



THE **STEP**
USWEIGHT



2025 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.

10

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.

14

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.

18

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.

28

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.

30

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



LL5C-R1 10lb



LL5C-R2 20lb



LL5C-R3 30lb



LL5C-R4 40lb



LL5C-R5 50lb



LL5C-R6 60lb



LL5C-R7 70lb



LL5C-R8 80lb



LL5C-R9 90lb



LL5C-R10 100lb

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



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



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



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

L LTGH

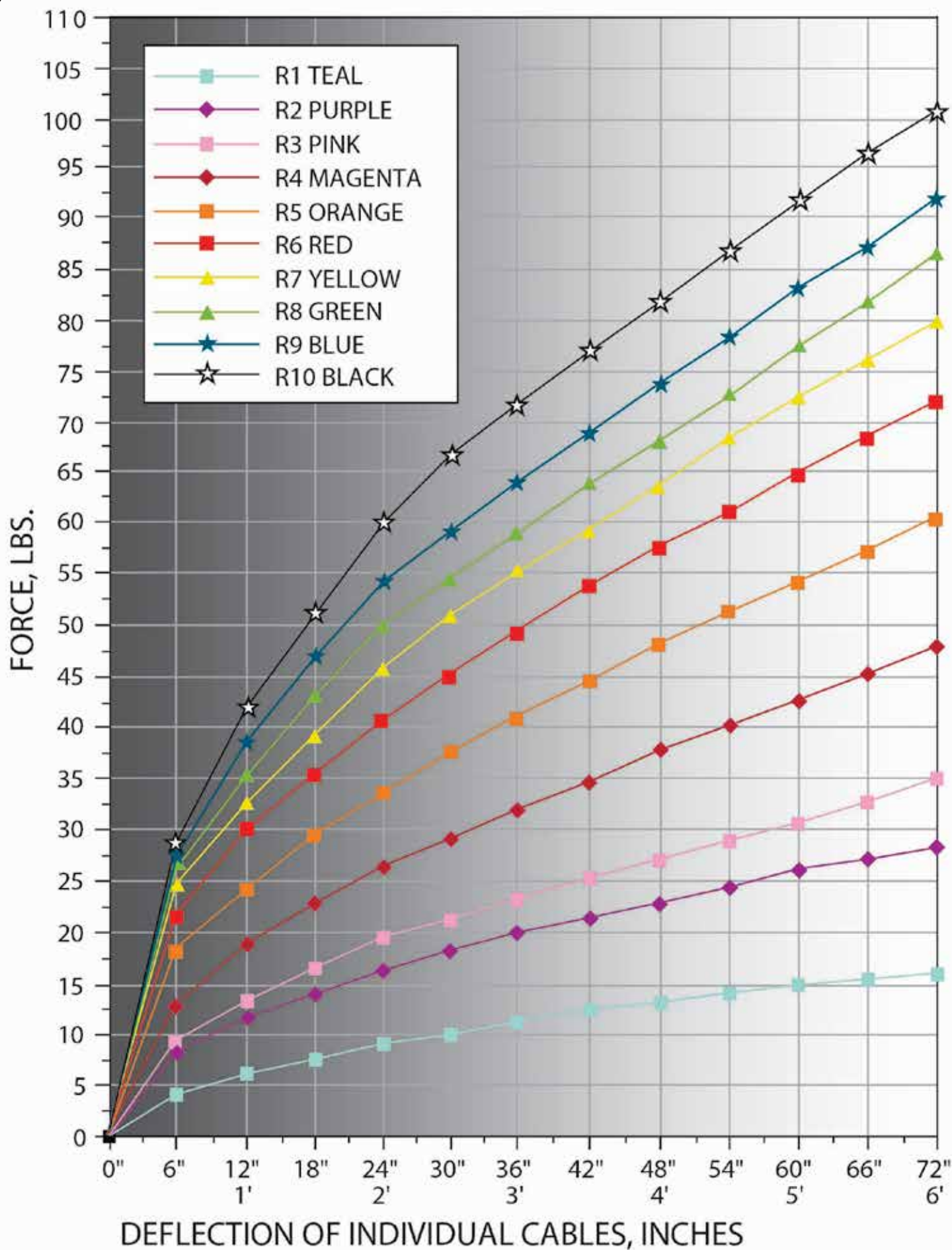


EXCHANGE HANDLES

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

LLEH





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



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



MULTI-ANCHOR

- » Adjustable and versatile anchor system for resistance bands, cables, or tubes, featuring multiple connection and cinching points
- » Designed for various surfaces
- » Sturdy integrated stoppers allow safe single or double anchor setups
- » Durable construction with protective plastic sleeves to prevent wear and tear on both the strap and your equipment.
- » Compact, lightweight, and portable—perfect for use at home, the gym, or while traveling.

