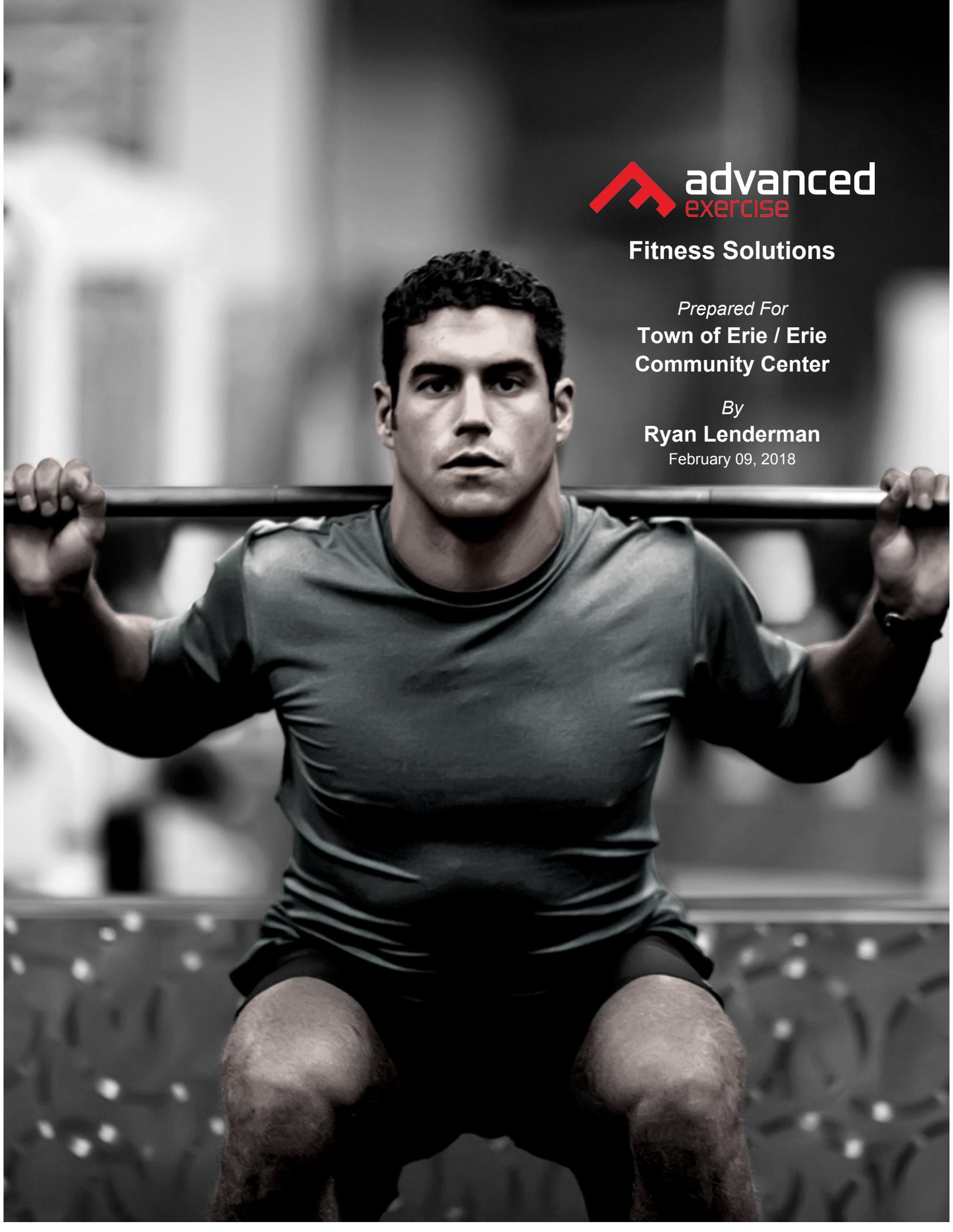




**Fitness Solutions**

*Prepared For*  
**Town of Erie / Erie  
Community Center**

*By*  
**Ryan Lenderman**  
February 09, 2018





**different by design**

## Leading Through Commitment

Creating unparalleled fitness facilities for every client we serve



## Precision and Passion Matter

We are a design and full service commercial fitness facility provider dedicated to excellence in every detail



## We Value Relationships

We take our partnerships seriously, strictly evaluating each of the manufacturers we do business with. We aim to provide the best available products on the market, as is evident through our dedicated partnerships with companies like Life Fitness and Hammer Strength.



“Advanced Exercise made setting up our new fitness facility a breeze! Our customers really love the final selection, constantly complimenting us on the quality of the equipment and the various workouts they can do. I'd definitely use Advanced Exercise for my next project.”



[advancedexercise.com](http://advancedexercise.com) | 800.520.1112



## different by design

Fitness and wellness partner offering consultation and facility design, equipment, leasing, maintenance and service

2D and 3D layouts of your facility

Offering a wide selection from over 30 of the industry's most durable and trusted equipment brands

On-site product training

Local fitness design specialists across the country to serve your needs

Complimentary site evaluations



“From hand-selecting the equipment and designing the layout to expedited delivery and service, our Advanced Exercise consultants were helpful every step of the way. The Life Fitness equipment we purchased is second to none, and we couldn't be happier with our facility.”

