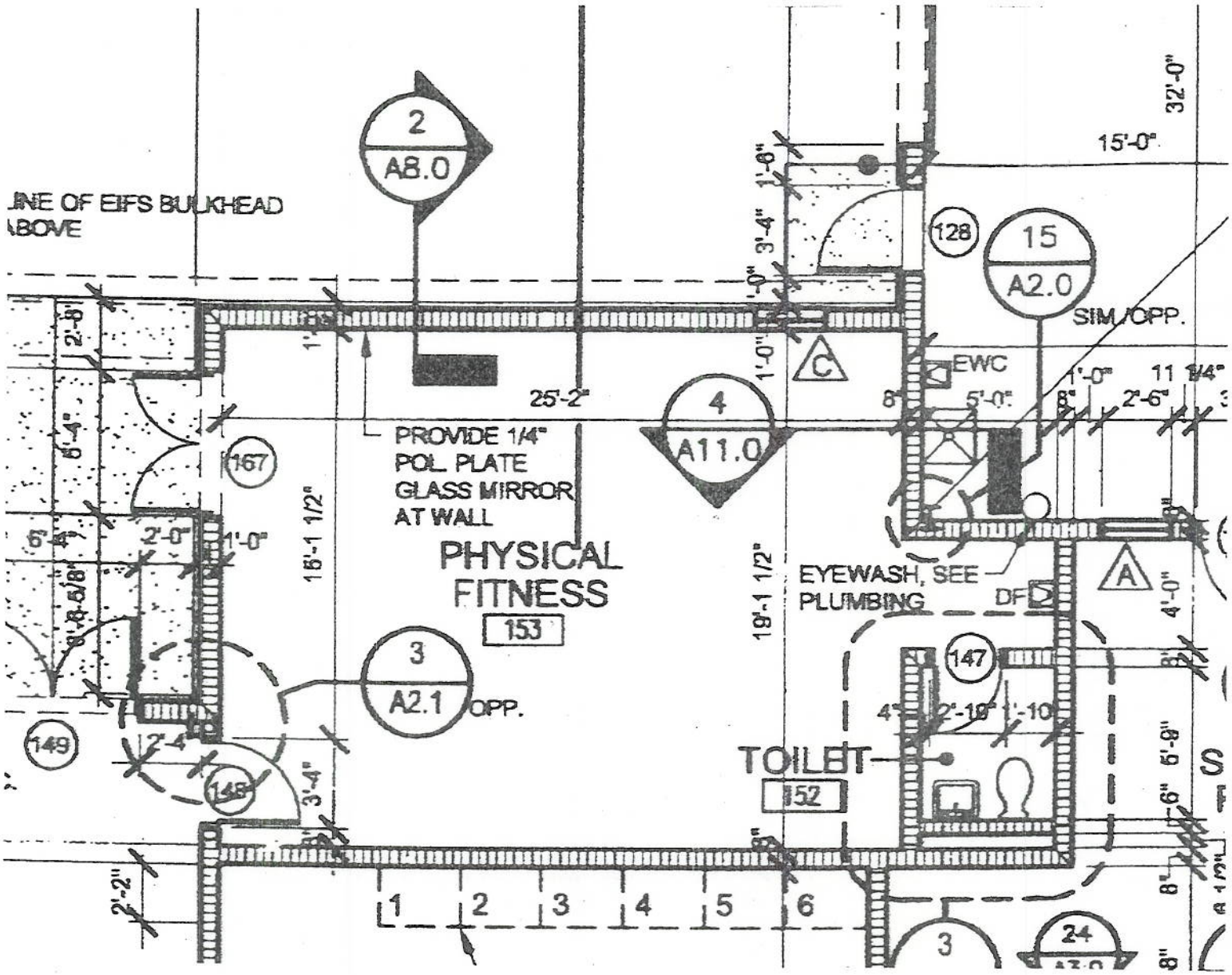
| Springville Physcial Fitness Equipment | |
|---|---|
| | |
| Quantity Required | Description |
| 1 | STEX CV-8020U Upright Bike (must comply with ARMY APFT requirements), or equivalent. |
| 1 | STEX CV-8020E Elliptical Cross Trainer (must comply with ARMY APFT requirements), or equivalent. |
| 2 | STEX CV-8025TW Full Commercial Unlimited Use Treadmill (must comply with ARMY APFT requirements), or equivalent. |
| 1 | PROMAXIMA P-161AS Combo Vertical Chest Press / Pectoral Butterfly, or equivalent. |
| 1 | PROMAXIMA P-192AS Combo Seater Arm Curl / Standing Tricep Extension, or equivalent. |
| 1 | PROMAXIMA P-115AS Combo Prone Leg Curl / Leg Extension, or equivalent |
| 1 | PROMAXIMA P-146AS Abdominal / Back Extension, or equivalent |
| 1 | PROMAXIMA PL-93 Adjustable Decline to Incline Work Bench, or equivalent |
| 1 | PROMAXIMA HEX-SET1 5 lb. to 50 lb. Dumbbell Set (10 pairs of dumbbells, 550 lbs total), or equivalent |
| 1 | PROMAXIMA FW-145 Vertical Dumbbell Rack, or equivalent. |
| 1 | PROMAXIMA P-143 Multi-Hip w/ROM, or equivalent. |
| 1 | PROMAXIMA PL-101 Smith Machine, or equivalent. |
| 1 | PROMAXIMA FW-150 Adjustable Work Bench 0 to 90 Degrees, or equivalent. |
| 8 | OLYMPIC OLY-002.5 Olympic Plates 2.5 lbs, or equivalent. |
| 8 | OLYMPIC OLY-005 Olympic Plates 5 lbs, or equivalent. |
| 8 | OLYMPIC OLY-010 Olympic Plates 10 lbs, or equivalent. |
| 8 | OLYMPIC OLY-025 Olympic Plates 25 lbs, or equivalent. |
| 8 | OLYMPIC OLY-035 Olympic Plates 35 lbs, or equivalent. |
| 8 | OLYMPIC OLY-045 Olympic Plates 45 lbs, or equivalent. |
| | |
| | Equipment Assembly and Installation |
| | Quote to include equipment floorplan layout |


2
A8.0
LINE OF EIFS BULKHEAD
ABOVE
128
15
A2.0
SIM./OPP.
32'-0"
15'-0"
EWC
25'-2"
4
A11.0
PROVIDE 1/4"
POL. PLATE
GLASS MIRROR
AT WALL
167
PHYSICAL
FITNESS
153
16'-1 1/2"
19'-1 1/2"
EYEWASH, SEE
PLUMBING
DF
147
3
A2.1
OPP.
149
148
TOILET
152
1
2
3
4
5
6
24

25'2" X 19' 1½"