



# advanced exercise

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### CONSULTANT

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Date: July 27, 2023  
Quote Expires: 30 day(s)  
**Proposal # 067337-R6**

#### BILL TO


**City of Coppell**  
234 E Parkway Blvd  
Coppell, TX 75019  
Ethan Kerr  
972-304-7038  
ethan.kerr@coppelltx.gov

#### SHIP TO

**City of Coppell**  
234 E Parkway Blvd  
Coppell, TX 75019  
Ethan Kerr  
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## STRENGTH EQUIPMENT

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
MJ-CORE	Life Fitness	<b>Cable Motion Multi-Jungle MJ Core</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• For Use with Cable Motion Stations</li> <li>• Total Weight: 225lb.</li> <li>• Dimensions: 32.5"L x 32.5"W x 94"H</li> <li>• Made in USA</li> </ul>	1,486.40	2	\$2,972.80
MJAXO-STA	Life Fitness	<b>Cable Motion Multi-Jungle Adjustable Cable Crossover (Connects Cores)</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• 1:2 Resistance Ratio</li> <li>• Multi Grip Chin Up Handles</li> <li>• Adj Pulleys with 20 Positions</li> <li>• Includes 2 Molded Grip Handles</li> <li>• Total Weight: 600lb.</li> <li>• Weight Stack: 2 x190lb.</li> <li>• Dimensions: 23"L x 116"W x 94"H</li> <li>• Made in USA</li> </ul>	5,039.20	1	\$5,039.20
MJRW-STA	Life Fitness	<b>Cable Motion Multi-Jungle Row</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Contoured Cushions with Molded Foam</li> <li>• Single Low Pulley Includes V-Bar Handle</li> <li>• Total Weight: 360lb.</li> <li>• Weight Stack: 260lb.</li> <li>• Dimensions: 26.75"L x 37.25"W x 92"H</li> <li>• Made in USA</li> </ul>	2,696.00	1	\$2,696.00





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
MJRWD-STA	Life Fitness	<b>Cable Motion Multi-Jungle Dual Pulley Row</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Contoured Cushions with Molded Foam</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Dual Low Pulleys</li> <li>• Includes Single Handles</li> <li>• Total Weight: 360lb.</li> <li>• Weight Stack: 260lb.</li> <li>• Dimensions: 26.75"L x 37.25"W x 92"H</li> <li>• Made in USA</li> </ul>	3,073.60	1	\$3,073.60
MJLP-STA	Life Fitness	<b>Cable Motion Multi-Jungle Lat Pulldown</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Contoured Cushions with Molded Foam</li> <li>• Dual High Pulleys</li> <li>• Includes Lat Bar</li> <li>• Total Weight: 340lb.</li> <li>• Weight Stack: 260lb.</li> <li>• Dimensions: 26.75"L x 37.25"W x 92"H</li> <li>• Made in USA</li> </ul>	2,696.00	1	\$2,696.00
MJLPD-STA	Life Fitness	<b>Cable Motion Multi-Jungle Dual Pulley Pulldown</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Contoured Cushions with Molded Foam</li> <li>• 1" Solid Steel Weight Plates</li> <li>• Dual High Pulleys</li> <li>• Includes Single Handles &amp; Lat Bar</li> <li>• Total Weight: 340lb.</li> <li>• Weight Stack: 260lb.</li> <li>• Dimensions: 26.75"L x 37.25"W x H92"H</li> <li>• Made in USA</li> </ul>	3,073.60	1	\$3,073.60
MJAP-STA	Life Fitness	<b>Cable Motion Multi-Jungle Adjustable Pulley 2:1 Ratio</b> 	<ul style="list-style-type: none"> <li>• Oval Steel Frame with Powder Coat Finish</li> <li>• 1" Solid Steel Weight Plates</li> <li>• 2:1 resistance ratio</li> <li>• Adjustable Pulley Height</li> <li>• Includes Molded Grip Handle</li> <li>• Total Weight: 260lb.</li> <li>• Weight Stack: 190lb.</li> <li>• Dimensions: 14.5"L x 18.5"W x 92"H</li> <li>• Made in USA</li> </ul>	2,578.40	2	\$5,156.80





