











Code	Product	pris
JL-PUR	<b>Pullup Revolution R6</b> Chest expander cables (set of 3) <ul style="list-style-type: none"> <li>• Three 16 inch cables (60lbs. peak resistance each)</li> <li>• One foot stirrup with patented 3-in-1 cable pocket</li> <li>• One high-density support strap with steel buckle</li> <li>• One bar attachment strap with buckle</li> <li>• One instructional DVD with brochure by fitness expert Jon Hinds</li> <li>• (Extra Cables Same as Chest Expander)</li> </ul>	599:-
JL-PUR-i	<b>Pullup Revolution Pro R8</b> cables (set of 3) <ul style="list-style-type: none"> <li>• One reinforced foot stirrup with patented 3-in-1 cable pocket</li> <li>• Three 16" cables that provide 125 pounds of peak assistance</li> <li>• One high-density bar attachment with steel buckle</li> <li>• One bar adaptor to fit wider diameter pullup bars</li> <li>• One pushup assistance belt</li> <li>• One train-the-trainer DVD featuring fitness expert Jon Hinds</li> <li>• One 24" x 36" full-color wall poster highlighting beginner, intermediate and advanced exercises</li> <li>• (Extra Cables Same as Chest Expander)</li> </ul>	799:-
JLJG-XT	<b>Jungle Gym XT</b> <ul style="list-style-type: none"> <li>• Two Industrial suspension straps (8 feet each)</li> <li>• Two Integrated easy-wipe handles and Easy-In Foot Cradles™</li> <li>• Two comfortable inline adjustment buckles</li> <li>• Two Non-scuff door anchors</li> <li>• Two Strap end adjustors</li> <li>• One Duro-Link™</li> <li>• One Instructional DVD with brochure</li> <li>• One Large, full color workout wall chart</li> </ul>	999:-
JL-JGXT-EXT	<b>Jungle Gym XT Strap Xtenders</b> <ul style="list-style-type: none"> <li>• Two industrial suspension straps (8 feet each)</li> <li>• Two Dupont® Zytel™ cam buckles</li> <li>• Two velcro excess strap-wraps</li> <li>• One instructional brochure</li> </ul>	349:-
JL-JGXT-WM	<b>Jungle Gym XT Wall Anchor</b> (pair of wall mounts) Includes: <ul style="list-style-type: none"> <li>(2) - grey molded wall anchors</li> <li>(4) - grey molded screw caps</li> <li>(8) - TS wall mount wood screws #12 x 2"</li> <li>(8) - #10 flat washers</li> <li>(1) - mounting instructions</li> </ul>	349:-



Code	Product	pris
JL-TGH	Triple Grip Handle (pair)	119:-
JL-XCH	Exchange Handle	99:-
JL-QFH	Quik Fit Handle	79:-
JL-FCB-1E	R1 Resistance Cable - 10 lbs (4.53kg) Teal 	99:-
JL-FCB-2E	R2 Resistance Cable - 20 lbs (9.07kg) Purple 	109:-
JL-FCB-3E	R3 Resistance Cable - 30 lbs (13.60kg) Pink 	119:-
JL-FCB-4E	R4 Resistance Cable - 40 lbs (18.14kg) Magenta 	129:-
JL-FCB-5E	R5 Resistance Cable - 50 lbs (22.67kg) Orange 	139:-
JL-FCB-6E	R6 Resistance Cable - 60 lbs (27.21kg) Red 	149:-
JL-FCB-7E	R7 Resistance Cable - 70 lbs (31.74kg) Yellow 	159:-
JL-FCB-8E	R8 Resistance Cable - 80 lbs (36.27kg) Green 	179:-
JL-FCB-9E	R9 Resistance Cable - 90 lbs (40.81kg) Blue 	189:-
JL-FCB-10E	R10 Resistance Cable - 100 lbs (45.34kg) Black 	199:-
JL-DOOR ANCHOR	Heavy-Duty Door Attachment	79:-
JL-DVD-TNT	TNT Cable System DVD	119:-
JL-DVD-XC	Exchange Handle System DVD	99:-