## Supporting Services



Layout & Design



Delivery & Installation



Financing Options



Trade in Programs



Equipment Consultation



Product Training



Extended Warranties



Service & Maintenance



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# Get to know us.

## National Joint Powers Alliance®

### HOW CAN NJPA CONTRACTS BENEFIT MY AGENCY?

National Contract Purchasing provides considerable time and resource savings for participating Member agencies.

- Streamlines the contracting processes and maximizes efficiencies
- No need to establish and or duplicate bid docs or contract process
- Reduce the impact of staff reductions and budget cuts

### WHAT IS THE VALUE OF MEMBERSHIP WITH NJPA?

Membership establishes a legal paper trail between the Member and NJPA, justifying your contract purchasing decision. A no-cost, no-obligation NJPA Membership provides access to competitively bid contracts, procured by a national municipal contracting agency. Our contracts leverage national volume pricing and provide our Members with the desired vendor choices.

- Ease and time saving benefits of purchasing through national contracts procured, awarded and hosted by a national municipal contracting agency
- Unique advantage to purchase quality products/services deserving of the agency

### DOES NJPA SATISFY MY LOCAL BID REQUIREMENTS?

Every state government/education entity has a purchasing level at which public agencies are required to "go out to bid." NJPA has nationally solicited, evaluated and awarded contracts through a competitive bidding process on behalf of its Members. These contracts can be leveraged by municipalities under the authority of NJPA's enabling legislation and your state's procurement laws and/or Joint Powers Authority. These laws allow access to NJPA's contracts and procurement process to satisfy your local/state bidding requirements, avoiding duplication of the process.

Click images to view marketing materials:

About Us—who we are, our contracting process, our legal authority and the value we provide our Members. **Contract Directory**—our current list of contract solutions. **NJPAdvantage Newsletter**—our quarterly newsletter.



The National Joint Powers Alliance® (NJPA) is a public agency; established through Minnesota State Statute in 1978. NJPA serves as a municipal contracting agency for over 40,000 Members throughout the nation with competitively awarded contract purchasing solutions through industry-leading vendors.

NJPA Membership is available to government, education and non-profit agencies located in all 50 states at no cost, liability or obligation to the Member. As a public, government agency itself, NJPA responds to its Members' purchasing needs by facilitating and awarding national competitively bid contracts. NJPA contract purchasing solutions result in valuable product and service solutions that range from office supplies to heavy equipment.



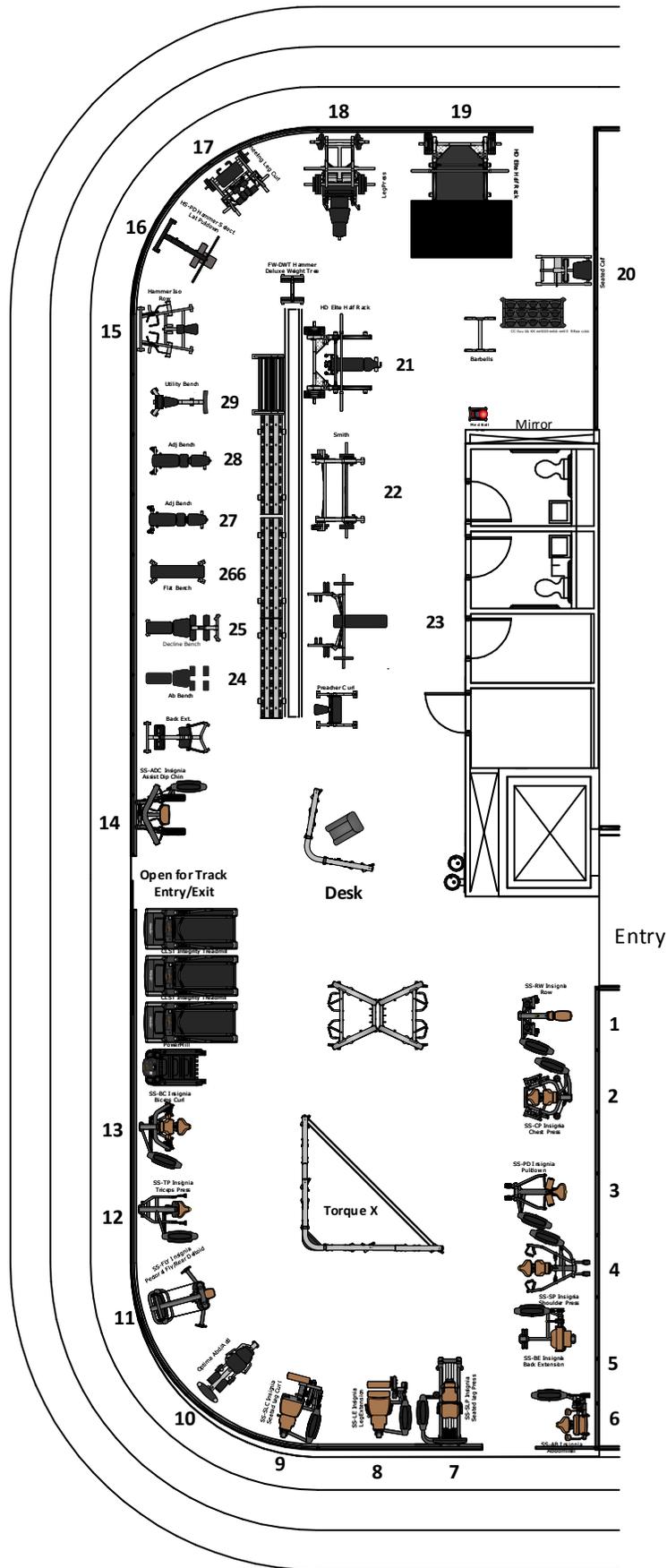
Learn more: [www.njpacoop.org](http://www.njpacoop.org)

