



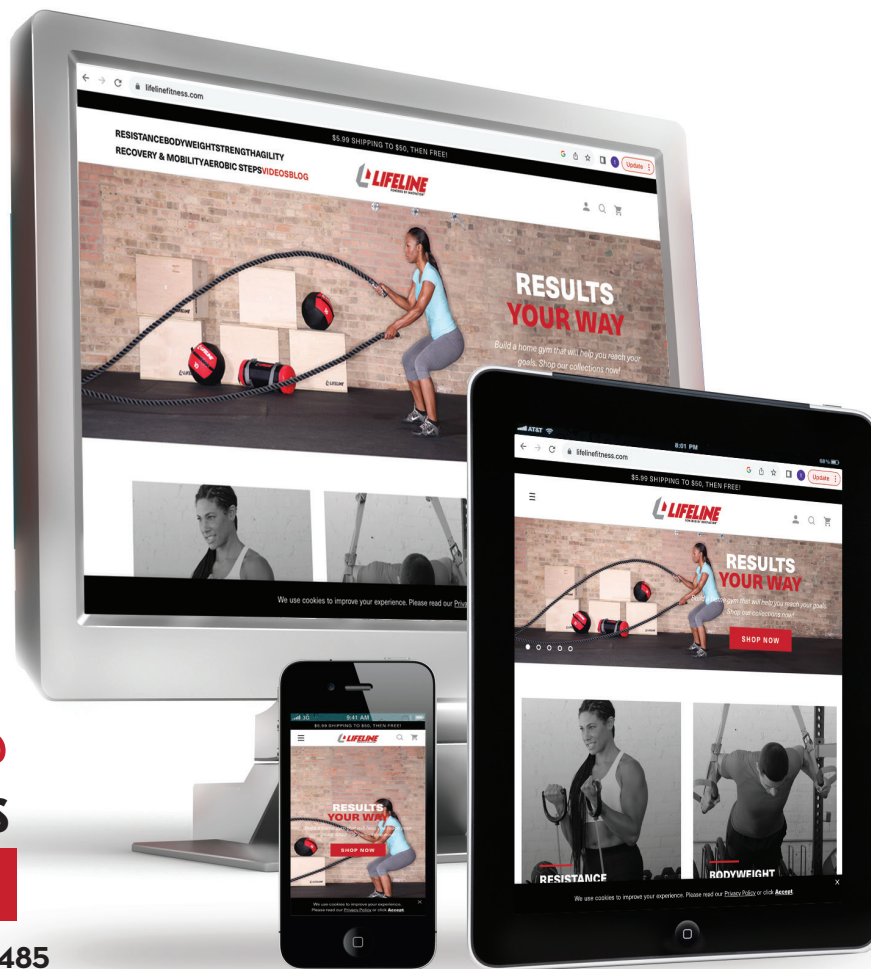
NOW FROM LIFELINE

**JUNGLE
GYM XT**

**VIDEO INSTRUCTIONS @
LIFELINEFITNESS.COM/VIDEO-DRILLS**

TAKE YOUR TRAINING ANYWHERE!

QUESTIONS OR PROBLEMS, CALL US 888-467-4485



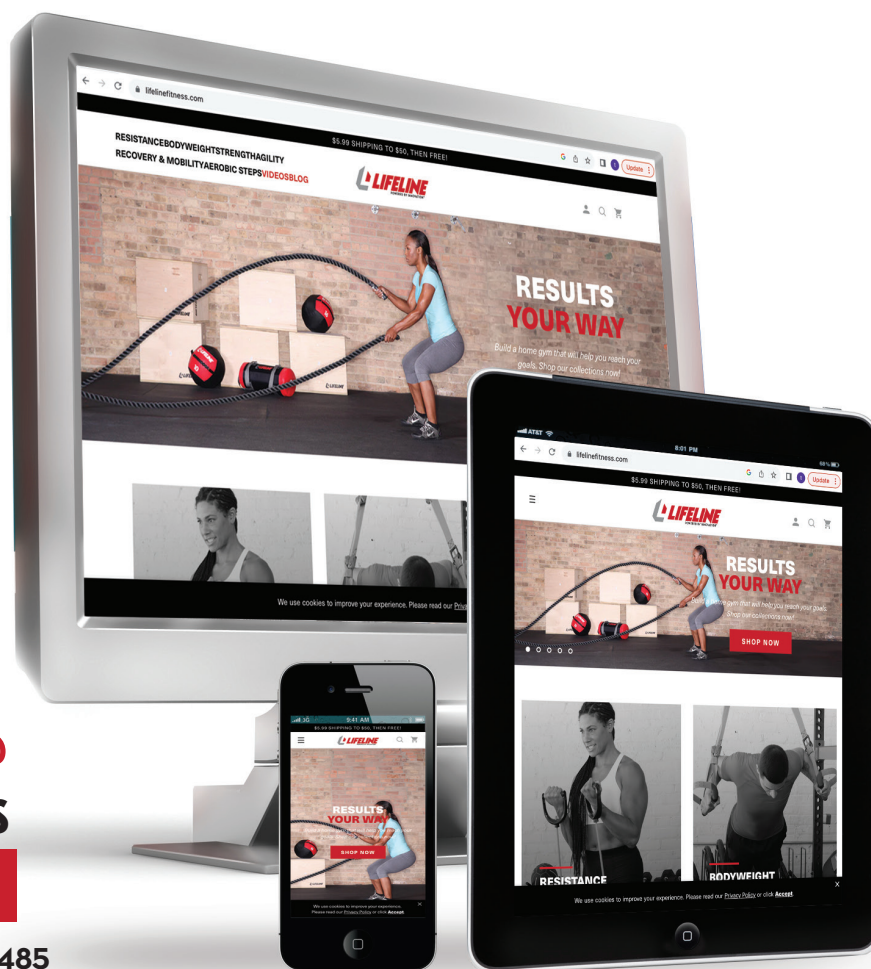
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WATCH INSTRUCTIONAL VIDEOS ONLINE FROM ANYWHERE-
COMPUTER, TABLET AND PHONE. THESE WORKOUTS WILL
CHALLENGE YOU AND SCULPT YOUR MUSCLES.

