



# PWR PLAY

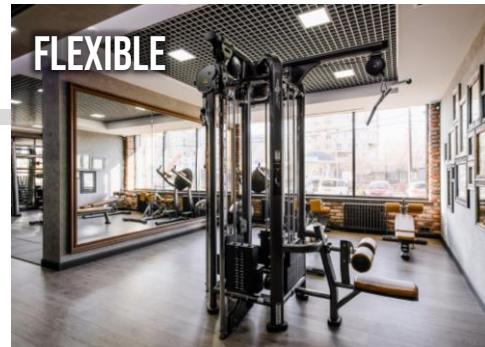
## THE PRODUCT

Life Fitness PWR Play® is a flexible and configurable solution for strength and functional training, designed to meet the needs of both individual and group workouts. It can be tailored for traditional cable training, functional and bodyweight exercises, or a combination of both.

With 18 different stations, including optional storage solutions, PWR Play enables facilities to create versatile, customized solutions for multiple environments and exercisers.

## THE FEATURES

- **Custom Configurable** to create the perfect setup for your space and goals
- **Functional Training** stations to take you beyond cable training
- **Space Efficient** and ready to be optimized to fit any environment
- **Cable Motion™ Technology** ensures each rep feels smooth and controlled
- **Intuitive Increment Weight Adjustments** for fine-tuning the weight
- **Directional Resistance** provides continuous tension throughout your repetition range of motion.



# FREEDOM TO **TRAIN.** FREEDOM TO **CREATE.**

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Whether you're dealing with a confined area or abundant space, PWR Play is adaptable to meet your needs. It achieves this flexibility by enabling you to connect Cores in numerous configurations and orientations.



**18 STATIONS  
TO CHOOSE FROM.**

**ENDLESS  
POSSIBILITIES.**

# HOW TO CREATE



## STEP 1 START WITH A CORE

The first step in creating your PWR Play system is understanding the Core. Each Core serves as the foundation and can connect up to four training stations, providing a solid base to begin building their training setup.



Core  
LPP-CORE

## STEP 2 CONNECT YOUR CORES

For expanded possibilities, you can easily connect your initial Core to additional Cores using a Crossover or Storage Connector, allowing for even more station options. You can connect your Cores going in any of the four directions and there's no limit to how many you can connect—that simply depends on your space and your training needs.

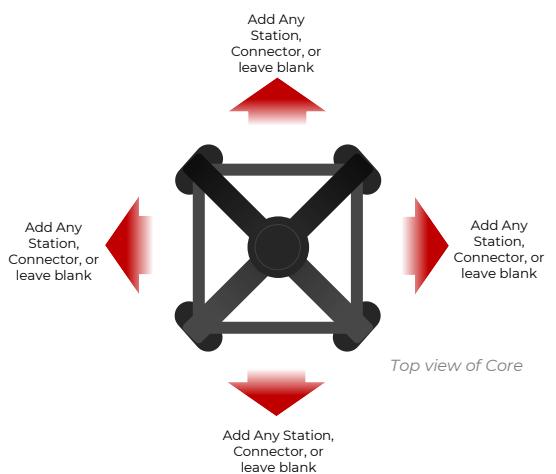


Core Connector –  
Accessory Storage  
LPP-SX

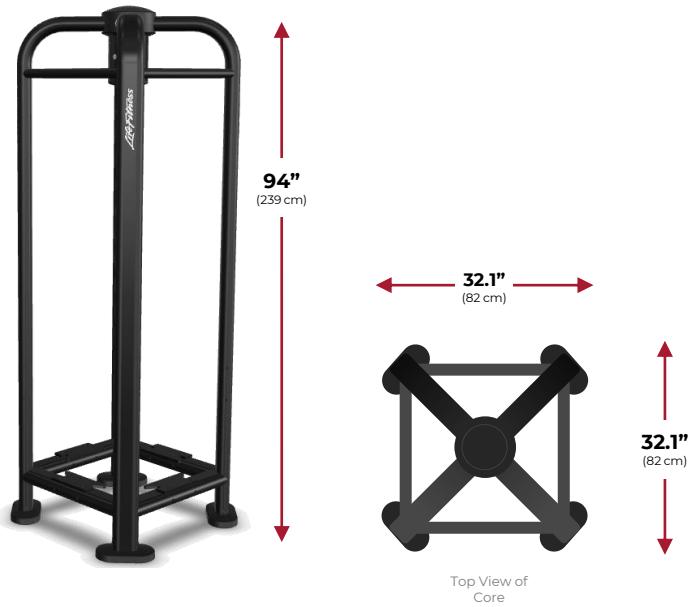
Core Connector –  
Adjustable Cable Crossover  
LPP-CX