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
CMDAP	Life Fitness	<b>Signature Series Cable Motion Dual Adjustable Pulley</b> 	<ul style="list-style-type: none"> <li>• Oval frame 11-gauge tubing with powder coat finish</li> <li>• 1" solid steel weight plates</li> <li>• Rear weight stack shrouds</li> <li>• 22 adjustment positions per column</li> <li>• 1:4 resistance ratio</li> <li>• 3 position pull up station</li> <li>• Accessory kit &amp; storage included</li> <li>• Machine Weight: 1265lb.</li> <li>• Weight Stack: 2 x 390lb.</li> <li>• Dimensions with pull-up handles: 44"L x 62"W x 95"H</li> <li>• Made in USA</li> </ul>	7,294.40	1	\$7,294.40
SS-LP	Life Fitness	<b>Insignia Arc Leg Press</b> 	<ul style="list-style-type: none"> <li>• Unique movement provides greater hip range of motion and more complete training of the glutes by pressing along a natural arcing path of motion</li> <li>• Start depth-assist handle allows users to set their squat depth to a deeper position for a greater overall quad and glute contraction</li> <li>• Adjustable seat carriage accommodates a variety of user sizes and desired range of motions, that is easily adjusted from the seated position</li> <li>• Max user weight 300lb</li> <li>• Machine weight 936lb</li> <li>• Dimensions 79.5" L x 44.8" W x 64.7" H</li> </ul>	8,151.20	1	\$8,151.20
SS-GLD	Life Fitness	<b>Insignia Glute Bridge</b> 	<ul style="list-style-type: none"> <li>• Standard weight stack: 180 lbs</li> <li>• 81.6" L x 31.8" W x 58.2" H</li> </ul>	5,634.40	1	\$5,634.40
SS-GLD-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Glute Bridge)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-GLD-50001	Life Fitness	<b>Standard Full Shroud (Glute Bridge)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-GLD-7002	Life Fitness	<b>L Trim Package (Glute Bridge)</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>	423.20	1	\$423.20





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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>• 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>	5,132.80	1	\$5,132.80
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>	159.20	1	\$159.20
SS-AB-50001	Life Fitness	<b>Standard Full Shroud (Abdominal)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20
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>• 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>	5,634.40	1	\$5,634.40
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>	159.20	1	\$159.20
SS-ADC-50001	Life Fitness	<b>Standard Full Shroud (Assist Dip Chin)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
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>• 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>	5,326.40	1	\$5,326.40
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>	159.20	1	\$159.20
SS-BE-50001	Life Fitness	<b>Standard Full Shroud (Back Extension)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20
SS-BCD	Life Fitness	<b>Insignia Biceps Curl (Dependant Arm)</b> 	<ul style="list-style-type: none"> <li>• Seated Arm Curl Pad Biceps Curl</li> <li>• Angled Handles for Neutral Grip</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>• 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>• 55.02" L x 39.59" W x 58.2" H</li> </ul>	4,569.60	1	\$4,569.60
SS-BCD-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Biceps Curl Dependant Arm)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-BCD-50001	Life Fitness	<b>Standard Full Shroud (Biceps Curl Dependant Arm)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-BCD-7002	Life Fitness	<b>L Trim Package (Biceps Curl Dependant Arm)</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>	423.20	1	\$423.20





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-CPX	Life Fitness	<b>Insignia Dual Axis Chest Press</b> 	<ul style="list-style-type: none"> <li>• Dual Axis Technology provides multi-directional resistance, combining the Chest Press and Pectoral Fly movements into one exercise for maximum pectoral contraction</li> <li>• Dependent workarms have a user defined movement pattern which adds training variety and allows for a natural pressing motion for users</li> <li>• Overhead adjustment is easily reachable from a seated position and allows users to increase or decrease their pressing depth</li> <li>• Max user weight 300lb</li> <li>• Machine weight 628lb</li> <li>• Dimensions 43.2" L x 59.5" W x 77.1" H</li> </ul>	5,634.40	1	\$5,634.40
SS-CPX-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Dual Axis Chest Press)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-CPX-50001	Life Fitness	<b>Standard Full Shroud (Dual Axis Chest Press)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-CPX-7002	Life Fitness	<b>L Trim Package (Dual Axis 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>	423.20	1	\$423.20
SS-GL	Life Fitness	<b>Insignia Glute</b> 	<ul style="list-style-type: none"> <li>• Upright Design for Easy Access</li> <li>• Adjustable Chest Pad to Accomodate All Users</li> <li>• Linear design maximizes range of motion</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• 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>• 38" L x 73" W x 58" H</li> </ul>	5,132.80	1	\$5,132.80
SS-GL-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Glute)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-GL-50001	Life Fitness	<b>Standard Full Shroud (Glute)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-GL-7002	Life Fitness	<b>L Trim Package (Glute)</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>	423.20	1	\$423.20





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-HAA	Life Fitness	<b>Insignia Hip Abduction/Adduction</b>	<ul style="list-style-type: none"> <li>• Standard weight stack: 260 lbs</li> <li>• 67" L x 63.4" W x 58.2" H</li> </ul>	6,118.40	1	\$6,118.40
						
SS-HAA-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Abduction/Adduction)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-HAA-50001	Life Fitness	<b>Standard Full Shroud (Abduction/Adduction)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-HAA-7002	Life Fitness	<b>L Trim Package (Abduction/Adduction)</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>	423.20	1	\$423.20
SS-LC	Life Fitness	<b>Insignia Leg Curl</b>	<ul style="list-style-type: none"> <li>• Variable Cam Design Allows Proper Range of Motion</li> <li>• Diverging Hip &amp; Chest Pad Minimize Low Back Stress</li> <li>• Adjustable Starting Position</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• 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>• 63" L x 42" W x 58" H</li> </ul>	5,132.80	1	\$5,132.80
						
