AUTHORIZED GYM EQUIPMENT DESCRIPTIONS

Disclaimer:
The equipment descriptions and photos listed are not an advertisement, endorsement, or in any way promoting one particular vendor/manufacturer. 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 0º to 75º, while bottom pad adjusts from 0º to 20º
- Handle and wheels for easy mobility
GROUND BASE

GROUND BASE STANDING PRESS

<table>
<thead>
<tr>
<th>Machine Weight: 370 lbs</th>
<th>Starting Resistance: 8 lbs</th>
<th>Size: in. = 69L x 66W x 90H</th>
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- 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

<table>
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<tr>
<th>Machine Weight: 315 lbs</th>
<th>Starting Resistance: 1 lb</th>
<th>Size: in. = 65L x 41W x 80H</th>
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- 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

<table>
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<th>Machine Weight: 280 lbs</th>
<th>Starting Resistance: 12 lbs</th>
<th>Size: in. = 59L x 50W x 51H</th>
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- 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)

<table>
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<th>Machine Weight: 160 lbs</th>
<th>Starting Resistance: N/A</th>
<th>Size: in. = 39L x 36W x 43H</th>
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- 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

**DUMBBELL 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

- 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"

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