LLMAW



RESISTANCE BANDS

SUPER BANDS

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

- | | |
|-----------|--------------------|
| LLSB-L1 | Very Light |
| LLSB-L2 | Light |
| LLSB-L3 | Medium |
| LLSB-L4 | Heavy |
| LLSB-L5 | Very Heavy |
| LLSBKIT14 | Very Light - Heavy |



FLAT BANDS

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

- | | |
|---------|------------|
| LLFB-L1 | Very Light |
| LLFB-L2 | Light |
| LLFB-L3 | Medium |
| LLFB-L4 | Heavy |
| LLFB-L5 | Very Heavy |



FLAT BAND LOOPS KIT

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

LLFBLK



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



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



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



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



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

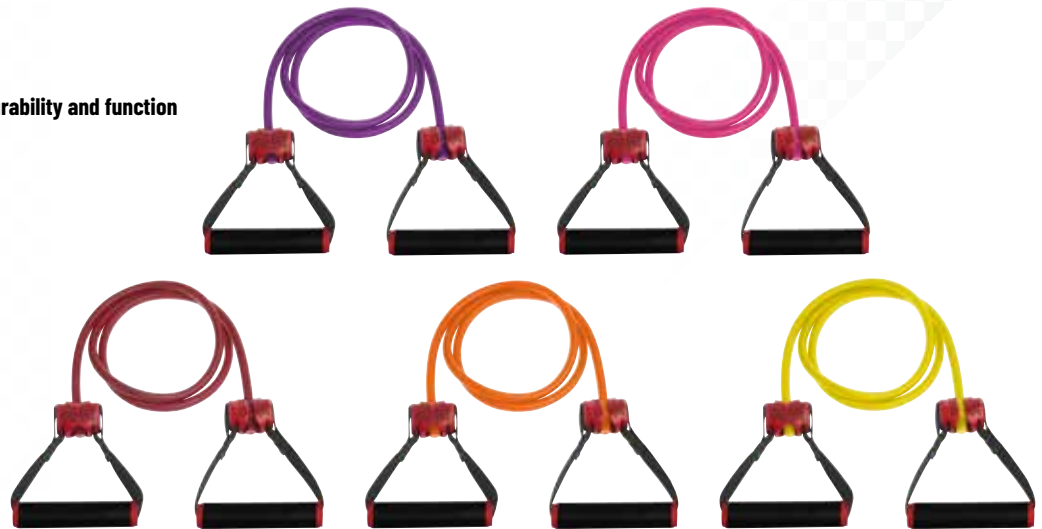


4FT RESISTANCE KITS

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
 LLMXFC4-R3 Light
 LLMXFC4-R4 Medium
 LLMXFC4-R5 Heavy
 LLMXFC4-R7 Very Heavy