SS-LC-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Leg Curl)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-LC-50001	Life Fitness	<b>Standard Full Shroud (Leg Curl)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-LC-7002	Life Fitness	<b>L Trim Package (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>	423.20	1	\$423.20





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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>• 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>	5,555.20	1	\$5,555.20
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>	159.20	1	\$159.20
SS-LE-50001	Life Fitness	<b>Standard Full Shroud (Leg Extension)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20
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>• 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>	5,229.60	1	\$5,229.60
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>	159.20	1	\$159.20
SS-FLY-50001	Life Fitness	<b>Standard Full Shroud (Pec Fly/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80







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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>	423.20	1	\$423.20
SS-PDX	Life Fitness	<b>Insignia Dual Axis Pulldown</b> 	<ul style="list-style-type: none"> <li>• Dual Axis Technology provides multi-directional resistance and promotes greater lat muscle contraction</li> <li>• Dependent workarms have a user defined movement pattern which adds training variety and allows for a natural pulling motion for users</li> <li>• Angled thigh pad is fixed for simple operation in thigh stabilization</li> <li>• Max user weight 300lb</li> <li>• Machine weight 715lb</li> <li>• Dimensions 54" L x 59" W x 78.1 H</li> </ul>	5,326.40	1	\$5,326.40
SS-PDX-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Dual Axis Pulldown)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-PDX-50001	Life Fitness	<b>Standard Full Shroud (Dual Axis Pulldown)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-PDX-7002	Life Fitness	<b>L Trim Package (Dual Axis 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>	423.20	1	\$423.20
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>• 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>	5,132.80	1	\$5,132.80
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>	159.20	1	\$159.20
SS-RW-50001	Life Fitness	<b>Standard Full Shroud (Row/Rear Deltoid)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20





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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
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>• 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>	5,678.40	1	\$5,678.40
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>	159.20	1	\$159.20
SS-SLC-50001	Life Fitness	<b>Standard Full Shroud (Seated Leg Curl)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20
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>• 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>	5,212.80	1	\$5,212.80
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>	159.20	1	\$159.20
SS-SP-50001	Life Fitness	<b>Standard Full Shroud (Shoulder Press)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
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>	423.20	1	\$423.20



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Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
SS-TR	Life Fitness	<b>Insignia Torso Rotation</b> 	<ul style="list-style-type: none"> <li>• Unique Design Allows Easy Access &amp; Exit</li> <li>• Handles and Knee Supports provide stabilization</li> <li>• Kneeling position minimizes low back stress</li> <li>• Low Profile Shroud Design</li> <li>• Adjustment Knobs &amp; Levers Color Coded</li> <li>• 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>• 50" L x 41" W x 62" H</li> </ul>	5,440.80	1	\$5,440.80
SS-TR-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Torso Rotation)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-TR-50001	Life Fitness	<b>Standard Full Shroud (Torso Rotation)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-TR-7002	Life Fitness	<b>L Trim Package (Torso Rotation)</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>	423.20	1	\$423.20
SS-TE	Life Fitness	<b>Insignia Triceps Extension</b> 	<ul style="list-style-type: none"> <li>• Angled Arm Pad Triceps Extension</li> <li>• Swivel Handle for Arm Fit &amp; Comfort</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>• 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>• 53.89" L x 39.59" W x 58.20" H</li> </ul>	4,569.60	1	\$4,569.60
SS-TE-4003	Life Fitness	<b>Standard Weight Stack w/Dial Increment (lb) (Triceps Extension)</b>	<ul style="list-style-type: none"> <li>• Adds Dial Increment System</li> </ul>	159.20	1	\$159.20
SS-TE-50001	Life Fitness	<b>Standard Full Shroud (Triceps Extension)</b>	<ul style="list-style-type: none"> <li>• Full Weight Stack Shroud</li> </ul>	208.80	1	\$208.80
SS-TE-7002	Life Fitness	<b>L Trim Package (Triceps 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>	423.20	1	\$423.20



# advanced exercise

## TRADE-IN EQUIPMENT

Model	Brand	Description	Specifications	Unit Price	Qty	Total Ext
TRADE-IN	Advanced Exercise	Trade-In		4,800.00	-1	\$-4,800.00

Comments:  
BuyBoard 665-22

Subtotal: **\$139,265.60**

PMF Install

Freight, Delivery and Install: **14,823.44**

Titanium/Black

**Taxes As Applicable**  
**Total: \$154,089.04**

Trade-in - Gus & Jeremy  
All Cybex  
Leg extension, assisted dip/chin, fly, tricep extension, chest press, bicep curl, shoulder press, row, prone leg curl, seated leg curl, hip ad/ab, abdominal, glute, seated leg press, torso rotation, pulldown, back extension, cable cross, dual adjustable pulley.



# advanced exercise

## Terms & Conditions

**Terms:** All new customers are required to pay 50% down and balance due prior to install. Residential customers, personal trainers, and orders for resale, require 100% payment before the order can be placed. 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 Advanced Exercise is notified in writing 60 days prior to the requested installation date with a change of the installation date. We accept checks, money orders, ACH and credit cards (under \$2000). 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:** EthanKerr

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