

RECOMMENDATION DETAIL



HOME ACCESSORY PREMIUM PACK – LIGHT WEIGHT

- > (1) Life Fitness GroupEx Deck
- > (2) Life Fitness Studio Dumbbell, 5LB Each, Urethane, Black/Gray
- > (2) Life Fitness Studio Dumbbell, 10LB Each, Urethane, Black/Gray
- > (1) Life Fitness Studio Kettlebell, 8LB
- > (1) Life Fitness Studio Kettlebell, 15LB
- > (1) Life Fitness Stability Ball, 65CM, Gray
- > (1) Power Band, 41 x 0.25in x 4.5mm Thick, Orange
- > (1) Power Band, 41 x 0.5in x 4.5mm Thick, Red
- > (1) Power Band, 41 x .5in x 6mm Thick, Blue
- > (1) TRX Commercial Suspension Trainer
- > (1) Life Fitness, Fitness Mat, Black
- > (1) Life Fitness Foam Roller 6x36
- > (1) Life Fitness Core Bag, 22LB/10KG
- > (1) Life Fitness Vinyl Jump Rope, 8FT



HOME ACCESSORY PREMIUM PACK – MEDIUM WEIGHT

- > (1) Life Fitness GroupEx Deck
- > (2) Life Fitness Studio Dumbbell, 5LB Each, Urethane, Black/Gray
- > (2) Life Fitness Studio Dumbbell, 15LB Each, Urethane, Black/Gray
- > (1) Life Fitness Studio Kettlebell, 10LB
- > (1) Life Fitness Studio Kettlebell, 18LB
- > (1) Life Fitness Stability Ball, 65CM, Gray
- > (1) Power Band, 41 x 0.25in x 4.5mm Thick, Orange
- > (1) Power Band, 41 x 0.5in x 6mm Thick, Blue
- > (1) Power Band, 41 x 1.25in x 4.5mm Thick, Green
- > (1) TRX Commercial Suspension Trainer
- > (1) Life Fitness, Fitness Mat, Black
- > (1) Life Fitness Foam Roller 6x36
- > (1) Life Fitness Core Bag, 33LB/15KG
- > (1) Life Fitness Vinyl Jump Rope, 9FT, Gray

HOME ACCESSORY PREMIUM PACK – HEAVY WEIGHT

- (1) Life Fitness GroupEx Deck
- (2) Life Fitness Studio Dumbbell, 10LB Each, Urethane, Black/Gray
- (2) Life Fitness Studio Dumbbell, 20LB Each, Urethane, Black/Gray
- (1) Life Fitness Studio Kettlebell, 18LB
- (1) Life Fitness Studio Kettlebell, 35LB
- (1) Life Fitness Stability Ball, 65CM, Gray
- (1) Power Band, 41 x 0.5in x 6mm Thick, Blue
- (1) Power Band, 41 x 1.25in x 4.5mm Thick, Green
- (1) Power Band, 41 x 1.75in x 4.5mm Thick, Black
- (1) TRX Commercial Suspension Trainer
- (1) Life Fitness, Fitness Mat, Black
- (1) Life Fitness Foam Roller 6x36
- (1) Life Fitness Core Bag, 44LB/20KG
- (1) Life Fitness Vinyl Jump Rope, 9FT, Gray

STUDIO COLLECTION DECK (LF-DK-1000)**DECK FEATURES:**

- > Backrest adjusts for upright sitting positions
- > Step height adjusts to either 8" or 14"
- > Grooved top surfaces for better foot stabilization and grip
- > Notches for resistance band training
- > Contains storage under movable backrest

**STUDIO COLLECTION DUMBBELL****DUMBBELL FEATURES:**

- > Dumbbells stay put when set down, but are still round enough to roll away and clear space
- > Molded grip pattern on handle
- > Urethane dumbbells can endure any group training classes without marking up your floors

**STUDIO COLLECTION KETTLEBELL****KETTLEBELL FEATURES:**

- > Patent-pending inverted curvature helps distribute forearm pressure during overhead exercises
- > Extra-thick kettlebell coating protects your equipment and flooring
- > Smooth, easy-to-grip handle
- > Inviting, rounded design and soft curves
- > Color coded for easy identification

**LIFE FITNESS STABILITY BALL**

- > Burst Resistant Rating: 1,250 lbs (567 kg)
- > Non-slip materials that help maintain control and safety during workout on both damp or dry surface
- > Comes with a 90-day warranty
- > Available in:
 - > Red, 55 cm (PS-71053)
 - > Gray, 65 cm (PS-71055)
 - > Blue, 75 cm (PS-71057)



POWER BANDS

- > From speed, agility, and velocity to strength training and rehab, the Power Band offers exercisers the variety, durability and resistance they need for each unique workout.
- > Made to withstand even the toughest athletes under harsh conditions
- > Length: 41" all sizes
- > 90 Day warranty

**TRX DUO TRAINER**

Gymnastic Rings Meet Suspension Training in the new TRX Duo Trainer. TRX partnered with MobilityWOD's Kelly Starrett DPT to develop the Duo Trainer for individuals of all fitness levels to tap into greater levels of strength, mobility and endurance. The TRX Duo Trainer's dual-anchor-point design enables hanging exercises, including pull ups, dips, muscle ups and much more.

- > Comes with the following equipment: TRX Duo Trainer, 2 Infinity Anchors, 2 Mobile Grips and a Mesh Carrying Bag.

**LIFE FITNESS FITNESS MAT (LF-FM)**

- > Soft and durable, our exercise mat offers great design, style and function
- > Mat is perfect for group fitness, core and stretching exercises
- > Includes reinforced rings for easy hanging
- > Available in US only
- > 90 warranty

**LIFE FITNESS FOAM ROLLER (LF-FR-71087)**

- > Made from premium EVA foam, the Life Fitness Foam Roller features a textured surface for outstanding comfort
- > Size: 36" L x 6" Diameter
- > Available in US only



LifeFitness

LIFE FITNESS CORE BAGS

Weight Range: 11LB (Green), 22LB (Orange), 33LB (Red), 44LB (Blue), 55LB (Gray)

Material: Vinyl with nylon straps

Construction: Double-stitched, weighted core, foam encased

The Life Fitness Core Bags are excellent for multifunctional compound strength training and conditioning. Commonly used for front squats, upright row, clean and press, triceps extensions, Russian twists, as well as lunges, squats, and presses in a functional circuit. Core bags have several handles that make them easy to use for a wide variety of exercises.

- > These extremely durable bags are made from vinyl and are securely double stitched to protect the inner contents of the bag.
- > 3 grab handles available. Dual handle on one side and single handle on the other

**LIFE FITNESS JUMP ROPE (LF-JR)**

- > Premium vinyl rope is designed with heavy duty handles and radial ball bearings for smooth gliding movement
- > Available in 4 different lengths to fit a variety of exercisers
- > Available in US only
- > 90 day warranty