## STEP 3 ADD YOUR STATIONS

The final step in building your PWR Play system is adding your stations. After setting up the Core and any necessary Connectors, you can choose from a variety of Training Stations to complete your system. Each station is designed to seamlessly integrate with the Core, offering a variety of training possibilities while maximizing space efficiency.



# CORE STATIONS



## CORE LPP-CORE

- Central connection point for PWR Play.
- Can add up to 4 different stations per Core.
- Connect unlimited Cores with Core Connectors.
- Rubber slipper covers help provide protection and hide hardware.



## CORE CONNECTOR - ACCESSORY STORAGE

LPP-SX

- Connects 2 Cores
- Med Ball / Slam Ball specific storage
- Flat, rubber over molded storage trays
- Recommended accessories: Kettlebells, Slam Balls, Med Balls



## CORE CONNECTOR - ADJUSTABLE CABLE CROSSOVER

LPP-CX

- Connects 2 Cores
- Carriage swivels 175 degrees
- Cable at 2:1 ratio
- Carriage adjusts from 7 to 76 inches (18 to 193 cm) above the floor
- 4 chin handle positions
- Includes: 2 shorts handles & 1 ankle strap
- Optional: Adj Cable Handle Storage



Adj Cable Handle Storage



EXPLORE

# PWR PLAY STATIONS

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## PWR STATIONS

PWR Play includes 6 PWR stations designed for unique, advanced cable training. These stations offer dynamic resistance options that allow for a wide range of exercises, challenging users with more complex movements. Built for versatility and performance, they target multiple muscle groups and enhance overall strength, balance, and coordination.

## PLAY STATIONS

PWR Play includes 6 Play stations designed for bodyweight and functional training. These stations offer a variety of exercises that help build strength, flexibility, and stability. Perfect for functional fitness, they allow users to engage in dynamic, full-body workouts that enhance overall performance and endurance, providing a versatile solution for comprehensive training.

## TRADITIONAL STATIONS

PWR Play include 6 Traditional cable stations designed specifically for heavy cable training. These stations are built to provide a powerful, effective workout by delivering smooth and consistent resistance. The Traditional cable stations offer a range of exercises targeting various muscle groups, giving users what they need to build strength and achieve their goals.

# TRADITIONAL STATIONS



**ROW**  
LPP-RW

- For performing standard rows
- 1:1 cable ratio for max resistance
- Angled foot platforms for bracing/stability
- Includes: light-weight row handle



**PULLDOWN**  
LPP-PD

- For performing standard lat pulldowns
- 1:1 cable ratio for max resistance
- Adjustable knee hold down pads
- Swivel pulley for exercise variety
- Includes standard lat bar



**TRICEPS PUSHDOWN**  
LPP-TP

- For performing triceps pushdowns
- 1:1 cable ratio for max resistance
- Swivel pulley for exercise variety
- Includes standard triceps rope



**ADJUSTABLE CABLE CROSSOVER - ATTACHED**

LPP-CC

- 2:1 cable ratio
- Carriage swivels 175°
- Adjusts from 7" to 76" (18 to 193 cm) from floor
- 4 chin-up handle positions
- Includes: 2 short handles & 1 ankle strap
- Optional: Adj Cable Handle Storage