Duff Erholtz • Membership Services • 218-894-5490 • [duff.erholtz@njpacoop.org](mailto:duff.erholtz@njpacoop.org)



**New Equip. Legend:**

1. Low Row
2. Chest Press
3. Lat Pulldown
4. Shoulder Press
5. Back Ext.
6. Abdominal
7. Leg Press
8. Leg Ext.
9. Leg Curl
10. Abd/Add
11. Pec Fly/Rear Delt
12. Tricep PD
13. Bicep Curl
14. Chin/Dip/Assist
15. Iso-Low Row
16. Iso-Pulldown
17. Kneeling Leg Curl
18. Leg Press
19. Half Rack w/ Rubber Platform
20. Seated Calf
21. HD. Half Rack w/ Dock-n-Lock Bench
22. Smith Machine
23. Oly Flat Bench
24. Ab Bench
25. Decline Bench
26. Flat Bench
27. Adj. Bench
28. Adj. Bench
29. Multi Bench



**Fitness Center Layout Designed for: Erie Community Center**

Fitness Design Consultant: Ryan Lenderman

P: 303-549-4925

E: rlenderman@advancedexercise.com

Scale: 5/64" = 1' Date: Jan 2018 Version: 2

⊖ Standard 120V/15 amp with NEMA 5-15R

⊖ Dedicated 120V/20 amp with NEMA 5-20R

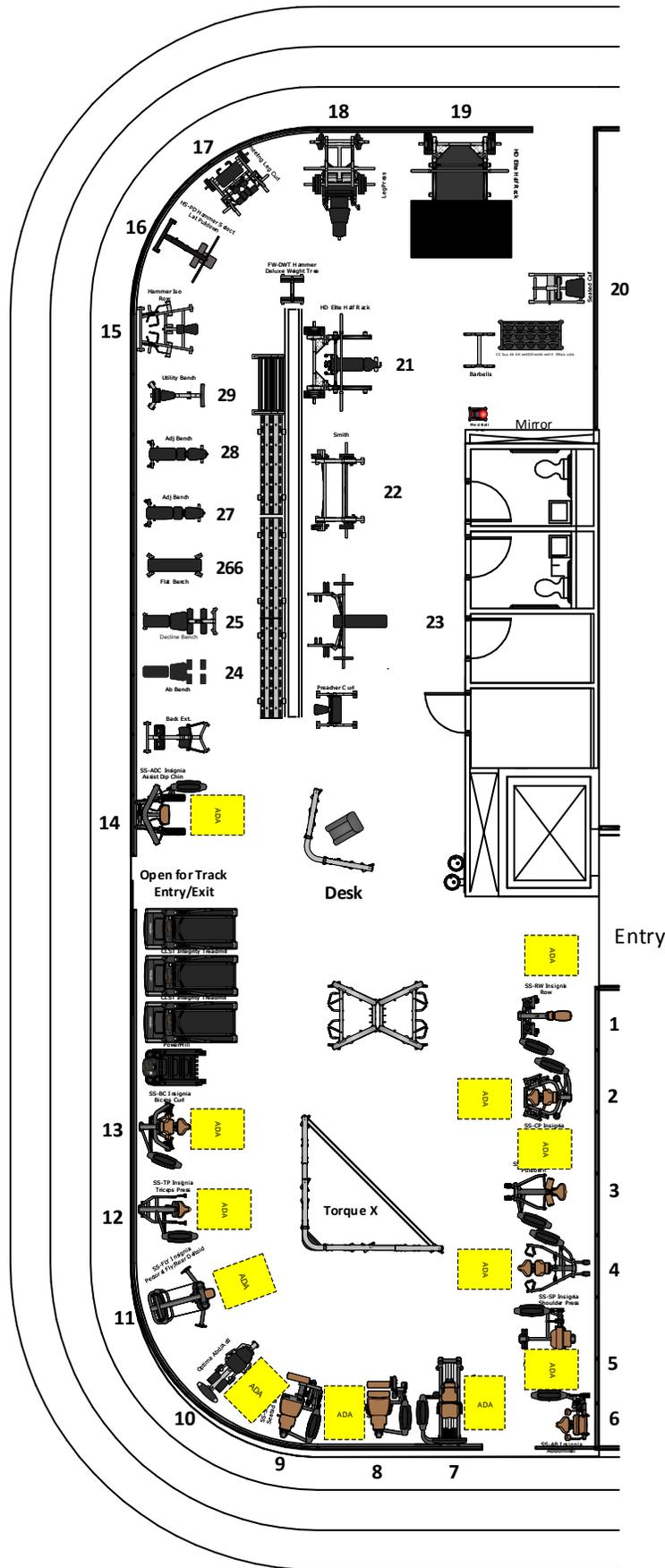
⊖ Ethernet RJ-45 Jack (Shielded CAT 6 recommended)

⊖ 75 Ohm Coax Cable (RG 6, F Connector)



