

AUTHORIZED GYM EQUIPMENT DESCRIPTIONS

Disclaimer:

The equipment descriptions and photos listed are not an advertisement, endorsement, or in any way promoting one particular vendor/manufacture. The items lists are simply a point of reference for units to use in determining the functionality of the equipment being requested. The equipment contracted may or may not look similar to the items listed; however, the functionality will be the same across whatever vendor is awarded the contract.

All contracting procedures, rules, and laws apply.

CARDIOVASCULAR MACHINES

TREADMILLS (requires a dedicated circuit)

Machine Weight: 455 lbs **Step Up Ht:** in. = 9.5 **Size:** in. = 80L x 37W x 65H

- 7" LCD Console (minimum) with Touch Screen Technology
- Heart rate monitor via hand sensors or optional chest strap
- Speed, Incline, Heart Rate, Pace, Elapsed Time, Time Remaining, Time in Training Zone, Time of Day (optional), Distance, Distance performed, Distance remaining, Calories, Calories per Hour, Watts, METs



ELLIPTICAL/CROSS TRAINERS

Machine Weight: 455 lbs **Size:** in. = 89L x 32W x 66H

- 7" LCD Console (minimum) with Touch Screen Technology
- Heart rate monitor via hand sensors or optional chest strap
- Classic, Hill, and Heart Rate workouts
- **Fit Tests:** Army PFT, Navy PRT, Air Force PRT, Marine PFT, Fit Test, Gerkin Protocol, Physical Efficiency Battery (PEB), Create Your Own Workout function, Sport Training: 5K, 10K, Speed Training, Speed Interval Training



UPRIGHT AND RECUMBENT BIKES

(Upright) Machine Weight: 180 lbs **Size:** in. = 45L x 23W x 61H
(Recumbent) Machine Weight: 220 lbs **Size:** in. = 66L x 29W x 55H

- 7" LCD Console (minimum) with Touch Screen Technology
- Heart rate monitor via hand sensors or optional chest strap
- Classic, Hill, and Heart Rate workouts
- **Fit Tests:** Navy PRT, Air Force PRT, Fit Test, Create Your Own: 8 Custom Workouts, 2 Create Your Own Workouts, Watts and METs: Watts, METs, Sport Training: Interval, Speed Training
- Heart rate monitor via optional chest strap or handles



STAIR STEPPERS

Machine Weight: 170 lbs **Size:** in. = 52L x 34W x 66H

- 7" LCD Console (minimum) with Touch Screen Technology
- Heart rate monitor via hand sensors or optional chest strap
- Fit tests, Zone workouts, and Goal workouts



SUMMIT TRAINERS

Machine Weight: 355 lbs **Size:** in. = 70L x 35W x 75H

- 7" LCD Console (minimum) with Touch Screen Technology
- Heart rate monitor via hand sensors or optional chest strap
- Moving arm handles provide total body workout
- User defined stride length
- Fit tests, Zone workouts, and Goal workouts



ROWER

Machine Weight: 65 lbs **Max User Weight:** 500 lbs. **Size:** in. = 27" x 47" x 54.5"

- 20 inch frame height; One-piece leg design offers stability and a solid feel
- Flywheel design minimizes noise, maximizes smooth feel of rowing on the water
- Monitor with rechargeable battery pack and chest belt for heart rate monitoring



STRENGTH TRAINING EQUIPMENT

CABLE MOTION:

Stack Weight (ea.): 180 lbs (min.)

5-STATION MULTI TOWER

Stack Weight (ea.): 180 lbs **Size:** in. = 196" L x 143.5" W x 94" H

Shown with: (5 weight stacks)

- **Adjustable Crossover** (Includes 2 molded grip handles - Connects two core towers or extends from core tower)
- **Dual Pulley Pulldown** (Includes fixed molded handles – two individual pulleys)
- **Triceps Pushdown** (Includes triceps rope)
- **Dual Pulley Row** (Includes fixed molded handles – two individual pulleys)



8-STATION MULTI TOWER

Stack Weight (ea.): 180 lbs **Size:** in. = 221" L x 143.5" W x 94" H

Shown with: (8 weight stacks)

- **Adjustable Crossover** (Includes 2 molded grip handles - Connects two core towers)
- **Dual Pulley Pulldown** (Includes fixed molded handles – two individual pulleys)
- **Triceps Pushdown** (Includes triceps rope)
- **Dual Pulley Row** (Includes fixed molded handles – two individual pulleys)
- **Lat Pulldown** (Includes pulldown bar)
- **Low Row** (Includes V-bar handle)