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

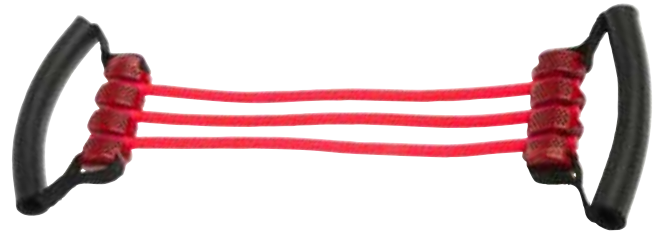
LLLRII



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



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
R3-30lb

LLLRC-R4
R4-40lb

LLLRC-R6
R6-60lb

MONSTER WALK

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

LLMW-R2 20lb



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



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



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



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



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



JUNGLE GYM XT WALL ANCHORS

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

LLJGXT-MM



JUNGLE GYM XT STRAP XTENDERS

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

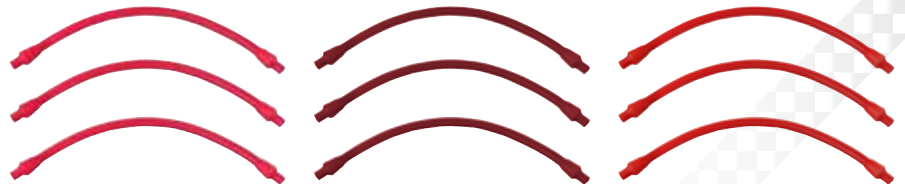
LLJGXT-EXT



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
LLCX-R4 40lb
LLCX-R6 60lb



CHECK IT OUT

WATCH OUR PRODUCT TUTORIAL & EXERCISE VIDEOS



**AVAILABLE AT
LIFELINEFITNESS.COM
AND ON YOUTUBE
@LIFELINEFITNESSINC**

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
F1010W Teal
F1012 Pink



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



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
F1020W Red
F1023 Teal
F1024 Pink



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
F1015W Grey
F1004 Teal



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

F1017W	Red
F1065	Grey
F1055	Pink



THE STEP RADIUS ROUND AEROBIC STEP

- » Made in the United States from durable, recyclable high-density polyethylene
- » 18" Base Dia. X 16" Top Dia. X 4.25" High
- » Platform features anti-slip rubber feet for added safety

F4200



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
F1180	Grey
F1085	Teal
F1087	Pink



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

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



4" STACKABLE AEROBIC STEP 10 PK

F1027

6" STACKABLE AEROBIC STEP 5PK

F1028

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



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



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



RISER PACKS

CIRCUIT STEP RISERS (2 BLACK BLOCKS)

F1115W



FREESTYLE HEALTH CLUB SIZE RISERS (2 BLACK BLOCKS)

F1120



ORIGINAL HEALTH CLUB STEP RISERS (2 BLACK BLOCKS)

F1108W



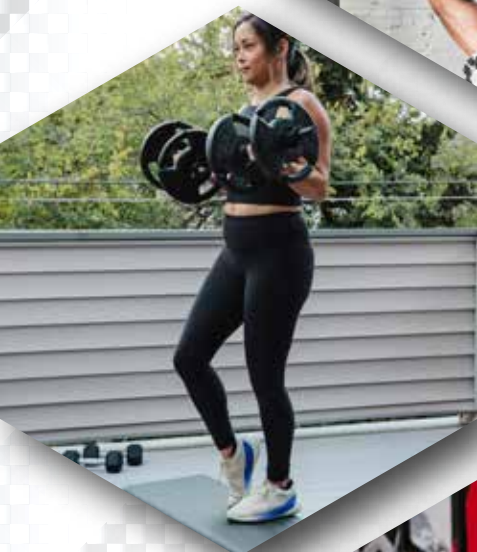
FREESTYLE HEALTH CLUB SIZE RISERS (20 BLACK BLOCKS)

F1130

ORIGINAL HEALTH CLUB STEP RISERS (20 BLACK BLOCKS)

F1109W

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



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



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



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



WEIGHT BENCH

UTILITY WEIGHT BENCH - ADJUSTABLE

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

LLUWB-BLK



EXER TOWER

- » With variable positioning, bar moves to aid in upper/lower body and core muscle exercises
- » Unlimited exercise potential
- » Compact and space-saving: 40.2" deep X 35.6" wide X 48.6" high.
- » Solid construction, powder-coated steel and a welded frame

LLETW



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
LLOGP-5 5lb
LLOGP-10 10lb
LLOGP-25 25lb
LLOGP-35 35lb
LLOGP-45 45lb



500LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET500

455LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET455

400LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET400

355LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET355

300LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET300

255LBS OLYMPIC GRIP WEIGHT PLATE SET

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

LLOGPSET255

RUBBER BUMPER PLATES

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

LLRBP-10 10lb
LLRBP-15 15lb
LLRBP-25 25lb
LLRBP-35 35lb
LLRBP-45 45lb



205LBS RUBBER BUMPER PLATE SET

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

LLRBPSET

260LBS RUBBER BUMPER PLATE SET

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

LLRBPSET260

45LB OLYMPIC BAR WITH COLLARS

- » 86.61" Long with needle bearings for smooth sleeve rotation; for use with 2" center hole weight plates
- » Lift more weight for faster muscle gains
- » Perfect for Olympic weightlifting, cross training or power weightlifting