**New Equip. Legend:**

1. Low Row
2. Chest Press
3. Lat Pulldown
4. Shoulder Press
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# advanced exercise

advancedexercise.com | 861 SouthPark Drive #100, Littleton, CO 80120 | 800.520.1112

### CONSULTANT

Ryan Lenderman  
rlenderman@advancedexercise.com  
Phone: 303-549-4925  
Fax: 303-648-4274

Date: February 09, 2018  
Quote Expires: 45 day(s)  
**Proposal # 028424-R3**

#### BILL TO

Town of Erie / Erie Community Center  
450 Powers St.  
Erie, Co 80516  
  
303-926-2552

#### SHIP TO

Erie Community Center  
450 Powers St.  
Erie, Co 80516  
Chad Roeder  
(303) 926-2552  
croader@erieco.gov



## STRENGTH EQUIPMENT

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-RW	Life Fitness	<b>Insignia Row/Rear Deltoid</b> 	<ul style="list-style-type: none"> <li>• Independant Diverging Movement Arms</li> <li>• Adjustable Chest Pad</li> <li>• Fixed Center Grip for Single Arm Isolation</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 49" L x 54" W x 58" H</li> </ul>	3,239.25	1	\$3,239.25
SS-RW-7002	Life Fitness	<b>L Trim Package (Row/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-RW-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Row/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-CP	Life Fitness	<b>Insignia Chest Press</b> 	<ul style="list-style-type: none"> <li>• Independant Converging Press Arms</li> <li>• Adjustable Starting Position</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 57" L x 43" W x 58" H</li> </ul>	3,434.25	1	\$3,434.25



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-CP-7002	Life Fitness	<b>L Trim Package (Chest Press)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-CP-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Chest Press)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-SLC	Life Fitness	<b>Insignia Seated Leg Curl</b>	 <ul style="list-style-type: none"> <li>• Variable Cam Design Allows Proper Range of Motion</li> <li>• Adjustable Starting Position</li> <li>• Adjustable Back Pad</li> <li>• Adjustable Tibia Pad</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 40" L x 61" W x 58" H</li> </ul>	3,584.25	1	\$3,584.25
SS-SLC-7002	Life Fitness	<b>L Trim Package (Seated Leg Curl)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-SLC-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Seated Leg Curl)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-PD	Life Fitness	<b>Insignia Pulldown</b>	 <ul style="list-style-type: none"> <li>• Independant Diverging Movement Arms</li> <li>• Angled Adjustable Thigh Pad</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 57" L x 55" W x 76" H</li> </ul>	3,359.25	1	\$3,359.25
SS-PD-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Pulldown)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-PD-7002	Life Fitness	<b>L Trim Package (Pulldown)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-SP	Life Fitness	<b>Insignia Shoulder Press</b> 	<ul style="list-style-type: none"> <li>• Independant Converging Press Arms</li> <li>• Counterbalanced Press Arms for Low Starting Resistance</li> <li>• Neutral &amp; Pronated Grips</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 170 lbs</li> <li>• 57" L x 64" W x 73" H</li> </ul>	3,239.25	1	\$3,239.25
SS-SP-7002	Life Fitness	<b>L Trim Package (Shoulder Press)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-SP-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Shoulder Press)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-BE	Life Fitness	<b>Insignia Back Extension</b> 	<ul style="list-style-type: none"> <li>• Two Foot Peg heights to accomodate user size</li> <li>• Five Adjustable Starting Positions</li> <li>• Lumbar Pad allows for complete range of motion</li> <li>•</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 55" L x 42" W x 58" H</li> </ul>	3,359.25	1	\$3,359.25
SS-BE-7002	Life Fitness	<b>L Trim Package (Back Extension)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-BE-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Back Extension)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-AB	Life Fitness	<b>Insignia Abdominal</b> 	<ul style="list-style-type: none"> <li>• Overhead Design for Abdominal Isolation</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 170 lbs</li> <li>• 53" L x 46" W x 58" H</li> </ul>	3,239.25	1	\$3,239.25
SS-AB-7002	Life Fitness	<b>L Trim Package (Abdominal)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-AB-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Abdominal)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-SLP	Life Fitness	<b>Insignia Seated Leg Press</b> 	<ul style="list-style-type: none"> <li>• Upright Design &amp; Angled Seat for Optimal Fit</li> <li>• Adjustable Starting Position</li> <li>• Force is displaced on hips &amp; glutes not the spine</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 335 lbs</li> <li>• 45" L x 79" W x 65" H</li> </ul>	5,151.75	1	\$5,151.75
SS-SLP-7002	Life Fitness	<b>L Trim Package (Seated Leg Press)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-SLP-4002	Life Fitness	<b>Heavy Weight Stack w/Dial Increment (LB) (Seated Leg Press)</b>	<ul style="list-style-type: none"> <li>• Upgrades Standard to Heavy Weight Stack</li> <li>• Dial Increment Weight System</li> <li>• Weight Stack: 395 lbs.</li> </ul>	225.00	1	\$225.00



