

ADVERTISEMENT FOR BIDS

Bids will be received by the State of Louisiana by the Purchasing Department of The University of Louisiana at Monroe, via email to purchasing@ulm.edu, or delivered to Purchasing Department of The University of Louisiana at Monroe, Coenen Hall, Room 140, 4014 LaSalle Street, Monroe, LA 71209, until 2:00 P.M., December 2, 2020, for the following:

Bid #50006-075 – Weight Room Equipment

Bids must be submitted on the form(s) enclosed in the bid, and in strict conformity with the intent of same without modifications. Bids must be signed in ink, dated, and title of person signing bid must be shown on bid.

Complete Bidding Documents may be obtained via email to moravek@ulm.edu, or the State of Louisiana LaPac page: <https://wwwcfprd.doa.louisiana.gov/osp/lapac/pubmain.cfm> by using Bid No. 50006-075.

No bid may be withdrawn for a period of thirty (30) days after receipt of bids.

The Owner reserves the right to reject any and all bids and to waive any informalities incidental thereto.

The University of Louisiana at Monroe adheres to the equal opportunity provisions of federal civil rights laws and regulations.



THE UNIVERSITY OF LOUISIANA AT MONROE
INVITATION TO BID ONLY

ISSUE DATE:
October 16, 2020

Date and Time by Which
Quotation Must be Returned:
December 2, 2020
2:00 p.m. CT

for Department:
Recreation Services

TO THE VENDOR:

To be returned on or before date specified above to:

THE UNIVERSITY OF LOUISIANA AT MONROE
PURCHASING DEPARTMENT
4014 LASALLE ST, COENEN BLDG. 140
MONROE, LOUISIANA 71209-2250

NOTE: THE UNIVERSITY RESERVE THE RIGHT TO
ACCEPT OR REJECT ANY OR ALL BIDS, AND WAIVE
INFORMALITIES

THIS BID IS DUE IN PURCHASING OFFICE

AS STATED ABOVE
LATE BIDS NOT ACCEPTED

Name and Address of Vendor (Firm or Individual)

[Empty box for vendor name and address]

REQUISITION: R0022000

BID: 50006-075

PO:

INSTRUCTIONS TO BIDDERS:

1. READ THE ENTIRE BID, INCLUDING ALL TERMS AND CONDITIONS AND SPECIFICATIONS.
2. ALL BID PRICES MUST BE TYPED OR WRITTEN IN INK. ANY CORRECTIONS, ERASURES OR OTHER FORMS OF ALTERATION TO UNIT PRICES SHOULD BE INITIALED BY THE BIDDER.
3. THIS BID IS TO BE SIGNED
4. BID PRICES SHALL INCLUDE DELIVERY OF ALL ITEMS FREIGHT ON BOARD (FOB) DESTINATION OR AS OTHERWISE PROVIDED. BIDS CONTAINING "PAYMENT IN ADVANCE" OR CASH ON DELIVERY (COD) REQUIREMENTS MAY BE REJECTED. PAYMENT IS TO BE MADE WITHIN 30 DAYS AFTER RECEIPT OF PROPERLY EXECUTED INVOICE OR DELIVERY, WHICHEVER IS LATER.
5. BIDS SUBMITTED ARE SUBJECT TO PROVISIONS OF THE LAWS OF THE STATE OF LOUISIANA; PURCHASING RULES AND REGULATIONS; EXECUTIVE ORDERS; STANDARD TERMS AND CONDITIONS; SPECIAL CONDITIONS; AND SPECIFICATIONS LISTED IN THIS SOLICITATION.
6. BIDS MAY BE RETURNED VIA EMAIL TO PURCHASING@ULM.EDU, OR DELIVERED TO 700 UNIVERSITY AVE., COENEN HALL 140, MONROE, LA 71209-2250
7. BIDS OR QUOTATIONS MAY BE CONSIDERED FOR ALL OR PART OF TOTAL QUANTITIES.
8. NOTE: A COMPLETE RECORD OF ALL BIDS IS KEPT ON FILE IN THE PURCHASING DEPARTMENT SUBJECT TO THE INSPECTIONS OF ANY CITIZEN. EVERY COURTESY WILL BE AFFORDED ANY CITIZEN WHO IS INTERESTED IN INVESTIGATING FOR ANY PURPOSE THE RECORD OF STATE PURCHASES. COPIES OF EVALUATION CAN BE FAXED TO YOU ONLY AFTER RECEIPT OF WRITTEN
9. IMPORTANT: BY SIGNING THE BID, THE BIDDER CERTIFIES COMPLIANCE WITH ALL INSTRUCTIONS TO BIDDERS, TERMS, CONDITIONS AND SPECIFICATIONS, AND FURTHER CERTIFIES THAT THIS BID IS MADE WITHOUT COLLUSION OR FRAUD.
10. ORDER OF PRIORITY. IN THE EVENT THERE IS A CONFLICT BETWEEN THE INSTRUCTIONS TO BIDDERS OR STANDARD CONDITIONS AND THE SPECIAL CONDITIONS, THE SPECIAL CONDITIONS SHALL GOVERN.

For questions regarding this bid contact:

Kelly Moravek, Assistant Purchasing Director: moravek@ulm.edu | 318.342.5209

TO THE VENDOR:

Solicitation Released: October 16, 2020
Last Day for Inquiries: November 18, 2020
Bid Opening: December 2, 2020 @ 2:00pm CT

THIS QUOTATION IS SUBMITTED BY

Name of Vendor (Firm or Individual) _____

Authorized Signature _____

Name (Printed) _____

Title _____

Telephone # _____

Fax # _____

Email Address _____

Vendor Quote # _____

Date Submitted _____

STATE OF LOUISIANA
THE UNIVERSITY OF LOUISIANA MONROE
MONROE, LOUISIANA
A Member of the University of Louisiana System

INVITATION TO BID
FOR
50006-075

ISSUING AGENCY: The University of Louisiana Monroe
Purchasing Department
700 University Avenue, Coenen Hall 140
Monroe, LA 71209

PROCUREMENT MANAGERS: Kelly Moravek
Telephone: 318.342.5209

REQUISITIONED BY: Brandon Bruscato
Telephone: 318.342.5314

RELEASE DATE: October 16, 2020

BID OPENING DATE: December 2, 2020

BID OPENING TIME: 2:00 p.m., Central Time

BID OPENING LOCATION: Virtual Bid Opening via Conference Call

The opening for ULM Bid 50006-075 will be held via Zoom audio conference at 2:00 p.m. December 2, 2020.

- Join via One-tap Dial: +17866351003..9644839377# US
- Join via Phone: (470)250-9358 || Passcode: 964-448-9377

This ITB is available in electronic form by emailing moravek@ulm.edu. It is the Bidder's responsibility to check for any possible addenda that may be issued.

DEFINITIONS & INSTRUCTIONS TO BIDDERS

This Invitation to Bid (ITB) sets forth the requirements and specifications of University of Louisiana at Monroe/ULM/University. The contents of this ITB and the Bidder/Vendor/Bidder's bid response shall become contractual obligations if a contract ensues. Issuance of this Invitation to Bid does not ensure that ULM will make an award.

AVAILABILITY OF FUNDS

Contract award shall be contingent upon the availability of funds to fulfill the requirements of the solicitation. The University shall not be responsible for any costs incurred by any Bidder in the preparation of any bid response.

BID AWARD

The contract, if an award is made, will be awarded with reasonable promptness by written notice to the lowest responsible and responsive Bidder whose bid meets the requirements and criteria set forth in the Invitation to Bid.

The University reserves the right to award portions or all of this bid to one (1) or more BIDDER(s).

BIDS BINDING

All formal bids shall be binding for a minimum of thirty (30) calendar days and shall not be withdrawn after the specified return date.

BID CONFIDENTIALITY

In accordance with the provisions of LA R.S. 44:1 all proposals shall become a matter of public record. Any information considered confidential shall not be included in the proposal response. Except as otherwise permitted under the contract, the University will use at least the same standard of care to maintain the confidentiality of the Proposer's Confidential Information that it uses to maintain the confidentiality of its own Confidential Information.

BID COST INCURRED

This solicitation does not commit the University to award a contract and the University shall not be responsible for any costs incurred by any Bidder in the preparation of any bid.

BID DELIVERY

Bidders who are interested in providing services requested under this ITB may submit an electronic proposal containing the mandatory information specified. The proposal must be received by electronic copy to purchasing@ulm.edu (ULM's designated bid response email address) on or before the Due Date and time. Proposers e-mailing their proposals should allow sufficient time to ensure receipt of their proposal by the time specified.

- The bid package must be emailed to: purchasing@ulm.edu
- With the Subject Line: Bid 50006-075 – Weight Room Equipment - YOUR COMPANY NAME
- If the file size of the email submission exceeds server requirements, the email submission may be broken into smaller emails with "Part 1 of ___" included at the end of each original Subject Line
 - e.g. 50006-075 – Weight Room Equipment – YOUR COMPANY NAME - Part 1 of 3

Sealed bids can also be delivered in person or by carrier and must be received by the Purchasing Department of The University of Louisiana Monroe, Coenen Hall 140, 4014 LaSalle St., Monroe, LA 71209, prior to the bid opening date

and time provided above. Bids must be sealed in an envelope with “Bid 50006-075 – Weight Room Equipment - VENDOR COMPANY NAME” clearly displayed on the outside of the envelope. All visitors must enter via the main entrance of Coenen Hall, wear proper face covering, and submit to a temperature check upon entrance to the building. All visitors are expected to exit the building once the bid has been delivered.