12-STATION MULTI TOWER: Straight or V Shape

Size (in.): 370" L x 181" W x 94" H (Straight); 291" L x 224" W x 94" H (V)

Shown with: (12 weight stacks)

- **Adjustable Crossover** (Includes 2 molded grip handles - Connects two core towers)
- **Dual Pulley Pulldown** (Includes fixed molded handles – two individual pulleys)
- **Triceps Pushdown** (Includes triceps rope)
- **Dual Pulley Row** (Includes fixed molded handles – two individual pulleys)
- **Lat Pulldown** (Includes pulldown bar)
- **Low Row** (Includes V-bar handle)
- **Adjustable Pulley** (Includes molded grip handle)



MULTI TOWER TRAINING STATION OPTIONS – in conjunction with options above

- **Adjustable Crossover** (Includes 2 molded grip handles – Can be stand alone unit or Connects to multi)
- **Adjustable Pulley** (Includes molded grip handle)
- **Lat Pulldown** (Includes pulldown bar)
- **Dual Pulley Pulldown** (Includes fixed molded handles – two individual pulleys)
- **Low Row** (Includes V-bar handle)
- **Dual Pulley Row** (Includes fixed molded handles – two individual pulleys)
- **Triceps Pushdown** (Includes triceps rope)



DUAL ADJUSTABLE PULLEY – Stand alone unit (ideal for corners)

Machine Weight: 315 lbs **Starting Resistance:** 6 lbs **Size:** in. = 51L x 54W x 68H

- 20 adjustment positions per column = 225 different exercises
- Low starting resistance and high speed movements suitable for sport-specific training



PLATE LOADED:

HEAVY DUTY (HD) ELITE OLYMPIC RACKS

8' HALF RACK

Machine Weight: 622 lbs **Starting Resistance:** N/A **Size:** in. = 55L x 65.5W x 96H

- Open front allows unrestricted overhead movements and accommodates the tallest users
- Space efficient footprint
- Heavy duty, welded frame construction
- Non-slip diamond-plated spotter stands
- Ergonomically-angled chin-up handles for pull-ups, chin-ups and close grip pull-ups
- Standard weight horns – 10



8' POWER RACK

Machine Weight: 805 lbs **Starting Resistance:** N/A **Size:** in. = 73L x 65.5W x 97.5H

- Heavy-duty frame construction
- Non-slip diamond-plated spotter stands
- Ergonomically-angled chin-up handles for pull-ups, chin-ups and close grip pull-ups
- Standard weight horns – 10



COMBO RACK – HALF RACK/DUAL ADJUSTABLE PULLEY

Machine Weight: 765 lbs **Starting Resistance:** N/A **Size:** in. = 86" x 67" x 96"

- Space-efficient design accommodates two users at the same time
- Combines a Half Rack with Dual Adj Pulley system (*see Cable Motion above*)
- Heavy duty, welded frame construction
- Non-slip diamond-plated spotter stands
- Ergonomically-angled chin-up handles for pull-ups, chin-ups and close grip pull-ups
- Standard weight horns – 10



COMBO RACK – HALF RACK/HALF RACK

Machine Weight: 900 lbs **Starting Resistance:** N/A **Size:** in. = 102" x 67" x 96"

- Space-efficient design accommodates two users at the same time
- Accommodates an optional Adjustable Bench for each user
- Oversize, heavy-gauge steel tubes and externally-mounted adjustment racks maintain machine's overall strength and integrity
- Non-slip, flip up spotter platforms place two spotters in the optimum spotting positions
- Standard weight horns – 10



Be sure to add (1) of these to each HD piece above, or (2) if requesting COMBO RACK

OLYMPIC HEAVY-DUTY ADJUSTABLE BENCH

Machine Weight: 130 lbs **Starting Resistance:** N/A **Size:** in. = 39L x 24W x 19H

- Locking System ensures that the user is in the correct lifting position
- Heavy duty, welded frame construction will
- Back pad adjusts in 2" increments from 0° to 75°, while bottom pad adjusts from 0° to 20°
- Handle and wheels for easy mobility



GROUND BASE

GROUND BASE STANDING PRESS

Machine Weight: 370 lbs **Starting Resistance:** 8 lbs **Size:** in. = 69L x 66W x 90H

- Iso-lateral motion
- Conducive for explosive or transfer training
- Allows both unilateral and bi-lateral training
- Ideal training tool for the athletic market
- Feet-on-the-floor positioning promotes functional training
- Starting resistance – 8 lbs
- Standard weight horns – 6



STAND ALONE

ISO-LATERAL FRONT LAT PULLDOWN

Machine Weight: 315 lbs **Starting Resistance:** 1 lb **Size:** in. = 65L x 41W x 80H