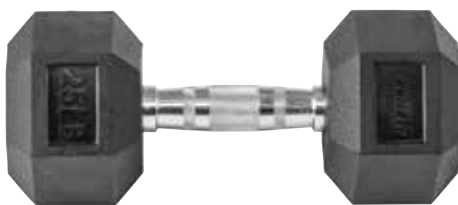
LLOWB-1000



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
LLHRD10 10lb
LLHRD15 15lb
LLHRD20 20lb
LLHRD25 25lb

LLHRD30 30lb
LLHRD35 35lb
LLHRD40 40lb
LLHRD45 45lb
LLHRD50 50lb

LLHRD55 55lb
LLHRD60 60lb
LLHRD65 65lb
LLHRD70 70lb
LLHRD75 75lb

LLHRD80 80lb
LLHRD85 85lb
LLHRD90 90lb
LLHRD100 100lb

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

200LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET200

HEX RUBBER DUMBBELL 3-TIER RACK

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



LLDBRACK3W

150LBS HEX RUBBER DUMBBELL SET WITH A-FRAME RACK

- » Includes: (2)5lb, (2)10lb, (2)15lb, (2)20lb, (2)25lb, and A-Frame Dumbbell Rack

LLHRDRACK150

380LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET380

150LBS HEX RUBBER DUMBBELL SET

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

LLHRDSET150

A-FRAME DUMBBELL RACK

- » Allows vertical dumbbell storage
- » Durable, powder-coated surface
- » Securely hold 5 pairs of dumbbells from 5lbs to 35lbs



LLDBRACKAW

200LBS HEX RUBBER DUMBBELL SET WITH A-FRAME RACK

- » Includes: (2)10lb, (2)15lb, (2)20lb, (2)25lb, (2)30lb, and A-Frame Dumbbell Rack

LLHRDRACK200

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

DUMBBELL CONVERTER SET

Transform Dumbbells into Barbell & Kettlebell with Resistance Training

- » Versatile 2-in-1 conversion
- » Resistance training ready
- » Durable, powder-coated surface
- » Customizable fit



LLDCSW

HEX NEOPRENE DUMBBELLS

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



LLND1 1lb
LLND2 2lb

LLND3 3lb
LLND4 4lb

LLND5 5lb
LLND6 6lb

LLND8 8lb
LLND10 10lb

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		LLKB16	35lb		LLKB28	62lb		LLKB40	88lb	
LLKB8	18lb		LLKB20	44lb		LLKB32	71lb		LLKB44	97lb	
LLKB12	26lb		LLKB24	53lb		LLKB36	80lb				

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	
CO-KWB10	10lb	
CO-KWB15	15lb	
CO-KWB20	20lb	
CO-KWB25	25lb	



USW PLASTIC KETTLEBELL SET

- » 3 kettlebells - 5lb, 10lb, and 15lb
- » Heavy-duty HDPE shell filled with cement
- » Handles are designed to provide plenty of grip room
- » Textured surface for secure handling

F0023



KETTLEBELL STORAGE 2-TIER RACK

- » Heavy-gauge steel for strength and durability
- » 500lb Capacity gym storage rack
- » Safe, sturdy, and versatile kettlebell storage

LLKBSR



FITNESS STORAGE RACK

- » 3 shelves to hold your fitness gear
- » Store everything with hook, sleeve and posts
- » Storage rack can hold up to 440 LBS

LLFSR



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



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

F0056G



USW 43 LB BARBELL WEIGHT SET WITH 55" ADJUSTABLE BAR

- » Includes: 3pc 1" Diameter Bar, (2)Spring Collars, (2)11lb Weights, (2)5.5lb Weights, & (2) 2.75lb 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

F0043G



USW 60LB CURL BAR WEIGHT SET

- » Includes: 2pc 1" Diameter Bar, (2)Spring Collars, (2)11lb Weights, (4)5.5lb Weights, & (2) 2.75lb Weights
- » Ergonomic Curl Bar - knurled for secure grip
- » Versatility - handles on weights allow for multiple exercise options
- » Easy grip - scalloped edges on weight handles for better grip