BID DUE DATE

Bidders shall be responsible for the timely delivery of the bid by the ITB return deadline. Bids received after the specified time and date will not be considered, whether delayed in the mail or for any other causes whatsoever.

Bid response may be withdrawn by the Bidder upon written request **PRIOR TO** the designated time for return of bids. Withdrawal notification must be by signature and received by the ULM Purchasing Department prior to the designated deadline for return of bids.

BIDDER INQUIRIES

No negotiations, decisions or actions shall be executed by any Bidder as a result of any oral discussion with any state employee. Only those transactions which are in writing, signed by the Purchasing Department personnel in addendum form, shall be considered as valid. **Telephone inquiries are not allowed.** Bidders may submit inquiries via email to the procurement manager, Kelly Moravek at moravek@ulm.edu. Bidders shall not construe any verbal conversations as binding.

Inquiries shall be received no later than 2:00 p.m. CT on November 18, 2020. Answers to inquiries that change or substantially clarify the ITB shall be issued in the form of addendum to all known to have received a complete set of documents.

BID RESPONSE ATTESTATION

All bids shall include the Bid Response Attestation provided in the ITB. The Bid Response Attestation must be properly signed in ink or electronically by an officer of the bidding entity authorized to sign the bid. Bid prices **MUST** be either typewritten or printed in ink. Any alterations of the bid response form or foreign conditions attached thereto may cause rejection of the bid. The F.O.B. point shall be the University unless specified otherwise in the solicitation

CORRECTION OF MISTAKES

Any erasure, strike - through, correction or other change(s) in the bid **MUST** be initialed by the Bidder. Failure to do so may result in rejection of the bid without further consideration.

EQUIPMENT DELIVERY

The University will not aid in the unloading of any freight, nor be responsible for any additional freight charges. Charges for extra freight labor needed for unloading bulky or heavy items as defined under National Motor Freight Regulations must be included in bid prices. All equipment must be protection wrapped and palletized.

Instruct the shipper to include on bills-of-lading and freight bills our Purchase Order Number and our company name as first or second vendor. We are more concerned from whom we purchased the merchandise than from whom the merchandise was shipped. If freight is unidentifiable, the University will be forced to refuse shipment.

GOVERNING BID REGULATIONS

All bids shall be subject to the Louisiana Purchasing Rules and Regulations, and Louisiana Revised Statutes. In

accordance with L.S.A.-R .S. 39:1594 purchases where the estimated cost is greater than \$25,000 all solicitations must be advertised on the State Purchasing website, <http://wwwprd.doa.louisiana.gov/osp/lapac/pubmain.asp>.

NUMBER OF COPIES

Bidders must submit one (1) originally signed bid response form with all additional required information. The Bidder shall be responsible for duplicating and retaining any bid forms and responses for personal record.

PRICES

Unless otherwise specified by the university in the solicitation, bid prices must be complete, including transportation prepaid by bidder to destination, and firm for acceptance for a minimum of 30 days. If accepted, prices must be firm for the contractual period. Bids other than F.O.B. Destination may be rejected. Prices should be quoted in the unit (each, box, case, etc.) as specified in the solicitation. Failure to do so may result in your bid being rejected.

If you are the successful bidder, you are to make notation on freight bills and bills-of-lading that shipper guarantees charges to protect University against contingency of additional freight charges. Should extra charges be necessary, they will be charged back to the shipper.

QUALIFICATION OF BIDDER

The University reserves the right to make inquiries and investigations as it deems necessary to determine the responsibility of any Bidder to perform the services so bid. The Bidder shall provide all information and data for this purpose as the University may request. The unreasonable failure of any Bidder to promptly supply information in connection with an inquiry may be grounds for non-responsibility.

REJECTION OF BIDS

The University reserves the right to reject any and all bids, and to waive any informalities. The right is reserved to award contracts separately, grouped, or an all-or-none basis. Incomplete, illegible, partial or informal bids shall be rejected.

TAXES

The Bidder shall include in his bid price all federal, state and local taxes of all kinds applicable to the performance of the contract. The University is currently exempt from State Sales and Use Tax and from city, parish and state sales and use taxes.

STANDARD TERMS & CONDITIONS

ACCESS TO RECORDS

The BIDDER agrees that the University and the Legislative Auditor of the State of Louisiana and the ULM Internal Audit Department shall have access to, and the right to audit and examine, any pertinent books, documents, papers, and records of the BIDDER related to this solicitation and any resulting contract.

CERTIFICATION OF NO SUSPENSION OR DEBARMENT

By signing and submitting any bid for \$25,000 or more, the bidder certifies that their company, any sub Bidders, or principals are not suspended or debarred by the General Services Administration (GSA), in accordance with the requirements in OMB Circular A-133.

A list of parties who have been suspended or debarred can be viewed via the internet at <https://www.sam.gov/portal/SAM/##11>.

COMPLIANCE WITH CIVIL RIGHT LAWS

By submitting and signing this bid, bidder agrees to abide by the requirements of the following as applicable: Title VI and VII of the Civil Rights Act of 1964, as amended by the Equal Opportunity Act of 1972, Federal Executive Order 11246, Federal Rehabilitation Act of 1973, as amended, the Veteran's Readjustment Assistance Act of 1974, Title IX of the Education Amendments of 1972, the Age Act of 1975, and bidder agrees to abide by the requirements of the Americans with Disabilities Act of 1990. Bidder agrees not to discriminate in its employment practices, and will render services under any contract entered into as a result of this solicitation without regard to race, color, religion, sex, national origin, veteran status, political affiliation, or disabilities. Any act of discrimination committed by bidder, or failure to comply with these statutory obligations when applicable, shall be grounds for termination of any contract entered into as a result of this solicitation.

COMPLIANCE WITH LAWS

The BIDDER shall comply with all applicable laws, ordinances, and regulations of the local, state, and federal government in the performance of the contract.

The BIDDER shall be responsible for strict compliance with all applicable local, state and federal laws concerning fair employment, minimum wage and equal opportunity practices.

CONTRACT AGREEMENT

The Contract, and any properly executed amendment thereto, the Invitation to Bid, the BIDDER'S bid response and the BIDDER'S performance guarantees shall constitute the entire agreement between the parties and shall supersede all prior oral or written agreements or understandings.

The Contract shall not be modified, altered, or changed except by mutual agreement amended in writing by the authorized representative of each party to the Contract.

COPYRIGHTS AND PATENTS

The BIDDER shall indemnify and hold harmless the State, the University, its officers, agents and employees harmless from liability of any nature or kind for the use of any copyrighted or un-copyrighted composition, secretly process, patented

or unpatented, invention, article or appliance furnished or used in the performance of the contract of which BIDDER is not the patentee, assignee, or licensee.

EQUAL EMPLOYMENT OPPORTUNITY

The BIDDER shall be an equal employment opportunity employer. The BIDDER shall neither discriminate nor permit discrimination in its operations or employment practices against any person or group of persons on the grounds of race, color, religion, sex, sexual orientation, national origin, veteran status, political affiliation, or disabilities. Any act of discrimination committed by bidder, or failure to comply with these statutory obligations when applicable, shall be grounds for termination of any contract entered into as a result of this solicitation.

FEDERAL CLAUSES, IF APPLICABLE

ANTI-KICKBACK CLAUSE- The Bidder hereby agrees to adhere to the mandate dictated by the Copeland "Anti- Kickback" Act which provides that each Bidder or sub grantee shall be prohibited from inducing, by any means, any person employed in the completion of work, to give up any part of the compensation to which he is otherwise entitled.

CLEAN AIR ACT- The Bidder hereby agrees to adhere to the provisions which require compliance with all applicable standards, orders or requirements issued under Section 306 of the Clean Air Act which prohibits the use under non-exempt Federal Contracts, Grants or Loans of Facilities included on the EPA list of Violating Facilities.

ENERGY POLICY AND CONSERVATION ACT- The Bidder hereby recognizes the mandatory standards and policies relating to energy efficiency which are contained in the State Energy Conservation Plan issued in compliance with the Energy Policy and Conservation Act (P.L. 94-163).

CLEAN WATER ACT- The Bidder hereby agrees to adhere to the provisions which require compliance with all applicable standards, orders, or requirements issued under Section 508 of the Clean Water Act which prohibits the use under non-exempt Federal Contracts, Grants or Loans of Facilities included on the EPA list of Violating Facilities.

ANTI-LOBBYING AND DEBARMENT ACT- The Bidder will be expected to comply with Federal Statutes required in the Anti-Lobbying Act and the Debarment Act.

FORCE MAJEURE

Neither party shall be responsible for any failure to perform or delay in performing any of its obligations under this Agreement to the extent that such failure or delay, results from causes beyond the control of the party. Such causes shall include but not be limited to, Acts of God, acts of the government in its sovereign or contractual capacity, fires, floods, earthquakes, epidemics, pandemic, quarantine restrictions, freight embargoes, riots, strikes, civil or military authority, acts of public enemy, or war.