- Movement arms rotate back, up and out offering a unique upper back training
- Underhand grip offers natural path of motion ideal for training the Latissimus Dorsi
- Additional handle provides user stabilization during one-arm exercises
- Starting resistance – 1 lb
- Standard weight horns – 6



ISO-LATERAL ROWING

Machine Weight: 280 lbs **Starting Resistance:** 12 lbs **Size:** in. = 59L x 50W x 51H

- From a seated position, two independent movement arms move and abduct to work the latissimus dorsi and several other muscle groups
- Starting resistance – 12 lbs



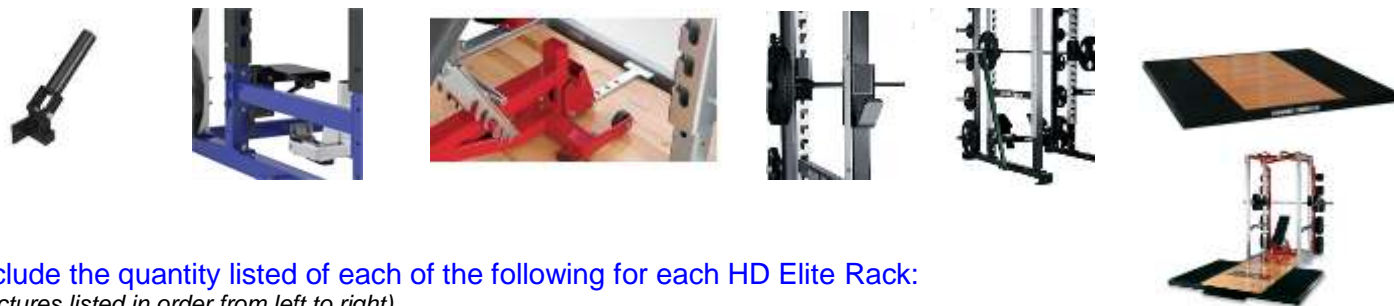
SEATED ARM CURL (*not iso-lateral*)

Machine Weight: 160 lbs **Starting Resistance:** N/A **Size:** in. = 39L x 36W x 43H

- **Request (1) 5-Foot EZ Curl bar as well**
- floor bumpers



Accessories - HEAVY DUTY ELITE RACKS



Include the quantity listed of each of the following for each HD Elite Rack:

(Pictures listed in order from left to right)

- (2) Landmine attachments (rotational strength)
- (1 pair) Spotter platforms
- (1) Dock-n-Lock bench docking system
- (1 pair) Reverse Bar Supports
- (1 pair) Resistance Band pegs
- *6x8 Platform determined via site visit/space considerations

RACKS/STORAGE

BARBELL RACK (Fixed Weight – EZ Curl or Straight Bar)

Machine Weight: 142 lbs **Starting Resistance:** N/A **Size:** in. = 31L x 28W x 60H

- floor bumpers



DUMBELL RACK – DOUBLE (Holds 10 pairs)

Machine Weight: 155 lbs **Starting Resistance:** N/A **Size:** in. = 90L x 24W x 32H

- floor bumpers (holds 5-50 or 55-100 lbs sets)



WEIGHT TREE

Machine Weight: 73 lbs **Starting Resistance:** N/A **Size:** in. = 20L x 27W x 39H

- floor bumpers
- Standard weight horns – 8



BUMPER PLATE STORAGE (LARGE)

Machine Weight: 250 lbs **Starting Resistance:** N/A **Size:** in. = 72L x 16W x 11-1/2H

- (8) bumper plate storage positions (3½" W x 8" H)
- (4) 10 and 5 lbs plate storage positions (4" W x 4" H)
- (2) 2½ lbs plate storage positions (1½" W x 4" H)



BUMPER PLATE STORAGE (SMALL)

Machine Weight: 250 lbs **Starting Resistance:** N/A **Size:** in. = 46L x 16W x 11-1/2H

- (4) bumper plate storage positions (3½" W x 8" H)
- (3) 2½, 5 & 10 lbs storage positions (4" W x 4" H)



BENCHES

ADJUSTABLE BENCH *(for Dumbbell area – not HD Racks)*

Machine Weight: 130 lbs **Starting Resistance:** N/A **Size:** in. = 39L x 24W x 19H

- Heavy duty, welded frame construction
- Back pad adjusts in 2" increments from 0° to 85°
- Handle and wheels for easy mobility



DECLINE ABDOMINAL BENCH

Machine Weight: 100 lbs **Starting Resistance:** N/A **Size:** in. = 63L x 24W x 34H