SELECT YOUR HANDLES

SELECT YOUR CABLES

COMPLETE YOUR KIT



Code	Product	pris
JL-FCX-3	<b>Exchange Handle System</b> R3 Cable <ul style="list-style-type: none"> <li>• One 5 ft. cable (30lbs. peak resistance)</li> <li>• Two exchange handles with hard grip rotators</li> <li>• One door attachment</li> <li>• One instructional DVD featuring fitness expert Jon Hinds</li> <li>• (Use Resistance Fitness Cables)</li> </ul>	249:-
JL-TNTS-4	<b>TNT Cable System</b> R3 Cables x3 <ul style="list-style-type: none"> <li>• Three 5 ft. cables (40lbs. peak resistance each)</li> <li>• Two 3-in-1 ergonomically designed Triple Grip handles</li> <li>• One door attachment</li> <li>• One instructional DVD with brochure by fitness expert Jon Hinds</li> <li>• (Use Resistance Fitness Cables)</li> </ul>	399:-
JL-PG-4	<b>Portable Gym</b> R4 Cable <ul style="list-style-type: none"> <li>• Xchange Handles</li> <li>• White Lifting Bar</li> <li>• Door Attachment</li> <li>• Cardio Belt</li> <li>• Instruction Poster</li> <li>• Portable Gym DVD and Carrying Bag</li> <li>• (Use Premium Fitness Cables 2-FCB-1E through 10E)</li> </ul>	Utgått
JL-TSDI-4	<b>Train Station Door Mount</b> (Includes R3 cables) <ul style="list-style-type: none"> <li>• (2) 2-1/2' R3 plugged Cables for door installation</li> <li>• Exchange Handles,</li> <li>• Ankle Attachment</li> <li>• Cardio Belt</li> <li>• Instr. book &amp; DVD</li> <li>• DBL cam buckle with 2 slotted single cable pockets in retail packaging</li> </ul>	599:-
JL-TSWI-4	<b>Train Station Wall Mount</b> (Includes R4 cables) <ul style="list-style-type: none"> <li>• (2) 2-1/2' R4 plugged Cables</li> <li>• Xchange Handles</li> <li>• Ankle Attachment</li> <li>• Cardio Belt</li> <li>• Instr. book &amp; Retail DVD</li> <li>• DBL cam buckle with 2 single slotted cable pockets</li> <li>• Wood screws for mounting</li> </ul>	649:-
JL-TSI-2E	Train Station Extra Set of 2 Cables - R2 20lbs (9.07kg) Purple	109:-
JL-TSI-3E	Train Station Extra Set of 2 Cables - R3 30lbs ( 13.60 kg) Pink	119:-
JL-TSI-4E	Train Station Extra Set of 2 Cables - R4 40lbs (18.14kg) Magenta	129:-
JL-TSI-5E	Train Station Extra Set of 2 Cables - R5 50lbs ( 22.67kg) Orange	139:-
JL-TSI-6E	Train Station Extra Set of 2 Cables - R6 60lbs (27.21kg) Red	149:-
JL-CX-3	<b>Chest Expander</b> (Includes R3 cables x3) <ul style="list-style-type: none"> <li>• Two chest expander handles</li> <li>• One instructional exercise DVD</li> </ul>	299:-
JL-CX-1E	Extra Set of 3 Cables - R1 10lbs (4.53kg) Teal	99:-
JL-CX-2E	Extra Set of 3 Cables - R2 20lbs (9.07kg) Purple	109:-
JL-CX-3E	Extra Set of 3 Cables - R3 30lbs (13.6kg) Pink	119:-
JL-CX-4E	Extra Set of 3 Cables - R4 40lbs (18.14kg) Magenta	129:-
JL-CX-5E	Extra Set of 3 Cables - R5 50lbs (22.67kg) Orange	139:-
JL-CX-6E	Extra Set of 3 Cables - R6 60lbs (27.21kg) Red	149:-
JL-CX-7E	Extra Set of 3 Cables - R7 70lbs (31.74kg) Yellow	159:-
JL-CX-8E	Extra Set of 3 Cables - R8 80lbs (36.27kg) Blue	169:-
JL-CX-9E	Extra Set of 3 Cables - R9 90lbs (45.34kg) Black	179:-