GOVERNING LAW

The contract, and all matters or issues related to it, shall be governed by and shall be in accordance with the laws of the State of Louisiana. If any provision of the contract, as applied to either party or to any circumstance, shall be adjudged by a court to be void or unenforceable, the same shall in no way affect any other provision of the contract or the validity or enforceability of the contract. Venue of any action brought, after exhaustion of administrative remedies, with regard to this Agreement shall be in the Nineteenth Judicial District Court, Parish of East Baton Rouge, State of Louisiana.

NON-EXCLUSIVE AGREEMENT

The University reserves the right to purchase or receive services within the scope of the contract from multiple BIDDERS,

if determined by the University to be within its best interests.

NOTICES

Any notice required under the contract shall be in writing and sent by registered or certified mail to office of record the other party. Notification to the BIDDER shall be to the last known address on file with the University, unless otherwise amended in the contract. Notification to the University shall be to University of Louisiana at Monroe, Purchasing Department, Coenen Hall, Room 140, 700 University Ave., Monroe, LA 71209-2250.

ORDER OF PRIORITY

- a. In the event there is a conflict between the Instructions to bidders or Standard Conditions and the Special Conditions, the Special Conditions shall govern.
- b. Any interpretation of the documents will be made by Addendum only, issued by the purchasing department, and a copy of such addendum will be mailed or faxed to each person receiving a set of the bid documents. The University will not be responsible for any other explanation of the documents.

PIGGY BACK

ULM and eight other institutions are governed by the University of Louisiana System. ULM declares that the successful bidder may extend the services requested under this ITB to any of the University of Louisiana System institutions under the same terms as represented to ULM in the bidder's response, all in accordance with the provisions of LA R.S. 39:1702(A). Other University of Louisiana System institutions include: Grambling State University, Louisiana Tech, McNeese State University, Nicholls State University, Northwestern State University, Southeastern Louisiana University, University of Louisiana at Lafayette, and University of New Orleans.

PUBLICITY

The BIDDER shall not in any way or in any form publicize or advertise in any manner the fact that the BIDDER is providing services to the University without the express written approval of the Director of Purchasing, obtained in advance, for each item of advertising or publicity. However, nothing herein shall preclude the BIDDER from listing the University on its routine client list for matters of reference.

QUANTITIES

The quantities indicated are the approximate number which will be required during this period; however, no specific quantities are guaranteed.

SURVIVAL

The terms, conditions and representations contained in the contract shall survive the termination or expiration of the contract.

TAXES

The BIDDER shall pay when due all taxes or assessments applicable to the BIDDER. The BIDDER shall comply with the provisions of the applicable statutes and the regulations of the applicable taxation authority. BIDDER is NOT a public agency, therefore, BIDDER is not exempt from sales & use taxes.

SIGNATURE AUTHORITY

ATTENTION: LA R.S. 39:1594(C)(4) requires evidence of authority to sign and submit bids to the State of Louisiana. You must indicate which of the following apply to the signer of this bid.

CIRCLE ONE AND RETURN WITH BID:

1. The signer of the bid is either a Corporate Officer who is listed on the most current annual report on file with the Secretary of State or a member of a partnership or partnership in Commendams as reflected in the most current Partnership Records on file with the Secretary of State. A copy of the Annual Report or Partnership Record must be submitted to this office before contract award.
2. The signer of the bid is a representative of the Bidder Authorized to submit this bid as evidenced by documents such as, Corporate Resolution, Certification as to Corporate Principal, etc. If this applies, a copy of the Resolution, Certification, or other supportive documents must be attached hereto.
3. The bidder has filed with the Secretary of State an Affidavit or Resolution or other acknowledged/authentic document indicating that the signer is authorized to submit bids for public contracts. A copy of the applicable document must be submitted to this office before contract award.

In accordance with the provisions of R.S. 39:2182, in awarding contracts after August 15, 2010, any public entity is authorized to reject a proposal or bid from, or not award the contract to, a business in which any individual with an ownership interest of five percent or more, has been convicted of, or has entered a plea of guilty of "nolo contendere" to any state felony or equivalent federal felony crime committed in the solicitation or execution of a contract or bid awarded under laws governing public contracts under the provisions of Chapter 10 of Title 38 of the Louisiana Revised Statutes of 1950, Professional, Personal, Consulting, and Social Services procurement under the provisions of Chapter 16 of Title 39, or the Louisiana Procurement Code under the provisions of Chapter 17 of Title 39.

University of Louisiana at Monroe (ULM)
Bid 50006-075 Weight Room Equipment
Bid Specifications

1. SCOPE OF REQUIRED SERVICES

1.1 GENERAL REQUIREMENTS

The purpose for this Invitation to Bid (ITB) is to obtain competitive bids from qualified bidders who will provide new, commercial weight room equipment.

1.2 STANDARDS OF QUALITY

1.2.1 Any product or service bid, shall conform to all applicable federal and state laws and regulations and the specifications contained in the solicitation, unless otherwise specified in the solicitation, and manufacturer's name, trade name, brand name, or catalog number used in the specification is for the purpose of describing the standard of quality, performance, and characteristics desired and is not intended to limit or restrict competition. Bidder must specify the brand and model number of the product offered in his bid. Bids not specifying brand and model number shall be considered as offering the exact products specified in the solicitation.

1.2.2 All products for purchase must be new, never previously used, and the current model and/or packaging and of best quality as measured by acceptable standards of the trade, and any defects in any product may cause its rejection. No remanufactured, demonstrator, used or irregular product will be considered for purchase unless otherwise specified in the solicitation, where applicable, all products are to be covered by standard factory warranty unless otherwise specified by the University.

1.2.3 Bidders proposing an equivalent brand or model should submit with the bid information (such as illustrations, descriptive literature, and technical data) sufficient for the buyer to evaluate quality, suitability, and compliance with the specifications in the solicitation. Failure to submit descriptive information may cause bid to be rejected. Any change made to manufacturer's published specifications submitted for a product shall be verifiable by the manufacturer. If item(s) bid do not fully comply with specifications (including brand and/or product number), bidder must state in what respect item(s) deviate. Failure to note exceptions on the bid form will not relieve the successful bidder(s) from supplying the actual products requested.

1.2.4 All equipment must be professionally assembled and tested.

1.2.5 A maintenance schedule and owner's manual is to be included that details correct maintenance (with exploded drawings) for each machine.

1.3 SUPPORT

All equipment should include local support to provide on-site response and assessment of issue within 24 hours during normal business hours.

1.4 QUANTITIES

The quantities indicated are the approximate number which will be required during this period; however, no specific quantities are guaranteed. Items will be ordered on an "as needed" basis.

2. SPECIFICATIONS

2.1 **Fitness Cage, Hoist MC 7005 Motion Cage Package 5**

- Integrated user adjustment points to accommodate varying user sizes.
- Integrated scuff guards & rubber foot protectors.
- To be of sufficient weight that it will not require bolting to the floor for safety.
- Integrated straps & bands storage.
- Polyurethane covers for squat rack rack-outs.
- 5-11 padded & integrated accessory shelves.
- Silent steel stacks with 16' cable travel distance.
- Round tube frame with large radius bends.
- Various integrated straps & bands points.
- Adjustable rock climbing grip wall with 11-17 grip handles and polyurethane protective covers.
- Multi-level monkey bars with non-slip grip.
- Peg Board with 6-12 neoprene handles, integrated and elevated pull-up bar & strap points.
- Multi Grip pull-up station.
- Dual hi-lo station.
- Adjustable hi-lo handles.
- Dip station with wide/narrow adjusting hand grips and zero-balance oversized handles.
- Renegade station with spring loaded cylinder.
- Integrated angle adjusting rebound station with 5-11 adjustment positions.
- Rebounder tap pads for wall balls.
- Upper & lower ball target stations directly above rebound station.
- 2 strap/band stations.
- 2 corner ties.
- 2 battle rope loops with connections 1.5" diameter and wall thickness .12" or 11 gauge connected to 3" diameter tube with wall thickness .12" or 11 gauge.
- Quick attach/detach jump platform with 5-11 height options and diamond tread for foot traction.
- Quick attach/detach dip station with 5-11 height options.
- Accessory storage hooks.
- Ability to equip with storage baskets for attachments and implements.
- 100 lb. heavy bag with 360-degree swivel mount.
- Integrated half cage squat rack with 4-10 bar position options.
- Upper cage suitable for suspension trainer strap attachments.
- Approximate Primary frame dimension: L x W x H 206" x 211.50" x 122.50" (523 cm x 537 cm x 311 cm).
- Weight stack: 390 lbs.
- Adjustments are to be marked.
- All adjustments to be made with one hand.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.2 Shoulder Press Hoist ROC-IT RS 1501

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to be continually adjusted forward/backward/up/down with the movement of the exercise arm.
- Ratcheting seat adjustment.
- Contoured footrest that automatically adjusts to the angle of your feet.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of 2,000 pounds.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel.
- All selector pins to have magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.3 Seated Dip, Hoist ROC-IT RS 1101

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Ratcheting seat adjustment.
- Adjustable handles.
- Contoured footrest that automatically adjusts to the angle of your feet.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.

- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of approximately 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel. All selector pins to have magnetic head to keep pins locked in position and are to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.4 Bicep Curl, Hoist ROC-IT RS 1102

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Cable-Driven exercise movement automatically adjusts to the user.
- Swiveling pulleys and rotating hand grips provide pronated, neutral or supinated hand positions.
- Ratcheting seat adjustment.
- Contoured footrest that automatically adjusts to the angle of your feet.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of approximately 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods are to be free-floating so they will self-align during weight stack travel. All selector pins to have magnetic head to keep pins locked in position and to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.

- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.5 Chest Press, Hoist ROC-IT RS 1301

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Ratcheting seat adjustment.
- Press arm assist.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of approximately 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel.
- All selector pins to have magnetic head to keep pins locked in position and are to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.6 Pec Fly Hoist ROC-IT RS 1302

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Approximately 11 linear seat adjustment to accommodate varying leg lengths.
- Foot plate to provide multiple foot placement options.
- Step through design.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods are to be free-floating so they will self-align during weight stack travel.
- All selector pins to have magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.7 Leg Extension Hoist ROC-IT RS 1401

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Self-aligning roller pad.
- Gas shock assisted back pad adjustment.
- Pivot alignment points labeled.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.

- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of approximately 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel.
- All selector pins to have magnetic head to keep pins locked in position and to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.8 Leg Curl, Hoist ROC-IT RS 1402

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Multiple adjustments on upper stabilizing roller.
- Self-aligning lower roller pad.
- Gas shock assisted back pad adjustment.
- Pivot alignment points labeled.
- Integrated headrest.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel.

- All selector pins to have magnetic head to keep pins locked in position and are to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings.
- Weight-to-user decal to show the actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.
- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.9 Ab machine, Hoist ROC-IT RS 1601

- To provide a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine to automatically rock the user into the correct position throughout the range of motion.
- User to continually be adjusted forward/backward/up/down with the movement of the exercise arm.
- Seat and back pad to be linked and pivot together to work upper and lower abdominals simultaneously.
- Swiveling seat that can be unlocked for complete core training.
- To Provide the 4 major Abdominal exercises; Ab Crunch, Knee Raise, Side Bends and Toro Rotation.
- Primary frame to be constructed of approximately 2" X 4" & 2" X 3" rectangular steel tubing and approximately 4 ½" & 3" round steel tubing.
- Seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- All adjusters to be numerically indexed.
- Adjustments to be marked.
- Exercise pivot mechanisms to have sealed bearings with a minimum load rating of approximately 2,000 pounds.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- Rubber handgrips,
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange to extend past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Guide rods to be free-floating so they will self-align during weight stack travel.
- All selector pins to have magnetic head to keep pins locked in position and are to be attached with a coiled lanyard.
- To optimize floor space, machine to offer the ability to attach the weight stack on either side of the seat.
- Dual weight stack options.
- To include scuff guards.
- The weight transfer system is to simulate free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments to provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings.
- Weight-to-user decal to show actual weight being lifted, not just the weight of the stack.
- Exercise instructional placard and maintenance schedule decal to be located on equipment.

- Customizable Frame/Sub Frame Color (preferred frame color is silver and preferred upholstery is dark gray).

2.10 Hoist ROC-IT RS 1406 Inner Thigh

- Starts the body in a decline position to enhance user comfort by facilitating hip abduction to open the thigh muscles while maintaining proper alignment of the spine.
- The forward rocking movement reduces stress on the low back by allowing the hips to naturally flex forward, while supporting the low back.
- Designed for easy entry / exit.
- Range of motion adjustment accommodates starting position.
- Integrated headrest
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- Self-aligning roller pad.
- Gas shock assisted back pad adjustment.
- Pivot alignment points labeled and marked in red.
- Integrated headrest
- Primary frame constructed of 2" X 4" & 2" X 3" rectangular steel tubing and 4 ½" & 3" round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; "flared" design that prevents the user's hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Bushings provide a dry, friction- free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.
- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, most machines offer the ability to attach the weight stack on either the side of the seat.
- High-density plastic scuff guards are strategically placed to protect the frame finish.
- The weight transfer system simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.

- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.11 Hoist ROC-IT RS 1407 Outer Thigh

- Starts the body in a forward position to enhance user comfort by positioning the hips for optimal exercise movement while maintaining proper alignment of the spine.
- The rearward rocking movement reduces stress on the low back by allowing the hips to naturally tilt backwards and reducing stress to the spine.
- Designed for easy entry / exit.
- Range of motion adjustment accommodates starting position.
- Integrated headrest
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- Self-aligning roller pad.
- Gas shock assisted back pad adjustment.
- Pivot alignment points labeled and marked in red.
- Integrated headrest
- Primary frame constructed of 2" X 4" & 2" X 3" rectangular steel tubing and 4 ½" & 3" round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; "flared" design that prevents the user's hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Bushings provide a dry, friction- free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.
- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, most machines offer the ability to attach the weight stack on either the side of the seat.
- High-density plastic scuff guards are strategically placed to protect the frame finish.
- The weight transfer system simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.

- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.12 Hoist RPL- 5363 Seated Calf Raise

- Multiple user support pads provide style and added comfort.
- Ratcheting seat adjustment with EASY-GLIDE™ insert.
- High impact plastic used on all upholstery backing.
- Scuff guards to protect frame finish.
- Removable non-skid rubber foot pads.
- All units can be permanently anchored in place.
- Lock-out automatically releases at the start of the exercise
- Adjustable thigh pad to accommodate varying leg lengths
- Thigh pad automatically self-aligns to the user during exercise
- Mar resistant nickel-plated weight peg
- Product Dimensions L x W x H: 62.50" (159 cm) x 30.25" (77 cm) x 40.25" (103 cm)
- Product Weight: 132 lbs (60 kg)
- Max Capacity: 800 lbs (363 kg)
- Primary frame constructed of 4 ½", 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- Fabrication with all joints beveled to half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Frame Finish of steel surface that is sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Seat Adjustment with easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery of contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Protective Upholstery Covers of molded ABS backing covers used to prevent upholstery damage.
- Outer Pad Wear Covers with stitched wear covers on appropriate pads.
- Bolts of Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability standard on all equipment.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990
 - Minimum depth of hardness: .060 - .080
 - Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.

- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½” round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards strategically placed to protect the frame finish.
- Removable rubber footpads to ensure stationary placement on the exercise floor.

2.13 Hoist RPL- 5356 Hack Squat

- Hack Squat naturally mimics the exercise motion of a traditional hack squat
- Adjustable back and seat pad help to maintain a neutral spine during the exercise movement which results in less stress to the back muscles
- Angled foot plate provides a stable foundation especially those with limited/tight calf muscles
- Compound exercise movement brings the weight back to draw the shoulders back and sets the scapula to a stable finished exercise position
- Oversized foot plate allows for multiple foot positions to ensure correct biomechanics during exercises
- Rotational hand grips provide proper positioning
- Large radius sweeps (bends) add beauty as well as frame rigidity.
- Multiple user support pads provide style and added comfort.
- Ratcheting seat adjustment with EASY-GLIDE™ insert.
- High impact plastic used on all upholstery backing.
- Scuff guards to protect frame finish.
- Removable non-skid rubber foot pads.
- Unit can be permanently anchored in place.
- Primary frame constructed of 4 ½”, 3 ¾” and 3” round steel tubing. Other sizes used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Frame Finish of steel surface that is sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery is contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding is 1 ½” thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Protective Upholstery Covers with molded ABS backing covers are used to prevent upholstery damage.
- Stitched Outer Pad Wear Covers on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990

- Minimum depth of hardness: .060 - .080
- Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½" round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards strategically placed to protect the frame finish.
- Removable rubber footpads on all free-weight equipment to ensure stationary placement on the exercise floor.

2.14 Hoist CF-3753 Smith Machine

- 7 degree angle on linear motion.
- Heavy-duty (30mm) linear bearings and shafting.
- Weight bar counter-balanced to 25 Lbs.
- Adjustable safety stops.
- EZ-Loc Latching™ mechanism automatically locks and unlocks weight bar and safety stops.
- Built in plate holders provide 5 storage positions on each side of the unit.
- Primary frame constructed of 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Frame Finish of steel surface is sandblasted and/or chemically etched before being coated with Electrostatically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery is contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam padding of 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Stitched outer pad wear covers on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability included.
- Thomson self-aligning super linear bearings (or equivalent) assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990
 - Minimum depth of hardness: .060 - .080
 - Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.

- All weight plate holders are nickel-plated 1 ½” round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards are strategically placed to protect the frame finish.
- Removable rubber footpads on all free-weight equipment to ensure stationary placement on the exercise floor.

2.15 Hoist ROC-IT RS 1203 Seated Mid Row

- The unique exercise movement starts like a Mid Row; back straight, arms extended at shoulder level, shoulders rolled slightly forward; and finishes like a Low Row with the shoulders pulled back, elbows close to the body, hands at stomach level.
- The forward ROC lifts and tilts the seat causing the user to lean slightly rearward as they finish the exercise.
- The tilting of the seat encourages balance and enhances core stabilization.
- No adjustments needed
- Both the exercise arm and handles self-align to the movement of the user.
- Revolving handgrips.
- Contoured footrest that automatically adjusts to the angle of your feet.
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- No adjustments needed
- Both the exercise arm and handles self-align to the movement of the user.
- Revolving handgrips.
- Contoured footrest that automatically adjusts to the angle of your feet.
- Primary frame constructed of 2” X 4” & 2” X 3” rectangular steel tubing and 4 ½” & 3” round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; “flared” design that prevents the user’s hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Bushings provide a dry, friction- free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.
- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.