- floor bumpers



CHIN/DIP/LEG RAISE

Machine Weight: 250 lbs **Starting Resistance:** N/A **Size:** in. = 48L x 42W x 92H

- Three exercises in one compact machine
- floor bumpers



BACK EXTENSION

Machine Weight: 135 lbs **Starting Resistance:** N/A **Size:** in. = 59L x 28.3W x 43H

- floor bumpers



GLUTE-HAM

Machine Weight: 329 lbs **Starting Resistance:** N/A **Size:** in. = 72L x 33W x 50H

- floor bumpers



OLYMPIC BARS AND COLLARS

7-FOOT OLYMPIC OR 5-FOOT EZ CURL BARBELL

Weight: 45 lbs (7-Foot); 15 lbs. (5-Foot EZ Curl)

- **Request (1) 7-Foot bar for each Heavy Duty Olympic piece**
- Chrome plating designed to military aircraft-quality specifications
- Medium diamond knurl



OLYMPIC BAR COLLARS

- **Request (1) Pair per bar requested**
- Sold in pairs
- Chrome plating designed to military aircraft-quality specifications
- Medium diamond knurl



OLYMPIC WEIGHT PLATES – Urethane or Rubber Coated

OLYMPIC WEIGHT PLATES

- Available in 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., and 45 lb. sizes, with kilogram equivalent weight markings on all sizes
- Integrated hand grips on all plates 10 lbs. or higher



BUMPER PLATES – Rubber

STANDARD BUMPER PLATES

- 10, 15, 25, 35, 45 lb. plates
- **Diameter:** All plates are the same standard diameter- 18"



AMERICAN BARBELL COMPANY

DUMBBELL SETS– Urethane or Rubber Coated

- 5-50 lbs. (5 lbs. increments - 10 pairs)
- 55-100 lbs. (5 lbs. increments - 10 pairs)



FIXED BARBELL SETS– Urethane or Rubber Coated

- **Request (1) BARBELL RACK as well – only (1) set authorized**
- Straight Bar Set, 20-110 lbs. (10 Barbells)
- EZ Curl Bar Set, 20-110 lbs. (10 Barbells)



Items below are authorized pending inadequate space to above listed equipment.

Iso-Lateral:

Arcs of motion allows user to move both limbs at the same time, independently, alternating, or with different weights for each

ISO-LATERAL BENCH PRESS

Machine Weight: 350 lbs **Starting Resistance:** 7 lbs **Size:** in. = 49L x 52W x 69H

- Two movement arms move independently around non-breakable ductile iron castings
- Movement arm path of motion causes adduction of the arms to allow for greater involvement of the pectorals
- Choose either horizontal or vertical hand grip position
- Starting resistance – 7 lbs
- Optional counter balance
- Standard weight horns – 6



ISO-LATERAL WIDE CHEST *(can act as Decline Bench)*

Machine Weight: 305 lbs **Starting Resistance:** 2 lbs **Size:** in. = 45L x 69W x 69H

- Greater degree of converging motion than the Decline Press
- Wide start position accommodates larger users
- Starting resistance – 2 lbs
- Optional counter balance
- Standard weight horns – 6



ISO-LATERAL INCLINE PRESS

Machine Weight: 325 lbs **Starting Resistance:** 8 lbs **Size:** in. = 39L x 52W x 75H

- Two movement arms move independently around non-breakable ductile iron castings
- Movement arms converge through the motion, effectively working the pecs and deltoids
- Choose either horizontal or vertical hand grip position
- Starting resistance – 8 lbs
- Optional counter balance
- Standard weight horns – 6



ISO-LATERAL CHEST/BACK

Machine Weight: 390 lbs **Starting Resistance:** 7 lbs **Size:** in. = 72L x 52W x 82H

- Combination machine allows true push/pull exercise for the chest and back
- Ideal solution for the space-constrained facility
- Back pad is angled 10 degrees on the seat for chest press
- Starting resistance – 7 lbs
- Standard weight horns – 6



OLYMPIC SQUAT RACK

Machine Weight: 290 lbs **Starting Resistance:** N/A **Size:** in. = 59L x 68W x 73H

- Standard weight horns – 8 (min)
- floor bumpers (4)



ISO-LATERAL LEG PRESS

Machine Weight: 605 lbs **Starting Resistance:** 18 lbs **Size:** in. = 70L x 59.5W x 60H

- Provides an Iso-Lateral motion and a diverging path of motion
- Ideal for independent leg training for equal strength development
- Seat is angled at 35° and adjusts in 1/2" increments
- Footplate is designed to maintain the ankle at 90° throughout the entire movement to minimize undesirable forces
- Starting resistance – 18 lbs
- Standard weight horns – 4