**STATION PANEL**  
LPP-PA

- Fills open sides of the Core for a clean consistent aesthetic



**ADJUSTABLE 2:1 CABLE**  
LPP-AC

- 2:1 cable ratio
- Carriage swivels 175°
- Adjusts from 7" to 76" (18 to 193 cm) from floor
- Includes 1 long handle & 1 ankle strap
- Optional: Adj Cable Handle Storage



Adj Cable Handle Storage

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Adj Cable Handle Storage

# PWR STATIONS



## DUAL CABLE ROW

LPP-DR

- 2 swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Angled foot platforms for bracing/stability
- Includes 2 short handles & 1 light-weight row handle



## DUAL CABLE PULLDOWN

LPP-DP

- 2 overhead swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Adjustable knee hold down pads accommodates different size users
- Comes with lat bar storage
- Includes: 2 short handles & 1 lat bar



## ASSIST DIP / CHIN

LPP-AD

- Folding foot support that allows for assisted or unassisted dips & chin-ups
- 3 chin-up hand positions
- Elevate weight stack provides easy access



## DUAL CABLE HIGH

LPP-DH

- 4:1 cable handle ratio for dynamic downward movements
- Stability pad for optional support
- Handle pulleys rotate 360° for unlimited range of motion
- Includes 2 adjustable length handles



## DUAL CABLE LOW

LPP-DL

- 4:1 cable handle ratio for dynamic upward movements
- Stability pad for optional support
- Handle pulleys rotate 360° for unlimited range of motion
- Includes 2 adjustable length handles



## ADJUSTABLE 4:1 DYNAMIC CABLE

LPP-AD

- 4:1 cable ratio for dynamic movements
- Carriage swivels 175°
- Adjusts from 7" to 76" (18 to 193 cm) from floor
- Includes 1 short handle, 1 long handle & 1 ankle strap
- Optional: Adj. Cable Handle Storage



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Adj Cable Handle Storage

# PLAY STATIONS



## ROPE PULL

LPP-RP

- Overhead infinity rope with 5 resistance settings
- Mid & low redirect pulleys provide multiple pulling angles



## POWER PIVOT

LPP-PP

- Used for rotational power
- Includes storage for weight plates and PWR Play pivot bar
- Includes: PWR Play Pivot bar (1/2 the weight of Olympic Bar)



## POWER PIVOT / ROPE PULL

LPP-PR

- Combines the Rope Pull & Power Pivot into a single station.



## STALL BARS

LPP-SB

- Used for bodyweight training, anchoring bands and stretching
- Offset pull-up bar for suspension training
- 8" (20 cm) rung spacing



## PUNCHING BAG ANCHOR

LPP-BA

- Rated for a 100 lb / 50 kg Heavy Bag
  - Heavy Bag not included
- Storage for gloves and heavy bag when not in use
- Features Bodyweight Trainer anchor and Battle Rope anchor points



## VERSA

LPP-VS

- Integrated accessory storage for Elastic Bands, Med Balls, Kettlebells and more
- 5 U-Links for attaching & adjusting:
  - Step Platform (LPP-ST)
  - Dip Handle (LPP-DI)
  - Elastic bands
- Optional: Step or Dip



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Step Attachment

Dip Attachment

# MISC. STATIONS



## ADJUSTABLE CABLE CROSSBAR

LPP-CB

- Connects Adj Cable stations. (LPP-AC, LPP-AD)
- Multiple hand position & widths
- Texture Charcoal Gray paint for improved grip & wear resistance for bodyweight trainers
- 3.125" (79mm) textured ball grips
- Available in 4 lengths (S-M-L-XL):  
81.5", 93.5", 105.5", 108.2"  
(187, 237, 268, 275 cm)



## ADJUSTABLE CABLE HANDLE STORAGE

LPP-HR

- Works with:
  - Adj Cables (LPP-AC & LPP-AD)
  - Adj Cable Crossovers (LPP-CC & LPP-CX)
- Flat rubber over molded storage shelf
- 6 chrome plated hooks for handle storage