- To optimize floor space, most machines offer the ability to attach the weight stack on either the side of the seat.
- High-density plastic scuff guards are strategically placed to protect the frame finish.
- The weight transfer system simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.16 Hoist RPL- 5201 Lat Pulldown

- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps
- Pull movement lifts the seat while rocking the body rearward mimicking a natural pull up movement and avoiding unsafe lower back hyperextension
- Synchronized diverging exercise motion follows the natural rotation pattern of the shoulder
- Adjustable thigh hold-down pad
- Multiple user support pads provide style and added comfort.
- Ratcheting seat adjustment with EASY-GLIDE™ insert.
- High impact plastic used on all upholstery backing.
- Scuff guards to protect frame finish.
- Removable non-skid rubber foot pads.
- All units can be permanently anchored in place.
- Primary frame constructed of 4 ½", 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Frame Finish of steel surface that is sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery of contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding
- 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Molded ABS backing covers are used to prevent upholstery damage.
- Stitched outer pad wear covers on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.

- Coefficient of friction: .001 - .004
- Diameter tolerance: .9995/.9990
- Minimum depth of hardness: .060 - .080
- Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½" round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards are strategically placed to protect the frame finish.
- Removable rubber footpads on all free-weight equipment to ensure stationary placement on the exercise floor.

2.17 Hoist ROC-IT RS 1204 Low Back

- Starts the body in a forward lean with knees bent, then rocks rearward to maintain proper alignment between hips and low back at all times, while reducing stress to the low back.
- Swivel back pad is designed to ensure a safe and comfortable exercise movement while providing optimal support to the hips and spine.
- Designed for easy entry / exit.
- Self-aligning back support back pad
- Adjustable contoured footrest that automatically adjusts to the angle of your feet.
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- Primary frame constructed of 2" X 4" & 2" X 3" rectangular steel tubing and 4 ½" & 3" round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; "flared" design that prevents the user's hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Bushings provide a dry, friction- free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.
- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.

- High-density plastic scuff guards are strategically placed to protect the frame finish.
- Weight transfer system that simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.18 Hoist RPL- 5303 Incline Chest Press

- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a incline bench press
- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arm
- Ratcheting seat adjustment
- Multiple user support pads provide style and added comfort.
- Ratcheting seat adjustment with EASY-GLIDE™ insert.
- High impact plastic used on all upholstery backing.
- Scuff guards to protect frame finish.
- Removable non-skid rubber foot pads.
- All units can be permanently anchored in place.
- Primary frame constructed of 4 ½", 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Steel frame finish surface is sandblasted and/or chemically etched before being coated with Electrostatically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery of contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding that is 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Protective Upholstery Covers with molded ABS backing covers to prevent upholstery damage.
- Stitched outer pad wear covers are standard on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990

- Minimum depth of hardness: .060 - .080
- Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½" round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards are strategically placed to protect the frame finish.
- Removable rubber footpads are standard on all free-weight equipment to ensure stationary placement on the exercise floor.

2.19 Hoist ROC-IT RS 1502 Lateral Raise

- Rocking forward movement of the torso during the exercise challenges core muscles while engaging an optimal range of deltoid muscle flexion
- Swiveling stabilizer handles to accommodate varying user sizes
- Bi-lateral functionality allows for single-arm exercising
- Adjustable seat for varying user sizes
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- Self-aligning roller pad.
- Gas shock assisted back pad adjustment.
- Pivot alignment points labeled and marked in red.
- Integrated headrest
- Primary frame constructed of 2" X 4" & 2" X 3" rectangular steel tubing and 4 ½" & 3" round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; "flared" design that prevents the user's hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.
- Bushings provide a dry, friction- free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.

- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, most machines offer the ability to attach the weight stack on either the side of the seat.
- High-density plastic scuff guards are strategically placed to protect the frame finish.
- The weight transfer system simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.20 Hoist ROC-IT RS 1103 Triceps Extension

- Contoured arm handles provide multiple grip positions
- Adjustable seat for varying user heights
- When the exercise handles are pressed forward the torso support rocks rearward reducing stress on the lower back
- Articulating arms allow a variety of triceps exercises to be performed
- Effectively exercises all 3 heads of the triceps for more muscle engagement
- Foot assist bar brings exercise arms within closer reach for an easier starting position
- User friendly access to weight stack
- Ride Oriented Exercise provides a rocking movement that constantly adjusts the user to achieve an optimal biomechanical positioning throughout the exercise.
- Machine automatically rocks the user into the correct position throughout the range of motion.
- User becomes an intricate part of the exercise by continually being adjusted forward/backward/up/down with the movement of the exercise arm.
- Cable-Driven exercise movement automatically adjusts to the user.
- Swiveling pulleys and rotating hand grips provide pronated, neutral or supinated hand positions.
- Ratcheting seat adjustment.
- Contoured footrest that automatically adjusts to the angle of your feet
- Integrated headrest
- Primary frame constructed of 2" X 4" & 2" X 3" rectangular steel tubing and 4 ½" & 3" round steel tubing.
- Steel surface sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system to allow for one-handed operation.
- All adjustments can be made from the user position.
- Nickel-plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments.
- All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Adjustments are marked and safety yellow for easy recognition and are conveniently located on the user right hand side.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar; "flared" design that prevents the user's hand from sliding off the grip.
- Removable rubber footpads to ensure stationary placement on the exercise floor.
- Bushings flange extends past the top of each weight plate to provide bushing contact with the next plate, preventing metal contact among weight plates.

- Bushings provide a dry, friction-free surface between weight plates and guide rods.
- Guide rods are free-floating so they will self-align during weight stack travel. The free-floating ends rest in bushings to prevent metal-to-metal contact and eliminate noise.
- All selector pins come with magnetic head to keep pins locked in position and are attached with a coiled lanyard.
- To optimize floor space, offer the ability to attach the weight stack on either the side of the seat.
- Dual weight stack options: lighter circuit weight stack ideal for interval / circuit training, heavier competitive weight stack for intensity training.
- High-density plastic scuff guards are strategically placed to protect the frame finish.
- The weight transfer system simulates free weight biomechanics in order to ensure proper muscle loading through both concentric and eccentric movements.
- Range of Motion adjustments provide variable starting positions while maintaining constant resistance.
- Fiberglass reinforced nylon pulleys with double sealed bearings provide friction-free rotation.
- Crowned domes or custom-fit grooves ensure proper tracking for either belts or cables.
- Weight-to-user decal shows the actual weight being lifted, not just the weight of the stack.

2.21 Hoist RPL- 5102 Biceps Curl

- Exercise arms move independently for alternating curls
- Self-aligning exercise arms automatically adjusts to the user
- Contoured handles provide multiple grip positions
- Rocking movement provides a greater range of exercise motion
- Labeled pivot alignment points
- Ratcheting seat adjustment
- Multiple user support pads provide style and added comfort.
- Ratcheting seat adjustment with EASY-GLIDE™ insert.
- High impact plastic used on all upholstery backing.
- Scuff guards to protect frame finish.
- Removable non-skid rubber foot pads.
- All units can be permanently anchored in place.
- Primary frame constructed of 4 ½", 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Steel surface frame finish is sandblasted and/or chemically etched before being coated with Electrostatically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery is contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding is 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebound foam based on application.
- Molded ABS backing covers are used to prevent upholstery damage.
- Stitched outer pad wear covers are standard on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.

- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Self-aligning linear bearings assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990
 - Minimum depth of hardness: .060 - .080
 - Straightness tolerance: .0005" - .001" per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a "flared" design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½" round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- Removable rubber footpads are standard on all free-weight equipment to ensure stationary placement on the exercise floor.

2.22 Hoist CF-3252 Vertical Knee Raise/Dip

- Two sets of hand grips for dip and vertical knee raise exercises.
- Angled arm rests offer stable positioning for vertical knee raise exercises.
- Angled dip handles accommodate varying user widths.
- Rated for 400 Lbs.
- Multiple user support pads provide style and added comfort.
- Primary frame constructed of 3 ¾" and 3" round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Steel surface finish frame is sandblasted and/or chemically etched before being coated with Electrostatically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Contract grade upholstery 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding is 1 ½" thick, low density expanded closed cell foam or 8 Lbs. rebound foam based on application.
- Stitched outer pad wear covers are standard on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Thomson self-aligning super linear bearings (or equivalent) assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990
 - Minimum depth of hardness: .060 - .080
 - Straightness tolerance: .0005" - .001" per foot.

- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a “flared” design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½” round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards are strategically placed to protect the frame finish.
- Removable rubber footpads are standard on all free-weight equipment to ensure stationary placement on the exercise floor.