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-LE	Life Fitness	<b>Insignia Leg Extension</b> 	<ul style="list-style-type: none"> <li>• Variable Cam Design Allows Proper Range of Motion</li> <li>• 100° Degree Angle between back pad &amp; seat for comfort</li> <li>• Adjustable Starting Position</li> <li>• Adjustable Back Pad</li> <li>• Adjustable Tibia Pad</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 40" L x 69" W x 58" H</li> </ul>	3,509.25	1	\$3,509.25
SS-LE-7002	Life Fitness	<b>L Trim Package (Leg Extension)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-LE-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Leg Extension)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-FLY	Life Fitness	<b>Insignia Pec Fly/Rear Deltoid</b> 	<ul style="list-style-type: none"> <li>• Independant Variable Cams Provide Equal Resistance</li> <li>• Adjustable Range of Motion Increments</li> <li>• Articulating Arms Adjust to Users Range of Motion</li> <li>• Performs Pec Fly &amp; Rear Delt Exercises</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 80" L x 78" W x 80" H</li> </ul>	3,359.25	1	\$3,359.25
SS-FLY-7002	Life Fitness	<b>L Trim Package (Pec Fly/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-FLY-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Pec Fly/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-TP	Life Fitness	<b>Insignia Triceps Press</b> 	<ul style="list-style-type: none"> <li>• Angled Back Pad Secures User Position</li> <li>• Open Pressing Handles Adjustable Width</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 260 lbs</li> <li>• 52" L x 44" W x 58" H</li> </ul>	3,194.25	1	\$3,194.25
SS-TP-7002	Life Fitness	<b>L Trim Package (Triceps Press)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-TP-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Triceps Press)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
SS-BC	Life Fitness	<b>Insignia Biceps Curl</b> 	<ul style="list-style-type: none"> <li>• Open Design for Comfort &amp; Proper Fit</li> <li>• Independant Movement Arms</li> <li>• Four Bar Linkage Seat Design for Optimum Fit</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 170 lbs</li> <li>• 48" L x 63" W x 58" H</li> </ul>	3,239.25	1	\$3,239.25
SS-BC-7002	Life Fitness	<b>L Trim Package (Biceps Curl)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-BC-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Biceps Curl)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-ADC	Life Fitness	<b>Insignia Assist Dip Chin</b> 	<ul style="list-style-type: none"> <li>• Knee pad folds under for unassisted training</li> <li>• Dip Bars adjust in width</li> <li>• Multi Grip handles for variety of movements</li> <li>• Steps for easy access</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• Full Front &amp; Rear Weight Stacks Shrouds</li> <li>• Large Color Exercise Graphic</li> <li>• QR Code to log workout on LF Connect</li> <li>• Standard Weight Stack: 170 lbs</li> <li>• 58" L x 64" W x 87" H</li> </ul>	3,554.25	1	\$3,554.25
SS-ADC-7002	Life Fitness	<b>L Trim Package (Assist Dip Chin)</b>	<ul style="list-style-type: none"> <li>• L Trim Package Upgrades</li> <li>• Electronic Rep Counter &amp; Timer</li> <li>• Ergonomic Hand Grips</li> <li>• Painted Aluminum Tower Cap</li> </ul>	300.00	1	\$300.00
SS-ADC-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (LB) (Assist Dip Chin)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	112.50	1	\$112.50
HS-PD	Hammer Strength	<b>Hammer Select Lat Pulldown</b> 	<ul style="list-style-type: none"> <li>• 2" x 4" and 2" x 3" 11 gauge steel tubing</li> <li>• Start Position is adjusted in five 10-degree increments</li> <li>• Lift &amp; Lock Seat System</li> <li>• Rear Weight Stack Shroud</li> <li>• Add On Incremental Weight System</li> <li>• Thigh pads easily adjust to provide stability and comfort</li> <li>• Straight-bar w/ angled ends ensures correct arm and wrist position throughout motion</li> <li>• Machine Weight: 545lb.</li> <li>• Weight Stack: 295lb.</li> <li>• Dimensions: 54"L x 33"W x 89"H</li> <li>• Made in USA</li> </ul>	2,148.00	1	\$2,148.00
HS-PD-7003	Hammer Strength	<b>Hammer Select Pulldown SE &amp; Full Front Shroud Upgrade</b>	<ul style="list-style-type: none"> <li>• Additional Upgrades to Base Hammer Strength Select</li> <li>• Integrated Incremental Weight System</li> <li>• Front Weight Stack Shrouds</li> </ul>	359.25	1	\$359.25



advanced exercise

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
OSHAA	Life Fitness	<b>Optima Series Dual Hip Abductor/Adductor</b> 	<ul style="list-style-type: none"> <li>• Oval frame 11 gauge tubing with powder coat finish</li> <li>• Contoured cushions with molded foam</li> <li>• Solid steel weights with drop down increment weight</li> <li>• Low profile tower height of 57"</li> <li>• Optional front and rear shrouds</li> <li>• Dual resistance design works inner and outer thighs</li> <li>• Single adjustment controls starting position</li> <li>• Machine Weight: 425lb.</li> <li>• Weight Stack: 142lb.</li> <li>• Dimensions: 66"L x 66"W x 57"H</li> </ul>	2,603.20	1	\$2,603.20
OS-SHROUD	Life Fitness	<b>Optima Series Front and Rear Shroud Option (except OSDAP)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	191.70	1	\$191.70
IL-ROW	Hammer Strength	<b>Iso-Lateral Rowing</b> 	<ul style="list-style-type: none"> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Patented independent diverging movement</li> <li>• Seat adjustable to 27 positions</li> <li>• Additional handle for stabilization during one arm exercise</li> <li>• Plate Loaded with 10 lb. starting resistance</li> <li>• Made in USA</li> <li>• 59"L x 50" W x 51" H</li> <li>• Machine weight: 280 lbs.</li> </ul>	1,829.20	1	\$1,829.20
IL-KLC	Hammer Strength	<b>Iso-Lateral Kneeling Leg Curl</b> 	<ul style="list-style-type: none"> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Patented independent movement</li> <li>• Plate Loaded with 8 lb. starting resistance</li> <li>• 2 weight horns</li> <li>• Made in USA</li> <li>• 43"L x 50" W x 47" H</li> <li>• Machine weight: 250 lbs.</li> </ul>	2,178.55	1	\$2,178.55
PL-CALF	Hammer Strength	<b>Seated Calf Raise</b> 	<ul style="list-style-type: none"> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Thigh pad restraint adjusts to accommodate different user sizes</li> <li>• Two areas to load plates</li> <li>• Plate Loaded with 60 lb. starting resistance</li> <li>• Made in USA</li> <li>• 50"L x 30"W x 55"H</li> <li>• Machine weight: 200 lbs</li> </ul>	1,150.05	1	\$1,150.05