## DIP

LPP-DI

- 1.5" diameter rubber handles.
- 300 lb (136 kg) user rating
- Use with the Versa station only



## STEP

LPP-ST

- 300 lb (136 kg) user rating
- 400 lb (182 kg) load rating
- Use with the Versa station only

	MODEL	DIMENSIONS (L x W x H)	LIVE AREA (L x W x H)	WEIGHT	WEIGHT STACK	EFFECTIVE RESISTANCE per handle	CABLE RATIO
CORE	<b>CORE</b> LPP-CORE	32.1 x 32.1 x 94 in (82 x 82 x 239 cm)	225 lbs (102.1 kg)			-	
	<b>CORE CONNECTOR - ACCESSORY STORAGE</b> LPP-SX	37 x 11.7 x 83.6 in (94 x 30 x 212 cm)	37 x 60 x 96 in (94 x 152 x 244 cm)	600 lbs (272 kg)		-	
	<b>CORE CONNECTOR - ADJUSTABLE CABLE CROSSOVER</b> LPP-CX	119 x 22.9 x 93.9 in (302 x 58 x 239 cm)	116.2 x 129 x 113 in (295 x 328 x 287 cm)	600 lbs (272 kg)	2x 197.5 lbs (92.5 kg)	2x 98.75 lbs (46.25 kg)	2:1
CABLE	<b>ADJUSTABLE CABLE CROSSOVER</b> LPP-CC	143.3 x 28.5 x 94 in (364 x 72 x 239 cm)	114.5 x 129 x 113 in (291 x 328 x 287 cm)	720 lbs (327 kg)	2x 197.5 lbs (92.5 kg)	2x 98.75 lbs (46.25 kg)	2:1
	<b>ADJUSTABLE 2:1 CABLE</b> LPP-AC	19.8 x 14.3 x 92 in (50.3 x 36 x 234 cm)	102 x 69 x 92 in (259 x 175 x 234 cm)	260 lbs (118 kg)	197.5 lbs (92.5 kg)	98.75 lbs (46.25 kg)	2:1
	<b>ADJUSTABLE 4:1 DYNAMIC CABLE</b> LPP-AD	19.8 x 14.3 x 92 in (50.3 x 36 x 234 cm)	102 x 69 x 92 in (259 x 175 x 234 cm)	460 lbs (209 kg)	392.5 lbs (183.5 kg)	98.125 lbs (45.875 kg)	4:1
DUAL CABLE	<b>DUAL CABLE ROW</b> LPP-DR	73 x 26.6 x 92 in (185 x 68 x 234 cm)	97 x 69 x 92 in (245 x 175 x 234 cm)	360 lbs (163 kg)	257.5 lbs (120.5 kg)	128.75 lbs (60.25 kg)	2:1
	<b>DUAL CABLE PULLDOWN</b> LPP-DP	35.9 x 47.6 x 92.7 in (91 x 121 x 234 cm)	60 x 84 x 92.7 in (152 x 213 x 235 cm)	340 lbs (154 kg)	257.5 lbs (120.5 kg)	128.75 lbs (60.25 kg)	2:1
	<b>DUAL CABLE HIGH</b> LPP-DH	18.1 x 50 x 92 in (46 x 127 x 234 cm)	108 x 168 x 92 in (274 x 426 x 234 cm)	430 lbs (195 kg)	302.5 lbs (141.5 kg)	75.625 lbs (35.375 kg)	4:1
	<b>DUAL CABLE LOW</b> LPP-DL	20 x 50 x 92 in (51 x 127 x 234 cm)	108 x 168 x 92 in (274 x 426 x 234 cm)	435 lbs (197 kg)	302.5 lbs (141.5 kg)	75.625 lbs (35.375 kg)	4:1
TRADITIONAL	<b>ROW</b> LPP-RW	73 x 26.6 x 92 in (185 x 68 x 234 cm)	97 x 69 x 92 in (245 x 175 x 234 cm)	360 lbs (163 kg)	257.5 lbs (120.5 kg)	257.5 lbs (120.5 kg)	1:1