Code	Product	pris
JL-PCU	<b>Power Up Chin Up</b> <ul style="list-style-type: none"> <li>• Two power up chin-up units with foam grips and instructions</li> <li>• Two wrist cushions</li> <li>• One instruction manual by fitness expert Jon Hinds</li> </ul>	159:-
JL-PPU3-3	<b>Power Pushup</b> (Includes R3 cables x6) <ul style="list-style-type: none"> <li>• (6) 9" resistance cables</li> <li>• (2) cushioned handles with 3-in-1 cable pockets</li> <li>• (1) padded back strap</li> <li>• (4) 3-in-1 cable pockets on strap</li> <li>• (1) instruction manual and DVD by fitness expert Jon Hinds</li> </ul>	349:-
JL-PPU2-2E	Extra Set of 6 Cables - R2 20lbs (9.07kg) Purple	119:-
JL-PPU2-3E	Extra Set of 6 Cables - R3 30lbs (13.6kg) Pink	129:-
JL-PPU2-4E	Extra Set of 6 Cables - R4 40lbs (18.14kg) Megenta	139:-
JL-PPU2-6E	Extra Set of 6 Cables - R6 60lbs (27.21kg) Red	169:-
JL-PPU2-8E	Extra Set of 6 Cables - R8 80lbs (36.27kg) Blue	199:-
JL-PW-2C	<b>Power Wheel</b> <ul style="list-style-type: none"> <li>• One heavy-duty wheel with adjustable toe/heel fasteners</li> <li>• One instruction DVD for advanced workouts by fitness expert Jon Hinds</li> </ul>	699:-
JL-VJ-4	<b>R4 Vertical Jumper</b> <ul style="list-style-type: none"> <li>• Six 12 inch cables (60lbs. peak resistance each)</li> <li>• One adjustable belt with two 3-in-1 cable pockets</li> <li>• Two foot stirrups with 3-in-1 cable pockets</li> <li>• One instructional brochure</li> </ul>	799:-
JL-VJ-6	<b>R6 Vertical Jumper</b> <ul style="list-style-type: none"> <li>• Six 12 inch cables (60lbs. peak resistance each)</li> <li>• One adjustable belt with two 3-in-1 cable pockets</li> <li>• Two foot stirrups with 3-in-1 cable pockets</li> <li>• One instructional brochure</li> </ul>	849:-
JL-VJ-4E	Extra Set of Cables - R4 40lbs (18.14kg) Magenta	Utgått
JL-VJ-6E	Extra Set of Cables - R6 60lbs (27.21kg) Red	Utgått
JL-PPJ-4	<b>Portable Power Jumper</b> (Includes R3 cables x2) <ul style="list-style-type: none"> <li>• Two 5 ft. cables (40lbs. peak resistance each) with padding</li> <li>• Two foot stirrups with 3-in-1 cable pockets</li> <li>• One instructional DVD with brochure by fitness expert Jon Hinds</li> </ul>	579:-
JL-PPJ-4E	Extra Cable with Foam - R4 40 lbs (18.14kg) Magenta	199:-
JL-PPJ-6E	Extra Cable with Foam - R6 60lbs (27.21kg) Red	229:-
JL-PPJ-8E	Extra Cable with Foam - R8 80 lbs (36.27kg) Blue	259:-



Code	Product	pris
JL-WSR-H	<b>Heavy Weighted Speed Rope</b> 0.75lbs (340g) Red • One 10 ft. Heavy or Extra-Heavy Weighted Speed Rope • Two high-tech, ball bearing handles • New book	199:-
JL-WSR-X	<b>Extra-Heavy weighted Speed Rope</b> 1.25lbs (567g) Black • One 10 ft. Heavy or Extra-Heavy Weighted Speed Rope • Two high-tech, ball bearing handles • New book	249:-
JL-PJR-S	<b>Power Jump Rope</b> Beaded Plastic Black and White • One 9' 6" beaded Power Rope • Two foam cushioned handles • Your Guide to Jump Rope Fitness workout book by Bobby Hinds	139:-
<b>C-Bands</b>		
	• One 12.5' circular resistance cable • Four foam cushioned grips • One door attachment • One instruction DVD by fitness expert Jon Hinds	
JL-CB-3	R3 C-Band 30lbs (13.6kg) Pink	369:-
JL-CB-5	R5 C-Band 50lbs (22.67kg) Orange	379:-
JL-CB-7	R7 C-Band 70lbs (31.74kg) Yellow	399:-
<b>Monster Walk</b>		
	• One 30 inch cable ring • Two soft ankle cushions • One instructional DVD with brochure by fitness expert Jon Hinds	
JL-LR3-3	R3 Monster Walk 30lbs (13.6kg) Pink	159:-
JL-LR3-4	R4 Monster Walk 40lbs (18.14kg) Magenta	179:-
JL-LR3-5	R5 Monster Walk 50lbs (22.67kg) Orange	199:-
JL-LR2-4	<b>Lateral Resistor 2</b> (Includes R4 cables x3) • Three 9 inch cables (40lbs. peak resistance each) • Two ankle cuffs with 3-in-1 cable pockets • One instructional brochure	199:-
JL-LR2-3E	Extra Set of 3 Cables - R3 30lbs (13.6kg) Pink	119:-
JL-LR2-4E	Extra Set of 3 Cables - R4 40lbs (18.14kg) Magenta	129:-
JL-LR2-5E	Extra Set of 3 Cables - R5 50lbs (22.67kg) Orange	139:-
JL-LR2-6E	Extra Set of 3 Cables - R6 60lbs (27.21kg) Red	149:-
JL-SKW-SR	<b>Power Walk</b> Silver 6lb (4.7kg) • Two 2' silver resistance cables • Two powerwalk™ pro handles • Two foot straps • One instruction manual and DVD	349:-
JL-SKW-SE	Extra Set of 2 Cables - Silver 6lb (4.7kg)	79:-
JL-SKW-GE	Extra Set of 2 Cables - Gold 10lb (4.5kg)	99:-