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
HSSM	Hammer Strength	<b>Smith Machine</b> 	<ul style="list-style-type: none"> <li>• ASTM/EN957 certified for a 650 lb load rating</li> <li>• Walk through design</li> <li>• Natural 7 degree angle</li> <li>• 20 lb counterbalanced starting weight</li> <li>• Dual safety catches</li> <li>• 8 olympic zinc coated weight horns</li> <li>• Integrated weight labeling system</li> <li>• Made in USA</li> <li>• Machine Weight: 635 lb.</li> <li>• Dimensions: 50"L x 86.5" W x 93" H</li> </ul>	3,773.15	1	\$3,773.15
O-FB	Hammer Strength	<b>Olympic Flat Bench</b> 	<ul style="list-style-type: none"> <li>• Zinc coated bolt-on racking system protects frame</li> <li>• Racking system allows for three lift off heights</li> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Made in USA</li> <li>• Machine Weight: 145 lb.</li> <li>• Dimensions: 52"L x 50" W x 50" H</li> </ul>	713.15	1	\$713.15
O-BWS	Hammer Strength	<b>Olympic Bench Weight Storage (4 Weight Horns)</b> 	<ul style="list-style-type: none"> <li>• Bolt on frame with 8 olympic zinc coated weight horns</li> <li>• For use with OFB, OIB, ODB and OMB</li> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Made in USA</li> <li>• Machine Weight: 62 lb.</li> <li>• Dimensions: 22"L x 15" W x 46" H</li> </ul>	266.90	1	\$266.90
AT-MAB	Hammer Strength	<b>HD Athletic Multi-Adjustable Bench</b> 	<ul style="list-style-type: none"> <li>• 6 Different Angles &amp; 3 Seat Pad Adjustment Settings</li> <li>• 11 Gauge Steel Frame</li> <li>• Dimensions: 52 in. x 22 in. x 18.5 in.</li> <li>• Weight: 85 lb</li> </ul>	687.20	2	\$1,374.40
FW-UB75	Hammer Strength	<b>Utility Bench (75 Degree)</b> 	<ul style="list-style-type: none"> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Made in USA</li> <li>• Machine Weight: 65 lb.</li> <li>• Dimensions: 51"L x 25" W x 37" H</li> </ul>	373.15	1	\$373.15



advanced exercise

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SADB	Life Fitness	<b>Signature Series Adjustable Decline/Abdominal Crunch</b> 	<ul style="list-style-type: none"> <li>• Oval frame 11-gauge tubing with powder coat finish</li> <li>• Contoured cushions with molded foam</li> <li>• Adjustment angles: -10.5, -15.5, -20.5, -25.5 deg</li> <li>• Handle and wheels for easy mobility</li> <li>• Machine Weight: 125lb.</li> <li>• Dimensions: 61"L x 44"W x 32"H</li> </ul>	697.50	2	\$1,395.00
FW-FB	Hammer Strength	<b>Flat Bench</b> 	<ul style="list-style-type: none"> <li>• Wide base for extra stability</li> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Made in USA</li> <li>• Machine Weight: 54 lb.</li> <li>• Dimensions: 50"L x 22" W x 16" H</li> </ul>	305.15	1	\$305.15
FW-DWT	Hammer Strength	<b>Deluxe Weight Tree</b> 	<ul style="list-style-type: none"> <li>• 8 olympic zinc finish weight horns</li> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Made in USA</li> <li>• Machine Weight: 73 lbs</li> <li>• Dimensions: 20"L x 27" W x 39" H</li> </ul>	356.15	1	\$356.15
HSLLP	Hammer Strength	<b>Linear Leg Press</b> 	<ul style="list-style-type: none"> <li>• 11-gauge steel frame with powder coat finish</li> <li>• Seat travels along stainless steel rails via wear-resistant wheels</li> <li>• ASTM/ EN957 certified to 2000 lbs. with the ability to load up to 24 plates</li> <li>• Frame shall be constructed of heavy-wall 1018 steel</li> <li>• Leg press will follow a traditional "hip sled" motion at a 40-degree angle</li> <li>• Back pad adjusts in two positions</li> <li>• Oversized polyethylene spray-coated foot platform</li> <li>• 8 standard weight horns for storage</li> <li>• Plate Loaded with 118 lb. starting resistance</li> <li>• Made in USA</li> <li>• 95"L x 65"W x 57"H</li> <li>• Machine weight: 630</li> </ul>	4,056.20	1	\$4,056.20