2.23 Hoist CF-3264 Ab Bench

- Seven adjustable angle positions ranging from 10° to -20° in 5° increments
- Easy to use, gas-shock assisted angle adjustments for flat, incline and decline exercise positions
- Self-aligning leg roller pads accommodate varying leg lengths
- Maximum exercise weight capacity: 800 lbs (363 kg)
- Primary frame constructed of 3 ¾” and 3” round steel tubing. Other sizes are used in support and bracing applications.
- Primary frame constructed of large radius bends (sweeps) to increase rigidity and load-bearing capacity, while enhancing aesthetic quality.
- All joints are beveled half the thickness of the metal before being jig welded. Sub-frames are bolted together and can be disassembled to aid in installation.
- Steel surface is sandblasted and/or chemically etched before being coated with Electro-statically applied powder-coat paint and baked at 400 degrees.
- Easy-lift ratcheting seat system allows for one-handed operation and can easily be adjusted from the exercise position. The nickel plated telescopic tubing is sleeved with EASY GLIDE™ inserts to eliminate metal-to-metal contact and provide friction-free adjustments. All adjusters are numerically indexed to ensure repeatability of proper biomechanical orientation.
- Upholstery is contract grade 36-ounce fabric. Meets federal flammability specification CCC-A-680a Class 2 treatments (A1-B-C) and California flammability regulation 117-75, Sec. E. Seams are double stitched.
- Foam Padding is 1 ½” thick, low density expanded closed cell foam or 8 Lbs. rebond foam based on application.
- Stitched outer pad wear covers are standard on appropriate pads.
- Bolts are Grade 5 minimum - SAE J 422. Grade 8 - SAE J 429 is used where necessary as per load bearing requirements.
- Bearings
- Sealed bearings with a minimum load rating of 2,000 pounds are used on exercise pivot mechanisms.
- Equipment Anchoring Capability
- Thomson self-aligning super linear bearings (or equivalent) assembled in fully enclosed housings, are matched with induction hardened shafting for all linear bearing applications.
 - Coefficient of friction: .001 - .004
 - Diameter tolerance: .9995/.9990
 - Minimum depth of hardness: .060 - .080
 - Straightness tolerance: .0005” - .001” per foot.
- High-density rubber handgrips with sanded finish are fitted with polished aluminum end cap and collar. The cap and collar feature a “flared” design that prevents the users hand from sliding off the grip.
- All bar rack-outs are bead blasted then nickel-plated and are designed to protect the powder-coat frame finish on both the front and side.
- All weight plate holders are nickel-plated 1 ½” round solid steel. They have a full-radius end for easy racking and a rubber bumper to protect the frame finish.
- High density plastic scuff guards are strategically placed to protect the frame finish.

- Removable rubber footpads are standard on all free-weight equipment to ensure stationary placement on the exercise floor.
- Multiple user support pads provide style and added comfort.

2.24 Assault Air Runner or equivalent. Shall meet the following requirements:

- Console
 - LCD display
 - High contrast with improved readability Large sized
 - Programmable with 20/10 interval,10/20 interval, or custom intervals
 - Goal programs to include Distance, Calories, Heart Rate, Time
 - Bluetooth connectivity
 - Console Feedback to include-Time(total and segment), Speed, RPM, Distance, Watts, Calories, and Heart rate
- Dimensions assembled 69.9 X 32.8 X 20.5 inches or 177.5 X 83.3 X 162.6 CM
- User Weight Capacity 350 lbs
- Compatible with most heart rate transmitters
- Powder coated steel frame
- Completely manual with no electrical parts
- Slat belt running surface
- Built in handles and integrated transport wheels

2.25 Assault Airbike Elite or equivalent. Shall meet the following requirements:

- Console
 - LCD display/High contrast with improved readability Large sized
 - Programmable with 20/10 interval,10/20 interval, or custom intervals
 - Goal programs to include Distance, Calories, Heart Rate, Time
 - Bluetooth connectivity
 - Console Feedback to include-Time(total and segment), Speed, RPM, Distance, Watts, Calories, and Heart rate
- Dimensions Assembled: (L x W x H) - 55.1 x 26.1 x 58.6 in - 140 x 66.3 x 148.8 cm
- User Weight Capacity: 350 lb / 158.8 kg
- Compatible With Most - Heart Rate Transmitters
- The Custom Seat is Anatomically Designed and Sweatproof
- A Four-Way Adjustable Seatpost Ensures a Custom Fit for All
- Sizing Adjustments are Quick and Simple with the Pop-Pin Knobs
- Over-Built Forged Cro-Moly Cranks for Superb Strength & Durability
- Proven Chain Drive System Promises Less Maintenance
- The Sealed Cartridge Bottom Bracket is Engineered to Last
- Integrated Transport Wheels for Easy Movement and Setup
- The 27-Inch Steel Fan Delivers Unlimited Resistance
- Feet Can be Rested on the Oversized Foot Pegs During All-Arm Sessions Pedal, Push AND Pull for a Workout That Engages the Entire Body
- Monitor Heart Rate Wirelessly via the On-Board ANT+Radio*
- Eight Workout Options to Help Exercisers Stay Motivated Multiple Grip Options Allow for a More Efficient Workout
- Integrated Removable Windscreen can be Easily Removed for a Breezier Ride
- Ability to Pedal Forward or Backward for Workout Variation

2.26 Hammer strength iso-lateral low row (IL-LR)

- 11-gauge steel frames of primarily 1 ½" x 2" and 1 ½" x 3" rectangular tubes, with electrostatic powder coat finish for maximum durability
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization
- Seats adjust in ½" (12 mm) increments
- Weight horns are attached to most machines for easy weight storage
- Placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- All foot platforms are molded with a slip-resistant texture.
- Molded foam for superior comfort, support and durability
- Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines
- All machines have holes in the feet which allows for easy anchoring to the floor.
- User weight rating = 350 lbs (158,8 kgs)
- Certifications:
 - 2001/95/EC
 - EN ISO 20957-1:2013, EN 957-2:2003
 - ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10,
 - ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims required
- Plate Capacity: 5-45 lb plates (4-25 kg plates)
- Path of motion is opposite of the Iso-Lateral Decline Press allowing for true push/pull exercise
- Additional handle provides user stabilization during one-arm exercises
- Iso-Lateral motion allows for equal strength development; Standard weight horns – 6

2.27 Hammer Strength Linear Hack Press (PL-LHS)

- Designed to accommodate various users with a linear press training motion. The Linear Hack Squat was specifically designed to train a movement that other machines weren't focusing on.
- Linear bearings on guide rods provide an extremely smooth motion. Easy flip in and out racking handles allow the user to set a desired start/stop position. A range of limiter offers added security.
- Flip in/out racking handles, linear bearings, range limiter, EN957/ASTM Certified
- 11-gauge steel frames primarily 1 ½" x 2" and 1 ½" x 3" rectangular tubes, with electrostatic powder coat finish for maximum durability
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization
- Seats adjust in ½" (12 mm) increments
- Weight horns are attached to most machines for easy weight storage
- Placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- All foot platforms are molded with a slip-resistant texture.
- Cushions are molded foam for superior comfort, support and durability, with three- and four-pound EVA foam (deformation resistant) or equivalent
- Holes in the feet which allows for easy anchoring to the floor.
- User weight rating = 350 lbs (158,8 kgs)
- Certifications:
 - 2001/95/EC

- EN ISO 20957-1:2013, EN 957-2:2003
- ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10,
- ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims required

2.28 Hammer strength plate-loaded belt squat (PL-BSQ)

- Front and rear weight rods allow for large weight loads
- Four belt anchor points provide varying resistance ratios
- Wide, dual foot platforms include a separation gap to help prevent marring from the belt and chain
- Optional Dip Handle available for performing weighted dips
- Belt and Storage Hanger come standard with product
- Starting Resistance of 68lbs
- Max Training Capacity of 850lb
- 11-gauge steel frames of primarily 1 ½" x 2" and 1 ½" x 3" rectangular tubes, with electrostatic powder coat finish for maximum durability
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization
- Seats adjust in ½" (12 mm) increments
- Weight horns are attached to most machines for easy weight storage
- Instructional Placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- All foot platforms are molded with a slip-resistant texture.
- Cushions:
 - Cushions of molded foam for superior comfort, support and durability, with Three- and Four-pound EVA foam (deformation resistant) or equivalent
- All machines must have holes in the feet which allows for easy anchoring to the floor.
- User weight rating = 350 lbs (158,8 kgs)
- Certifications:
 - 2001/95/EC
 - EN ISO 20957-1:2013, EN 957-2:2003
 - ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10,
 - ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims required

2.29 Hammer strength seated arm curl (FW-AC)

- Offers the traditional preacher curl position
- Height from floor to top of bar catch: 23.5"
- Elbow pad angled at 40 degrees
- Seat pad angled forward at 8.2 degrees to ensure user stabilization.
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.

- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Cushions of Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts.
- All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight :EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
 - Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.30 Hammer strength adjustable bench (pro style) (FWMAB)

- 8 Back pad adjustments in 10-degree increments from 0-80 degrees
- Single action adjustment mechanism positions back pad and seat simultaneously.
- Wheels for easy transport.
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Cushions with Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts.
- All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight: EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
 - Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.31 Hammer strength flat bench (FW-FB)

- Angled frame legs to ensure user stability during exercise
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Cushions
- Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts.
- All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight: EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
 - Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.32 Hammer strength back extension (BW-BE)

- Adjustable angled pad for sound support and exceptional comfort
- 6—1" high adjustments
- Foot platform 22" x 11.5"
- Thigh pads: 10" x 7.5"
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts.
- All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight: EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15

- Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.33 Hammer strength Barbell rack (FW-BAR)

- Convenient storage for 10 barbells
- 5 Barbell storage positions
- 11" between positions
- Lowest position (from ground): 10"
- Highest position (from ground): 54"
- Replaceable urethane supports to protect barbells from metal on metal contact.
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.
- Adjustments
- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Cushions are Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts. All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight :EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
 - Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.34 Hammer strength 2 TIER dumbbell rack (FW-DR2) or equivalent. Shall meet the following requirements:

- Machine Weight: 200 lbs (90.7 kg)
- Max Capacity (per tier): 1,400 lbs (635 kg)
- Max Dumbbell Size: 150 lbs (68 kg)
- Two-tier Dumbbell Rack: Stores 10 pairs of Dumbbells ; 5 pairs per tier; Racks optimized for Dumbbells under 125 lbs; Ideal for Round or 12-sided Dumbbells
- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 1-1/2" x 2" (38 mm x 51 mm) and 1-1/2" x 3" rectangular shaped tubing with 11-gauge wall thickness.

- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.
- Biomechanics
- Independent work arm movement
- Molded pads with radius on edge for improved comfort
- Foot platforms are Linex™ covered ensuring slip resistance and long-lasting protection against wear.
- Cushions are three- and four-pound EVA foam (deformation resistant) or equivalent is used on all machines. Foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts. All edges are stitched to eliminate any folds in the material that would limit durability.
- Certifications
 - Body Weight: EN ISO 20957-1, EN 957-2; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
 - Free Weight: EN ISO 20957-1, EN 957-2, EN ISO 20957-4; ASTM F1749-15, ASTM F3104-14, ASTM F3105-14, ASTM F2276-10, ASTM F2571-15
- Warranty:
 - 10 Years Frame
 - 5 Years Bearings
 - 90 Days Hardware, Grips, Upholstery & Items not specified
 - 24 hour turn around on warranty claims

2.35 Axiom Series VERTICAL DUMBBELL RACK (OP-DBV)

- Holds 8 pairs of 2.5 to 20 LB (1 to 8 KG) Studio dumbbells
- Small, compact footprint
- Frame is fully welded 11-gauge steel frames with electrostatic powder coat finish for maximum durability
- Certifications: ASTM F2216-12, ASTM F2276-10, ASTM F2277-12, ASTM F 2571, EN ISO 20957-1:2013, EN 957-1, EN-957-2, EN 957-2:2003
- Warranty
 - 10-year limited warranty on the structural frame (coatings excluded)
 - 5-year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.36 Signature Series cable motion cable crossover (CMACO)

- Each weight stack provides a 1:2 resistance ratio
- Effective user resistance: 95lbs
- Carriage Swivels 165 degrees
- Six position chin-up handles offer a choice of exercises
- Carriage adjusts from 7-76" above the floor
- Carriage adjustments: 22
- Adjustable pulleys
- 24 hour turn around on warranty claims

2.37 Signature Series multi-jungle assist dip chin (MJADC-STA)

- Weight Stack: Standard: 290 lbs (145 Effective user assistance: 118.75 lbs (59.38 kg)
- 3 chin up hand positions
- Weight stack labels reflect the amount of assistance

- Foot support folds up and out of the way to do un assisted dips and chin ups
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbs tensile strength
 - 3/16" cable = 4,200 lbs tensile strength
- All foot platforms are molded with a slip resistant texture.
- Cushions are ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lbs (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.38 Signature Series multi-jungle Core (mj-core) or equivalent. Shall meet the following requirements:

- Used as the central connection point for Multi-Jungle Stations
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.

- User weight rating = 300 lb (136)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.39 Signature Series multi-jungle Adjustable Crossover- Connect 2 cores (MJAXO-STA)

- Weight Stack (per weight stack): Standard: 190 lbs (95 kg); Effective user resistance: 95 lbs(47.5 kg)
- Used as the central connection point for Multi-Jungle Stations
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
- 7 x 19 strand construction, lubricated, nylon coated cables.
- 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lbs (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.40 Signature Series multi-jungle dual pulley pulldown (MJLPD-STA)

- Weight Stack: Standard: 260 lbs(130 kg)
- Effective user resistance (per handle): 130 lbs(65 kg)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Weight Plates
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place

- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lb (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.41 Signature Series multi-jungle dual pulley Row (MJRWD-STA):

- Weight Stack: Standard: 260 lbs(130 kg); Effective user resistance: 130 lbs(65 kg)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lb (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods

- 1 year on the bearings, cables, grips & electrical.
- 90 days on the upholstery, springs, & any items not specified.
- 24 hour turn around on warranty claims

2.42 Signature Series multi-jungle lat pulldown (MJLP-STa)

- Weight Stack: Standard: 260 lbs(130 kg); Effective user resistance: 260 lbs(130 kg)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lb (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.43 Signature Series multi-jungle low row (MJR-STa)

- Weight Stack: Standard: 260 lbs (130 kg)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:

- 1/8" cable = 2,000 lbf tensile strength
- 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lb (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.44 Signature Series multi-jungle triceps pushdown (MJTP-STa)

- Weight Stack: Standard: 190 lbs (95 kg)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds
- Solid steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Magnetic weight selector pin locks into place
- Optional high visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use and quick transition between stations.
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- Cable & Pulleys
 - 7 x 19 strand construction, lubricated, nylon coated cables.
 - 3.5, 4.5, & 6 inch diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lb (136 kg)
- Certifications: ASTM F1749, F2571, F2216, F2276, F2277; EN ISO 92057 1:2013, ISO/DIS 20957 2:2018; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame(coatings)
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.45 Signature Series utility bench (SUB)

- Max Training Weight: 600 lbs(272 kg)
- Seat positioned low to the ground for maximum stability
- 80-degree back pad angle

- Pad Size:
 - Seat Pad: 10"x18" (25.4 x 45.7 cm) (at the widest point of the contoured sides).
 - Back Pad: 10" x 16" (25.4 x 40.6 cm) (at the widest point of the contoured sides)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional weight horns can be attached to most Olympic Benches for easy weight storage.
- Spring assisted seat adjustments
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lbs (136 kg)
- The line will fit most users from 4'11" to 6'5" (1% 99% percentile of the USA adult end user sizes).
- Certifications: ASTM F1749, F2571, F2216, F2276; EN 957 1, 957 2, 957 4; EN ISO 20957 1; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame (coatings
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.46 Signature Series adjustable decline/abdominal bench (SADB)

- Max Training Weight: 600 lbs(272 kg)
- Adjustment angles: -10, -15, -20, & -25 degrees
- Handle and wheels allow easy mobility.
- Pad Size:
 - Head Pad: 10" x 9" (25.4 x 22.8 cm) (at the widest point of the contoured sides).
 - Back Pad: 36" x 11" (91.4 x 27.9 cm) (at the widest point of the contoured sides)
- Fully welded 11 gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional weight horns can be attached to most Olympic Benches for easy weight storage.
- Spring assisted seat adjustments
- Instructional placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.
- All foot platforms are molded with a slip resistant texture.
- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- User weight rating = 300 lbs (136 kg)
- The line will fit most users from 4'11" to 6'5" (1% 99% percentile of the USA adult end user sizes).
- Certifications: ASTM F1749, F2571, F2216, F2276; EN 957 1, 957 2, 957 4; EN ISO 20957 1; CA TB133
- Warranty
 - 10 year limited warranty on the structural frame (coatings
 - 5 year on the pulleys, weight plates, & guide rods
 - 1 year on the bearings, cables, grips & electrical.
 - 90 days on the upholstery, springs, & any items not specified.
 - 24 hour turn around on warranty claims

2.47 HAMMER STRENGTH 12-SIDE URETHANE OLYMPIC PLATES

- 12-sided anti-roll shape
- Diametrically opposed handle openings for easy loading,

- pickup and storage (except on 5lb and 2.5lb)
- Handle contour ergonomically designed and textured for carrying
- Weights: 2.5 lb, 5 lb, 10 lb
- 5-year warranty

2.48 HAMMER STRENGTH urethane beauty bells or equivalent. Shall meet the following requirements:

- A complete urethane over mold gives the lasting durability facilities and exercisers need
- Dual flats to prevent rolling
- Textured urethane grip handles for better control
- Large and visible weight numbers
- Weights range: 3 – 20lbs
- Recommended Rack Style: Flat tray or vertical rack
- 1-year warranty
- Will order 2 sets of each weight.
 - 3 lb each: ACC-DB-5001-01
 - 5 lb each: ACC-DB-5002-01
 - 8 lb each: ACC-DB-5003-01
 - 12 lb each: ACC-DB-5005-01

2.49 HAMMER STRENGTH 12-SIDE URETHANE DUMBBELLS

- Injection-molded exterior and high-grade steel
- 12-sided, anti-roll heads
- Compact design and flared handles make them easier to use and control.
- Handle Size: 1-1/4" diameter handle up to 27.5 lbs. and 1-3/8" diameter for 30lbs and above
- Handle Style: Flared, hard chrome plated
- Weight range: 5 – 150 lbs
- 5-year warranty
- Will order 2 sets of weights in 5 lbs increments(5-10-15 lbs etc) below:
 - Set 5-50 lbs
- Will order 1 set of weights in 5 lbs increments (55-60-65 lbs etc) below:
 - Set 55-110 lbs