Code	Product	pris
JL-ESP-1	<b>Econo Shoulder Pulley - Standard</b> <ul style="list-style-type: none"> <li>• Saddle Handles</li> <li>• Door Attachment</li> <li>• Instructions</li> </ul>	99:-
JL-ESP-4	<b>Econo Shoulder Pulley - Deluxe</b> <ul style="list-style-type: none"> <li>• Metal Door Bracket</li> <li>• Assist Attachment</li> <li>• Saddle Handles</li> <li>• Door Attachment</li> <li>• Instructions</li> </ul>	119:-
JL-SPS-1	<b>Multi-Use Shoulder Pulley - Standard</b> <ul style="list-style-type: none"> <li>• One 7 ft. braided nylon cord with smooth action pulley</li> <li>• Two soft cushion rotator handles for added comfort</li> <li>• Two patented grip-all ball equipped handles for rope length adjustment</li> <li>• One door attachment</li> <li>• One instructional brochure</li> </ul>	139:-
JL-SPS-4	<b>Multi-Use Shoulder Pulley - Deluxe</b> <ul style="list-style-type: none"> <li>• Includes all of the contents in the standard pack above</li> <li>• One foam cushion assistive grip</li> <li>• One metal door bracket</li> </ul>	159:-
JL-PP-1	<b>Power Punch</b> <ul style="list-style-type: none"> <li>• Power Push-up 2 belt</li> <li>• 1 set of Power Walk handles</li> <li>• 2 each 30" cable plugged both ends</li> <li>• R3 and R4</li> <li>• 2 slotted tubes with DA</li> </ul>	utgått
JL-PP-2E	Extra Set of 2 Cables - R2 20lbs (9.07kg) Purple	Utgått
JL-PP-3E	Extra Set of 2 Cables - R3 30lbs (13.6kg) Pink	Utgått
JL-PP-4E	Extra Set of 2 Cables - R4 40lbs (18.14kg) Magenta	Utgått
JL-PP-5E	Extra Set of 2 Cables - R5 50lbs (22.67kg) Orange	Utgått
JL-PP-6E	Extra Set of 2 Cables - R6 60lbs (27.21kg) Red	utgått
JL-PP-7E	Extra Set of 2 Cables - R7 70lbs (31.74kg) Yellow	Utgått
	<b>Power Sprinter</b> <ul style="list-style-type: none"> <li>• Two 8 ft. cables</li> <li>• Four adjustable ankle and elbow cuffs</li> <li>• One add-on attachment for partner or sled</li> <li>• One instructional brochure</li> </ul>	Utgått
JL-PS-4	R4 Power Sprinter	utgått
JL-PS-7	R7 Power Sprinter	utgått
JL-PS-10	R10 Power Sprinter	utgått
JL-SAB-1	Shape Aerobic - Lite Band	utgått
JL-SAB-2	Shape Aerobic - Medium Band	utgått
JL-SAB-3	Shape Aerobic - Heavy Band	utgått
JL-SAB-4	Shape Aerobic - Extra-Heavy Band	utgått