advanced exercise

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
HDLHRL	Hammer Strength	<b>HD Elite Half Rack (Long Base)</b> 	<ul style="list-style-type: none"> <li>• Use as Stand Alone or Combo Rack</li> <li>• Requires Plate Storage Option</li> <li>• Anvil Bracing and Spider Gusset for rigidity</li> <li>• Hammer Lock bolting mechanism</li> <li>• Spotters Arms Included</li> <li>• Standard Chin Up Bar</li> <li>• Bar, Band and Chain Storage</li> <li>• 3" x 3" 7 Gauge Steel Tubing</li> <li>• Laser Cut numbers on uprights</li> <li>• Weight: 328lbs. Rack Only</li> <li>• 10 Year Frame Warranty</li> <li>• Made in the USA with American Steel</li> </ul>	1,439.20	2	\$2,878.40
HDLSTOR-SA-6201	Hammer Strength	<b>HD Elite Standard Storage (Stand Alone)</b> 	<ul style="list-style-type: none"> <li>• Standard Storage for Stand Alone Racks</li> <li>• 5 Olympic Plate holders per side</li> <li>• 206lbs.</li> </ul>	799.20	2	\$1,598.40
HDLADJ	Hammer Strength	<b>HD Elite Adjustable Bench</b> 	<ul style="list-style-type: none"> <li>• HD Elite Adjustable Bench</li> <li>• Back pad adjusts to 0, 15, 30, 45, 60 and 75 degrees</li> <li>• Seat pad adjusts from 0-30 degrees</li> <li>• Locks into rack with Dock N Lock option</li> <li>• Wheels for easy adjustments and transport</li> <li>• Dimensions: 50"L x 17.75"W x 18"H</li> <li>• Weight: 135 lbs.</li> <li>• Made in the USA with American Steel</li> </ul>	959.20	2	\$1,918.40
HDLDL	Hammer Strength	<b>Dock-n-Lock</b> 	<ul style="list-style-type: none"> <li>• Optional attachment locks in HDLADJ/HDLADJXL</li> <li>• Aligns and locks bench in the rack</li> <li>• 9 forward and rearward positions</li> <li>• For use with PR, MR, HRL, HRS &amp; HDHR</li> </ul>	95.20	2	\$190.40
HDLPP	Hammer Strength	<b>Power Pivot</b> 	<ul style="list-style-type: none"> <li>• Optional Power Pivot</li> <li>• Locking Mechanism for safety</li> <li>• For use with PR, MR, HRL and HRS</li> </ul>	231.20	1	\$231.20



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
RPI-HDLHRL	Hammer Strength	<b>HD Elite Rubber Platform Insert HDLHRL</b>	<ul style="list-style-type: none"> <li>Platform Component for HD Athletic Racks &amp; Rigs</li> </ul>	187.50	1	\$187.50
RP-RC	Hammer Strength	<b>Hammer Strength Rubber Platform Rack Center</b>	<ul style="list-style-type: none"> <li>Platform Component for HD Athletic Racks &amp; Rigs</li> </ul>	187.50	1	\$187.50
RP-CW	Hammer Strength	<b>Hammer Strength Rubber Platform Connected Wing</b>	<ul style="list-style-type: none"> <li>Platform Component for HD Athletic Racks &amp; Rigs</li> </ul>	187.50	2	\$375.00

**FREE WEIGHTS**

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
O-010SBP	Troy Barbell	<b>Solid Rubber Bumper Plate 10lb. - Green</b>	<ul style="list-style-type: none"> <li>VTX colored solid rubber bumper plate</li> <li>Solid steel insert</li> </ul>	28.00	4	\$112.00



O-025SBP	Troy Barbell	<b>Solid Rubber Bumper Plate 25lb. - Yellow</b>	<ul style="list-style-type: none"> <li>VTX colored solid rubber bumper plate</li> <li>Solid steel insert</li> </ul>	41.65	6	\$249.90
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O-035SBP	Troy Barbell	<b>Solid Rubber Bumper Plate 35lb. - Blue</b>	<ul style="list-style-type: none"> <li>VTX colored solid rubber bumper plate</li> <li>Solid steel insert</li> </ul>	58.31	6	\$349.86
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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
O-045SBP	Troy Barbell	<b>Solid Rubber Bumper Plate 45lb. - Red</b>	<ul style="list-style-type: none"> <li>• VTX Colored Solid Rubber Bumper plate</li> <li>• Solid steel insert</li> </ul>	74.97	6	\$449.82
						
LJC-OLY-BLK	Avus Designs	<b>Lock-Jaw Olympic Barbell Collar (Black)</b>	<ul style="list-style-type: none"> <li>• 2" Olympic Barbell collar</li> <li>• Single action, secure lock design</li> <li>• For use with non Olympic lift movements</li> </ul>	27.30	2	\$54.59
						
AOB-1500B	Troy Barbell	<b>7ft. Olympic Power Bar</b>	<ul style="list-style-type: none"> <li>• 165,000 psi 800 lb. test bar</li> <li>• 28mm, center knurling, black zinc finish</li> <li>• Catch all Bar</li> <li>• Made in the U.S.A.</li> </ul>	212.80	2	\$425.60
						