2.50 Gym Bar chrome Hybrid bearing

- Shaft Diameter: 29 mm
- Bar Length: 7'
- Weight: 45 lbs
- Loadable Sleeve Length: 16.34"
- Knurl Mark Spacing : 27.75"
- Center Knurl: Yes
- 5 year warranty

2.51 Curl bars (Hammer Strength & Standard)

- Weightlifting, Multi-use
- Sleeve Assembly : Bushing
- Bar Length: 5'
- Weight: 25 lbs

- Handle Type: curl
- Shaft Type/Coating Available in : Hard Chrome & Stainless Steel
- 5 year warranty

2.52 HAMMER STRENGTH 12-Side URETHANE Fixed BARBELLS

- 12-sided barbell heads have equal weight distribution and reduce rolling.
- All-around knurling for better grip and precision handling.
- Available with Straight or EZ curl handles
- Bright and visible weight numbers
- Made with overmolded Urethane, pressed and welded handle to head
- Coating: Hard Chrome Plated handle
- Will order Sets in 10 lb increments(20-30-40 etc):
 - Straight Bar 20-110 lbs

2.53 HAMMER STRENGTH URETHANE bumpers

- Urethanes extremely resistant to abrasion, cutting and tearing
- Perfect mix of low bounce performance with enough flexibility to protect flooring
- Made from precision machined high-grade-steel, and hard chrome plated
- Molded-in raised color weight numbers for easy identification.
- Material: Urethane
- Durometer : 83-87 Shore A
- Colors: Black
- Plate Widths - Black: 25 lb: 1.5" (39 mm); 35 lb: 1.76" (45 mm); 45 lb: 2.05" (52 mm); 55 lb: 2.27" (58 mm)
- Bumper Diameter : 450MM
- Hub Diameter : 140 MM
- 5 year warranty
- Weights: 10 lb-15lb-25lb-35-lb-45lb

2.54 Rack Bumper Plate Storage

- Size (L x W x H):
- 23.4" x 19.5" x 9"
- 59 x 50 x 23
- Weight: 28 lbs(12.7 kg)

2.55 Hammer strength HD Athletic Power Rack (had-pr) or equivalent. Shall meet the following requirements:

- Must include NEEDED connectors to other racks in bid price
- MUST include the following in base bid price:
 - CUSTIMIZATION of Rack in the bid price
 - 42 inch multigrip bar
 - HD athletic 42 inch thick/skinny bar or equivalent
- 10 year warranty on frame

3. BID RESPONSE ATTESTATION

I (we) do hereby declare that I (we) have carefully examined the specifications, and will not use oversight as an excuse for not fulfilling my (our) obligation.

BIDDER NAME: _____

BIDDER ADDRESS: _____

PHONE NO: _____

FAX NO.: _____

EMAIL ADDRESS: _____

AUTHORIZED SIGNATURE: _____

AUTHORIZED SIGNATORY NAME & TITLE: _____

DATE: _____

4. PRICING SCHEDULE

Bidder shall provide a firm, fixed price for each of the items specified, and provide the Manufacturer or Brand name and the Model Number of the items they are bidding on.

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.1	Fitness Cage, Hoist MC 7005 Motion Cage Package 5	1 piece				
2.2	Shoulder Press Hoist ROC-IT RS 1501	1 piece				
2.3	Seated Dip, Hoist ROC-IT RS 1101	1 piece				
2.4	Bicep Curl, Hoist ROC-IT RS 1102	1 piece				
2.5	Chest Press, Hoist ROC-IT RS 1301	1 piece				
2.6	Pec Fly Hoist ROC-IT RS 1302	1 piece				
2.7	Leg Extension Hoist ROC-IT RS 1401	1 piece				
2.8	Leg Curl, Hoist ROC-IT RS 1402	1 piece				
2.9	Ab machine, Hoist ROC-IT RS 1601	1 piece				
2.10	Hoist ROC-IT RS 1406 Inner Thigh	1 piece				
2.11	Hoist ROC-IT RS 1407 Outer Thigh	1 piece				

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.12	Hoist RPL- 5363 Seated Calf Raise	1 piece				
2.13	Hoist RPL- 5356 Hack Squat	1 piece				
2.14	Hoist CF-3753 Smith Machine	1 piece				
2.15	Hoist ROC-IT RS 1203 Seated Mid Row	1 piece				
2.16	Hoist RPL- 5201 Lat Pulldown	1 piece				
2.17	Hoist ROC-IT RS 1204 Low Back	1 piece				
2.18	Hoist RPL- 5303 Incline Chest Press	1 piece				
2.19	Hoist ROC-IT RS 1502 Lateral Raise	1 piece				
2.20	Hoist ROC-IT RS 1103 Triceps Extension	1 piece				
2.21	Hoist RPL- 5102 Biceps Curl	1 piece				
2.22	Hoist CF-3252 Vertical Knee Raise/Dip	1 piece				
2.23	Hoist CF-3264 Ab Bench	1 piece				
2.24	Assault Air Runner	1 piece				

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.25	Assault Airbike Elite	2 pieces				
2.26	Hammer strength iso-lateral low row (IL-LR)	1 piece				
2.27	Hammer Strength Linear Hack Press (PL-LHS)	1 piece				
2.28	Hammer strength plate-loaded belt squat (PL-BSQ)	1 piece				
2.29	Hammer strength seated arm curl (FW-AC)	1 piece				
2.30	Hammer strength adjustable bench (pro style) (FWMAB)	7 pieces				
2.31	Hammer strength flat bench (FW-FB)	1 piece				
2.32	Hammer strength back extension (BW-BE)	1 piece				
2.33	Hammer strength Barbell rack (FW-BAR)	1 piece				
2.34	Hammer strength 2 TIER dumbbell rack (FW-DR2)	3 pieces				
2.35	Axiom Series Vertical Dumbbell Rack (OP-DBV)	1 piece				
2.36	Signature Series cable motion cable crossover (CMACO)	1 piece				
2.37	Signature Series multi-jungle assist dip chin (MJADC-STA)	1 piece				

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.38	Signature Series multi-jungle Core (MJ-CORE)	1 piece				
2.39	Signature Series multi-jungle Adjustable Crossover-Connect 2 cores (MJAXO-STA)	1 piece				
2.40	Signature Series multi-jungle dual pulley pulldown (MJLPD-STA)	1 piece				
2.41	Signature Series multi-jungle dual pulley Row (MJRWD-STA)	1 piece				
2.42	Signature Series multi-jungle lat pulldown (MJLP-STA)	1 piece				
2.43	Signature Series multi-jungle low row (MJR-STA)	1 piece				
2.44	Signature Series multi-jungle triceps pushdown (MJTP-STA)	1 piece				
2.45	Signature Series utility bench (SUB)	2 pieces				
2.46	Signature Series adjustable decline/abdominal bench (SADB)	1 piece				
2.47.a	Hammer Strength 12-side Urethane Olympic Plates – 10 lbs	20 pieces				
2.47.b	Hammer Strength 12-side Urethane Olympic Plates – 5 lbs	10 pieces				
2.47.c	Hammer Strength 12-side Urethane Olympic Plates – 2.5 lbs	10 pieces				
2.48.a	Hammer Strength Urethane Beauty Bells 3lbs each (ACC-DB-5001-01)	2 sets				

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.48.b	Hammer Strength Urethane Beauty Bells – 5lbs each (ACC-DB-5002-01)	2 sets				
2.48.c	Hammer Strength Urethane Beauty Bells – 8lbs each (ACC-DB-50003-01)	2 sets				
2.48.d	Hammer Strength Urethane Beauty Bells – 12lbs each (ACC-DB-5005-01)	2 sets				
2.49.a	Hammer Strength 12-side Urethane Dumbbells 5-50 lbs set	2 sets				
2.49.b	Hammer Strength 12-side Urethane Dumbbells 55-110 lbs set	1 set				
2.50	Gym Bar Chrome Hybrid Bearing	5 bars				
2.51	Curl Bars (Hammer Strength & Standard)	2 bars				
2.52	Hammer Strength 12-Side Urethane Fixed Barbells – Sets in 10lb increments – Straight Bar 20-110lbs	1 set				
2.53.a	Hammer Strength Urethane Bumpers – Weights 10lbs	10 sets				
2.53.b	Hammer Strength Urethane Bumpers – Weights 15lbs	10 sets				
2.53.c	Hammer Strength Urethane Bumpers – Weights 25lbs	10 sets				
2.53.d	Hammer Strength Urethane Bumpers – Weights 35lbs	10 sets				
2.53.e	Hammer Strength Urethane Bumpers – Weights 45lbs	20 sets				

<u>Item #</u>	<u>Item Description</u>	<u>Est. Qty.</u>	<u>Unit Price</u>	<u>Extended Price</u>	<u>Manufacturer / Brand</u>	<u>Model #</u>
2.54	Rack Bumper Plate Storage	2 pieces				
2.55	Hammer strength HD Athletic Power Rack (HAD-PR)	5 pieces				

Total Extended Price for All Items: \$ _____

Delivery Date / Days:

Bidder guarantees deliver of the item(s) ordered within _____ business days after receipt of a purchase order.