F0060GCB



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



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



ADJUSTABLE WEIGHT SETS

USW 43LB ADJUSTABLE WEIGHT SET WITH 55" BARBELL, DUMBBELLS, AND KETTLEBELL HANDLE

- » Includes: 55" 3pc Padded Barbell, (2) Dumbbell Bars, (1) Kettlebell Handle, (2) Lock Nuts, (2) 11lb Weights, (2) 5.5lb Weights, (2) 2.75lb Weights and (6) Locking Collars
- » Cushioned bar - easy on hands and neck for lifting and squatting
- » Features an innovative kettlebell handle with two secure nuts
- » The 3-piece barbell screws together securely for dependable use and unscrews easily for compact storage
- » Crafted with sleek grey and black high-density plastic components, this weight set combines durability and style

F0043GMF



USW 54LB ADJUSTABLE WEIGHT SET WITH 55" BARBELL, DUMBBELLS, AND KETTLEBELL HANDLE

- » Includes: 55" 3pc Padded Barbell, (2) Dumbbell Bars, (1) Kettlebell Handle, (2) Lock Nuts, (2) 11lb Weights, (4) 5.5lb Weights, (2) 2.75lb Weights and (6) Locking Collars
- » Cushioned bar - easy on hands and neck for lifting and squatting
- » Features an innovative kettlebell handle with two secure nuts
- » The 3-piece barbell screws together securely for dependable use and unscrews easily for compact storage
- » Crafted with sleek grey and black high-density plastic components, this weight set combines durability and style

F0056GMF



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



THE STEP ADJUSTABLE DUMBBELL SET

- » Includes: (2) 16" Long 1" Diameter Dumbbells 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



USW ADJUSTABLE 42LB DUMBBELL SET WITH SPRING CLIPS

- » Includes: (2) 1/4" Heavy-Gauge Steel Bars, (8) 5lb Weights and (4) Locking Collars
- » Proudly made in the USA - These dumbbells are crafted with precision and balanced weight distribution
- » Knurled handles - designed for a comfortable, firm grip.

F0042DS



ADJUSTABLE WEIGHT SETS

USW 3-PIECE 54" X 1" EXERCISE BARBELL SET

- » Includes: 54" long, 1" Diameter Bar and (2) Spring Collars
- » Our barbell is designed for use with 1" diameter centerhole weights
- » Made of heavy gauge steel for strength with a lightly textured powder coat finish

F0200BB



WEIGHTED ACCESSORIES

SLAM BALL

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

LLSB-6	6lb
LLSB-8	8lb
LLSB-10	10lb
LLSB-15	15lb
LLSB-20	20lb
LLSB-30	30lb



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



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
LLMB4W	4lb
LLMB6W	6lb
LLMB8W	8lb
LLMB10W	10lb



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"

LLMBSET1B



MEDICINE BALL RACK- 5 SPOT

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

LLMBRACK



WEIGHTED ACCESSORIES

WALL BALL

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

LLWB-10	10lb
LLWB-16	16lb
LLWB-20	20lb



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
LLCB-20	20lb
LLCB-30	30lb



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



STRENGTH TRAINING ACCESSORIES

WEIGHTED SPEED ROPE

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

LLWSR-75



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



fitnessforlife™



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"
LLPB-6	6"
LLPB-12	12"
LLPB-18	18"
LLPB-24	24"



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

3-IN-1 FOAM PLYO BOX

- » Heavy, dense foam core softens landings and helps prevent injuries
- » Height adjustable 20", 24", 30"
- » Easy to clean



LLPB3IN1

STACKING FOAM PLYO BOXES SET

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

LLPBSET

3-IN-1 FOAM PLYO BOX

- » Heavy, dense foam core softens landings and helps prevent injuries
- » Height adjustable 16", 20", 24"
- » Easy to clean



LLPB3IN1S

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



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



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



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



REFLEX BALL

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

PER4MRBALL



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"



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"



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"



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



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



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



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



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



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



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



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



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

LLBREB65W 65cm

LLBREB75W 75cm



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



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

LLYM4BW Black



YOGA ACCESSORIES

CORK YOGA BLOCK

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

LLCYBW



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