LIFELINE IS POWERED BY INNOVATION - HOW WE TRAIN IS CHANGING AND
LIFELINE IS THE INDUSTRY LEADER FOR FUNCTIONAL TRAINING. LIFELINE
IS EVOLVING OUR TRAINING WITH THE CHANGING OF TECHNOLOGIES...
WE ARE MAKING OUR TRAININGS AVAILABLE TO YOU WHEREVER YOU
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LLJGXT - Jungle Gym XT



JUNGLE GYM XT

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WARNING: READ BEFORE USE!

LIFELINE JUNGLE GYM XT

1. This is not a toy. Always keep away from children.
2. Using this product for unusual exercise or using it for purposes other than for which it is intended will increase the possibility of product failure and could cause injury or death.
3. Face the side of your sturdy, three-hinged door that opens away from you. This is the strongest way to anchor to a door. Never use on the side of your door that opens towards you.
4. Read and follow Installation instructions prior to every use.
5. Inspect for damage before each use. Do not use if damaged including: cracks, tears, discoloration or other unusual signs of wear on any part of the Jungle Gym XT. Never use a damaged product.
6. Never perform hanging exercises more than 12 inches above the ground. Always place a mat beneath you.
7. A spotter is recommended for every exercise performed with the Jungle Gym XT.
8. Never hang upside down on the Jungle Gym XT.
9. Before beginning any exercise program consult with your doctor. Escalade Sports assumes no responsibility for personal injury, accidents or damage of any kind that may occur with use of this product.



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INSTALLATION OPTIONS

Door installation

1. Face the side of your sturdy, three-hinged door that opens away from you. This is the strongest way to anchor to a door. Never use on the side of your door that opens towards you.
2. Open door and place the oval-shaped, non-scuff door anchors over the door and space them about shoulder width apart.
3. Close and lock the door.
4. Test anchors by getting into a low and wide stance and giving the straps a controlled and firm tug. There should be no movement of the Jungle Gym XT or door.

Hanging installation

1. Connect both halves of your Jungle Gym XT with the included Duro-Link by pushing one door anchor through each loop in the Duro-Link.
2. Throw one handle over a secure mounting object, such as a tree limb or unfinished ceiling beam.
3. Pull the suspension straps to center the Duro-Link on top of the mounting object.

Note: A secure mounting object should be able to hold 3X the peak force you anticipate placing on the Jungle Gym XT.

4. Adjust handles/foot cuffs to desired length.
5. Test the anchor point by getting into a low and wide stance and giving the straps a controlled and firm tug. There should be no movement of the Jungle Gym XT or anchor point.

Cinch installation

1. Maximize the length of your Jungle Gym XT suspension straps by depressing the cam buckle and pulling the straps.
2. Throw the door anchors over the top of your anchor point(s) so they are in reach.
3. Push the handle through the loop sewn directly under the door anchor and pull the handle. The loop will slide up the suspension strap and cinch on the anchor point. Repeat for the other side. Reverse to remove.
4. Adjust and always test the anchor point as described above.



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BASIC WAYS TO USE THE JUNGLE GYM XT

There are two basic ways you can use the Jungle Gym XT to build strength using your own body weight as resistance.

1. PULLING USE

Pulling exercises are a great way to work the muscles on the backside of your body. When facing the anchor point of the Jungle Gym XT, you are doing pulling exercises. The Jungle Gym XT allows you to control the amount of body weight that you are using and the difficulty of the movement.

2. PUSHING USE

Pushing exercises are a great way to work the muscles on the front of your body. By combining pulling and pushing exercises into your Jungle Gym XT routine, you will ensure a great full-body workout. When facing away from your anchor point, you are doing a pushing exercise. A simple way to think of pushing exercises is to think of push-ups. Just like the pulling exercises, the Jungle Gym XT allows you to control the amount of body weight you are pushing or lifting.

The same principals and adjustment settings covered in the "PULLING" section may be applied here.

THERE ARE THREE BASIC WAYS TO CONTROL THIS: ANGLE, STANCE AND WIDTH.

Angle

As the distance between your body and the ground decreases, the difficulty of the exercise increases. This is accomplished by lengthening or shortening the system. A good way to measure and gradually increase the difficulty you use is to measure the handle position on your body. Stand directly under your anchor point so the handles hang in front of you. Align the handles with different reference features of your body. In general, the lower the handles, the harder the exercise. Your shoulders, hips and knees are good examples of reference features.

Stance

In addition to changing your workout angle, you may also increase or decrease the challenge of your workout by changing your stance. In general, as instability in your body position increases, so does the difficulty of the exercise. The Jungle Gym XT delivers instability and free range of motion—you will quickly understand what this means and why it's so effective for muscle and strength development.

Width

Do 3X as many exercises by adjusting the width of the Jungle Gym XT. Performing the same movement from each of the three anchoring zones works different muscles because the direction of the force on your body changes!



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