBELL SET

- » Includes: (2)16" Long 1" Diameter Dumbbell Bars, (4)2.75lb Weights, (4)5.5lb Weights and (4)Locking Collars
- » Two 16" bars are made of heavy gauge steel to prevent bowing and powder coated for durability
- » Multi-grip steering wheel design for more exercise options
- » Quickly change out weights with the Nylon quick-release collars, which are hinged to improve functionality

F3067 \$119.99



WEIGHTED ACCESSORIES

COMBAT BAG

- » Improve functional strength with balance and stability
- » Intensify full-body workouts
- » Develop power and explosiveness
- » 9" Diameter X 23" long

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



30' TRAINING ROPE

- » Build muscle and aerobic capacity simultaneously
- » Dynamic movements create functional strength
- » High-intensity, whole-body workout
- » 1.5" Diameter x 30ft long

LLTRB-30 \$134.99



WEIGHTED ACCESSORIES

SLAM BALL

- » Develop explosive power with full body conditioning
- » Improve functional strength, stability, and balance
- » 8.5 - 9" Diameter

LLSB-6	6lb	\$24.99
LLSB-8	8lb	\$29.99
LLSB-10	10lb	\$34.99
LLSB-15	15lb	\$39.99
LLSB-20	20lb	\$52.99
LLSB-30	30lb	\$74.99



SLAM BALL RACK - 8 SPOT

- » 2 Sides - 4 spots per side
- » High-strength steel tubing
- » Rack dimensions: 17" D x 41" H x 12" W

LLSBRACK8 \$149.99



MEDICINE BALL

- » Textured surface for non-slip grip
- » Uniform wall thickness for superior balance and strength
- » Hollow design provides bounce for light rebounding
- » Inflation level can be adjusted to increase/decrease rebound
- » Rubber construction for durability
- » 2lb - 4lb 7.25" diameter; 6lb - 10lb 8.75" diameter

LLMB2W	2lb	\$29.99
LLMB4W	4lb	\$38.99
LLMB6W	6lb	\$44.99
LLMB8W	8lb	\$49.99
LLMB10W	10lb	\$59.99



MEDICINE BALL SET

- » 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 \$289.99



MEDICINE BALL RACK- 5 SPOT

- » High-strength steel tubing
- » Space-saving vertical storage
- » Rack dimensions: 12" x 12" x 48.8"

LLMBRACK \$99.99



WALL BALL

- » Improve balance, coordination and stability
- » Develop explosive power
- » Combat muscular imbalances
- » Designed for light rebounding and passing
- » 14" Diameter

LLWB-10	10lb	\$82.99
LLWB-16	16lb	\$94.99
LLWB-20	20lb	\$105.99



STRENGTH TRAINING ACCESSORIES

WEIGHTED VEST - 10LB

- » Add up to 10lb of weight with 20 weighted bags to increase resistance and intensify your training
- » Breathable mesh construction allows for better air flow and cooling
- » Adjustable belt fits most body sizes and padded shoulders provide extra comfort and protection
- » Integrated pocket holds phone, keys, etc

LLWV10W \$49.99



ANKLE/WRIST WEIGHTS

- » Intensify your fitness routine by adding weight to burn more calories and help shape and define muscles
- » Soft, flexible materials provide maximum comfort

LLAWW2W 2lb Pair \$14.99

LLAWW5W 5lb Pair \$19.99



WEIGHTED SPEED ROPE

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

LLWSR-75 \$21.99



BEADED JUMP ROPE

- » Classic jump rope perfect for everyone from beginners to advanced users
- » Adjustable length for a custom fit
- » Beads add ideal weight and durability

LLBJRW \$9.99



CROSS TRAINING JUMP ROPE

- » Easy access metal thumb screws for quick length adjustment
- » Wrapped handles for a secure, cushioned grip
- » Coated wire for fast rotation - perfect for double under training

LLCTJRW \$14.99



ALSO AVAILABLE



WALKING WEIGHTS
WWW2W \$9.99



ANKLE/WRIST WEIGHTS - 2LB
WAWW-2W \$9.99



ANKLE/WRIST WEIGHTS - 5LB
WAWW-5W \$12.99

SPEED & AGILITY

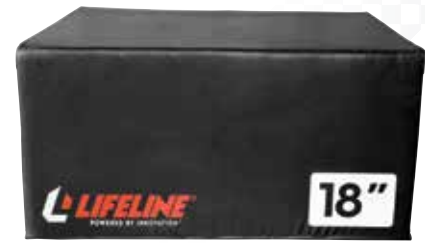


PLYO BOXES

STACKING FOAM PLYO BOXES

- » 35.5" W X 30" D
- » Height adjustable
- » Heavy, dense foam core softens landings and helps prevent injuries
- » Can be used together or separately
- » Easy to clean
- » Sold individually or in a set