W-PVS15-LF	Waio	<b>Broadcastvision 15" LED attachable PVS (Gray/Black Bezel trim)</b>	<ul style="list-style-type: none"> <li>• For use with integrated cardio control consoles</li> <li>• Compatible with LF Integrity, Inspire and Discover Si</li> <li>• Compatible with Precor, Star Trac, Matrix &amp; Free Motion</li> <li>• ATSC/NTSC Tuner</li> <li>• Full HD Resolution</li> <li>• 2 year warranty</li> </ul>	795.00	2	\$1,590.00
						
AK71-00064-0001	Life Fitness	<b>Integrity Series Arctic Silver CLST, 97T TV Bracket</b>	<ul style="list-style-type: none"> <li>• Attachable TV Bracket</li> <li>• Fits with Integrity Series Arctic Silver CLST and 97T</li> </ul>	0.00	2	\$



# advanced exercise

## TRADE-IN EQUIPMENT

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
TRADE-IN NT	Advanced Exercise	<b>Trade-In Value For Existing Nautilus Strength Equip.</b>		3,500.00	-1	\$-3,500.00

Comments:

Subtotal: **\$81,309.52**

National Joint Powers Alliance (NJPA) Nat. Acct. Pricing Applied.

Freight, Delivery and Install: **11,998.00**  
**Taxes As Applicable**  
**Total: \$93,307.52**

L-Trim Pkge. Upgrade Consists of QR Code Placard, Ergo Handles, Rep Counter, Timer, and Tower Cap For Accessory Placement.

Town of Erie is Tax Exempt.



## advanced exercise

### Terms & Conditions

**Terms:** 50% deposit required prior to ordering, balance due on delivery. All other terms and credit lines are subject to credit approval. Invoice will be due and payable, based on the original requested installation date, unless notified in writing 60 days prior of the requested installation date. We accept cash, checks, money orders, and wire transfers of funds. A late payment fee will be assessed at a rate of 1.5% (18% annual) per month on any unpaid balance remaining 30 days after the due date. Special Orders: A 100% prepayment is required for all customized products including but not limited to custom colors, sports flooring and products with logos such as plates, dumbbells and platforms.

**Return Policy:** Any returns require approval in writing by Advanced Exercise Project Management. A minimum 25% restocking fee, plus freight, will be incurred for all non-custom products returned. Customized products are nonreturnable. All products with color choices are defined as custom products.

**Bolt Down Requirements:** Life Fitness recommends that all strength training equipment be secured to the floor in order to prevent tipping, rocking or displacement which might occur in the event of unanticipated use of the equipment. Life Fitness requires that certain strength training equipment (specifically the Synrgy 360 90, T, XS, XM, HD Elite Half Rack/Short Base, Athletic Series Rigs, Athletic Series Racks with Wing option, Cybex PWR Play, Synrgy Outdoor BlueSky and other products to be used for body weight strap training) be secured to the floor. In the case of Synrgy 360S, T, XS, XM and the Elite HD Half Rack Short Base, the customer acknowledges:

- Customer has determined the proper placement of the equipment to be secured. **Customer Initial** \_\_\_\_\_
- Customer has identified and informed Advanced Exercise of the location of any utility, service lines, including but not limited to post tension cables. It is the customer's responsibility to identify the locations of any cables or lines prior to installation. **Customer Initial** \_\_\_\_\_
- Customer has confirmed that the subfloor consists of no less than 4.75 inches of concrete. (Synrgy Outdoor BlueSky requires a minimum 4.5 inches of concrete **Customer Initial** \_\_\_\_\_)
- Customer has obtained any and all consents to the drilling of holes in the flooring and subflooring. **Customer Initial** \_\_\_\_\_

If your order includes any of the equipment requiring bolting to the floor, initials are required above and an additional signed waiver will be required to place the order. Additional products may require bolting to the floor, wall or ceiling. Bolting is not included on these products unless otherwise noted on the quotation. Customer is responsible for bolting these products to meet the manufacturer's requirements. This includes TRX, Core Energy, Boxing mounts and other products that require bolting to the facility structure.

**Wall & Ceiling Attached Items:** The installation of any items such as TRX Multi Mounts., X Mounts, Wall Mat Racks, etc. that require bolting to walls or ceilings are not included in the proposal unless otherwise noted.

**Flooring Installation:** Refer to the product specifications to ensure that the sub floor meets the material installation requirements. Freight offloading, inside delivery, adhesive, moisture tests, moisture reducers, base boards, sub floor prep, sub floor cleaning, transition strips and existing floor removal and disposal are not included unless otherwise noted on the quotation.

**Storage:** We reserve the right to assess storage fees not to exceed 1.5% per month, or fraction thereof and request payment in full on the related customer's invoice, when a customer's original requested delivery date is delayed by circumstances beyond our control.

**Taxes:** We collect sales or use taxes only in jurisdictions where we are licensed to do so. Customer agrees to accept sole liability and responsibility to pay for any and all uncollected sales or use tax liabilities, related penalties and interest that arise as a result of the purchase of products and/or services from our company.

**Security:** Until all products are paid in full, customer hereby grants to, and Advanced Exercise shall retain, a security interest in and lien on all products sold to the customer.

I accept the terms and conditions of this quote.

**Signature:** \_\_\_\_\_  
**Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_  
**Customer Requested Install Date:** \_\_\_\_\_