	<b>PULLDOWN</b> LPP-PD	35.9 x 54 x 92 (91 x 137 x 234 cm)	60 x 84 x 92 in (152 x 213 x 234 cm)	340 lbs (154 kg)	257.5 lbs (120.5 kg)	257.5 lbs (120.5 kg)	1:1
	<b>TRICEPS PUSHDOWN</b> LPP-TP	20.1 x 14.3 x 92 in (51 x 36 x 234 cm)	48 x 36 x 92 in (122 x 91 x 234 cm)	225 lbs (102 kg)	197.5 lbs (92.5 kg)	197.5 lbs (92.5 kg)	1:1
	<b>ASSIST DIP / CHIN</b> LPP-DC	44.7 x 46.5 x 97.8 in (113 x 118 x 248 cm)	69 x 70.5 x 113 in (175 x 178 x 287 cm)	610 lbs (278 kg)	257.5 lbs (120.5 kg)	125.5 lbs (62.75 kg)	-
	<b>STATION PANEL</b> LPP-PA	23.25 W x 72 H in 59 W x 180 H cm	-	13 lbs (6 kg)		-	
	<b>PUNCHING BAG ANCHOR</b> LPP-BA	34.4 x 26.6 x 98.5 in (87 x 68 x 250 cm)	108 x 108 x 98.5 in (274 x 274 x 250 cm)	70 lbs (32 kg)	Does not include Heavy Bag		
FUNCTIONAL	<b>ROPE PULL</b> LPP-RP	20 x 26.6 x 95.8 in (51 x 68 x 243 cm)	108 x 108 x 95.8 in (274 x 274 x 243 cm)	100 lbs (45 kg)	-		
	<b>POWER PIVOT</b> LPP-PP	20.4 x 39 x 86.6 in (52 x 99 x 220 cm)	108 x 108 x 86.6 in (274 x 274 x 220 cm)	80 lbs (36 kg)	Includes PWR Play Olympic Bar Does not include Olympic Plates		
	<b>POWER PIVOT / ROPE PULL</b> LPP-PR	20.4 x 39 x 95.8 in (52 x 99 x 243 cm)	108 x 108 x 95.8 in (274 x 274 x 243 cm)	180 lbs (81 kg)	Includes PWR Play Olympic Bar Does not include Olympic Plates		
	<b>STALL BARS</b> LPP-SB	10.6 x 42 x 97.4 in (27 x 107 x 247 cm)	108 x 108 x 97.4 in (274 x 274 x 247 cm)	340 lbs (154 kg)	-		
	<b>VERSA</b> LPP-VA	25.6 x 14.5 x 92.6 in (65 x 37 x 235 cm)	108 x 108 x 92.6 in (274 x 274 x 235 cm)	189 lbs (85 kg)	-		
MISC	<b>DIP</b> LPP-DI	35 x 28 in (88 x 70cm)	-	27 lbs (12 kg)	For use on Versa		
	<b>STEP</b> LPP-ST	34 x 22 in (86 x 56cm)	-	50 lbs (23 kg)	For use on Versa		
	<b>ADJUSTABLE CABLE CROSSBAR</b> LPP-CB	Available in 4 sizes. See page 8.	-	56, 60, 64, 65 lbs (25, 27, 29, 30 kg)	For connecting Adjustable Cable (LPP-AC / LPP-AD) Offered in 4 lengths: Short, Med, Long, XL		
	<b>ADJUSTABLE CABLE HANDLE STORAGE</b> LPP-HR	26.5 x 8.5 x 7 in (67 x 22 x 18 cm)	33 x 33 x 7 in (84 x 84 x 18 cm)	31 lbs (14 kg)	For use on Adjustable Cable Stations (LPP-AC / LPP-AD / LPP-CC / LPP-CX)		

All units with weight stacks have an optional front shroud (except the Assist Dip Chin).

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