LLPB-3	3"	\$149.99
LLPB-6	6"	\$166.99
LLPB-12	12"	\$253.99
LLPB-18	18"	\$319.99
LLPB-24	24"	\$469.99



STACKING FOAM PLYO BOXES SET

- » Includes: (1)3" Plyo Box, (1)6" Plyo Box, (1)12" Plyo Box, (1)18" Plyo Box and (1)24" Plyo Box

LLPBSET5 \$1349.99

STACKING FOAM PLYO BOXES SET

- » Includes: (1)6" Plyo Box, (1)12" Plyo Box and (1)18" Plyo Box

LLPBSET \$739.99

3-IN-1 FOAM PLYO BOX

- » Heavy, dense foam core softens landings and helps prevent injuries
- » Height adjustable
- » Easy to clean

LLPB3IN1 \$369.99



EXPLOSIVE POWER

JUKE 360

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

PER4MJ360 \$41.99



JUMP TRAINER

- » 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 \$41.99



QUICK PUNCHER

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

PER4MQP \$26.99



SPEED LADDER

- » 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 \$26.99



REFLEX BALL

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

PER4MRBALL \$8.99



MOBILITY & YOGA



RECOVERY ROLLERS

PROGRESSION ROLLER

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

LLPGR13 13" \$32.99



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

FOAM ROLLER

- » Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- » Address muscle and joint pain
- » EPE foam for medium firmness

LLFR24 24" \$24.99



PROFESSIONAL FOAM ROLLER

- » Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- » Address muscle and joint pain
- » EPP foam provides dense, firm cushion

LLPFR18 18" \$24.99



MASSAGE TOOLS & MATS

MASSAGE BAR

- » 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 \$19.99



EXERCISE MAT PRO

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

LLEMPCG \$36.99



SHOULDER PULLEYS

MULTI-USE SHOULDER PULLEY DELUXE

- » Specifically designed to increase range of motion and prevent shoulder and upper body pain and stiffness
- » Quickly adjust the length of the 7 foot braided nylon cord to fit your height and range of motion and move between exercises with ease
- » Lifeline's patented Grip-All Handle includes a rotating comfort foam handle and our Assistive Grip Attachment to decrease joint strain
- » Includes metal door hook and assistive grip

LLMUSP-4 \$17.99



ECONO SHOULDER PULLEY DELUXE

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

LLESP-4 \$13.99



MULTI-USE SHOULDER PULLEY

- » Increases flexibility and range of motion in shoulder movement
- » Quickly adjust the length of the 7 foot braided nylon cord to fit your height and range of motion and move between exercises with ease
- » Safely rehab shoulder and rotator cuff injuries
- » Stretch and improve circulation in upper body muscles
- » Multi-use rotating cushion handles for comfort and convenience
- » Patented grip-all ball for safe, fast rope length adjustment

LLMUSP-1 \$12.99



ECONO SHOULDER PULLEY

- » Stimulates circulation and increases shoulder strength, motion and flexibility
- » Quickly adjust the length of the 7 foot braided nylon cord to fit your height and range of motion and move between exercises with ease
- » Great for assisting in the treatment of shoulder pain, repairing rotator cuff injuries and increasing range of motion

LLESP-1 \$8.99



RANGE OF MOTION & STRETCHING

STRETCHING STRAP

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

LLSS \$6.99



BALANCE PAD

- » Ideal for use during exercise, rehab, physical therapy, as a general pad for kneeling, and as a standing desk mat
- » Improve total body balance by increasing core strength, joint stability, and coordination
- » Extra-large 24" x 12" x 2.55" thick size provides more workout and general use options
- » The lightly textured surface provides traction for stability
- » Durable, lightweight foam provides excellent cushion with ideal density and rebound for balance training and is easily cared for - wipe down with a clean, damp cloth and air dry

LLBPW \$49.99



EXERCISE BALLS

EXERCISE BALL

- » Excellent for fitness, core stability, yoga, Pilates and balance training
- » Exercise guide graphics printed on ball
- » Made of proprietary burst resistant material that is designed to deflate slowly for safety if punctured; latex-free

LLBREB55W 55cm \$27.99

LLBREB65W 65cm \$27.99

LLBREB75W 75cm \$27.99



YOGA MATS

HERO MAT

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

WRHMB \$44.99



ROAM FOLDING YOGA MAT

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

YRFMRRE \$24.99



SUEDE YOGA MAT

- » Micro-suede top layer for increased traction
- » High-density TPE bottom layer provides cushion and comfort
- » Carry strap for transport and storage
- » 4mm x 24" x 71"

LLYM4SW Sage \$34.99

LLYM4BW Black \$34.99



YOGA ACCESSORIES

YOGO TRAVELER BAG

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

WRYOTMBGR \$21.99



CORK YOGA BLOCK

- » Beautiful natural texture
- » Excellent grip for hands and floors
- » Sustainable cork material

LLCYBW \$19.99



fitnessforlife™



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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 60 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 Escalade® Sports must be in original shipping carton with freight prepaid.

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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 888.467.4485 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.

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