

Somerville High/City of Somerville  
Weight Room Quote - Veterans Memorial Rink

	Specifications/Proposal Page			
2018-2019 Somerville High School				
Quote for Weight Room - Veterans Memorial Rink				
Contract Period: July 1, 2018 - June 30, 2019				
1. Set of three sided ballast plyo boxes	Most Stable 20", 24" & 30" plyobox, all in one Heavy Duty Ballast Box with outside Cover Reinforced wooden Core with Muti layered foam covering for safety and durablily	3	256.49	769.47
2. 3 Tier dumbbell rack with dumbbells 5-50lbs	11 guage steel frame standard rubber feet protect base of frame 54x29x38" 5-50lbs Virgin Rubber set of hex dumbbell pair 5lb increments	1	1537.8	1537.76
3. Prism storage stand with assessories	70" x 30" x79" Elite tower display storage solution	1	2236.1	2236.05
A. med balls (6lbs, 8lbs, 10lbs) 1 each	Commercial Med Balls	1	87.37	87.37
B.L, M, H sleeved tube 2 each	Pro Sheath Sleeved Tubing	2	94.02	188.04
C. Superbands XX-Light, X-Light, Light, Medium 2 each	Gronk Superbands	2	72.16	144.32
4. 4 multi purposes adjustable benches on wheels	Flat/Incline Decline -10deg to 90deg 43"Hx24"Wx53"L standard rubber feet bottom w/ transport wheels to move easy and protect floor Wider Profile for increased stability	4	382.5	1530

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5. XM-A4 Storage solutions rig PACKAGE with 4 sets of Bumper Plate Storage attachments, Crumb Bumper Plates (20) 45lb, (8) 35lb, (8) 25Lb (16) 10Lb, Rubber Plates (8) 5lb, (8) 25lb, 4 olympic 28mm 4 bearing, 1500lb bars, 4 Muscle clamps, 4 spotter Arms, 4 J HOOKS.	4 lifting stations	1	8403.2	8403.19
	full storage solution			
	2 suspension stasion			
	4 pull up stations			
	14 x 6 base configuarion			
	11 guage steel, powder coated finish			
6. glute/ham developer	weight plate holder	1	595	595
	pegs for additional resistance			
	adjust horizontally			
Versa/Cable/Cable	5.8' x 9.2 '	1	9863.3	9863.29
w/TRX	2 training spaces			
Latex Superband: XXLlight, Xlight, Light, Med 2 Each				
Cast Iron Kettle Bells: (2) 4kg, (2)6kg, (1)8Kg (1) 10kg				
Battle Rope: 30ft With Udulation sleeve				
Olympic Plate Virgin Rubber 1 Each: 25Lb, 10lb, 5lb				
(2) Olympic Bumper Plate Storage & 4 Barbell Storage spots w/wheels				
8. 2 air Chaimberg RMX bikes	all ball bearig construction	1	1095	1095
	beefed up fram and seat posts			
	upgraded linkage arms with rotational bearings			
	oversized adjustment knobs			
	automatic belt tensioner built in			
	all metal fan blades			

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	programmable lcd console			
	polar heart rate comatiable			
	24' resistance fan			
	console displays timer, speed/rpm, watts, distance, calories and heart rate			
	heavy duty fram			
	dimensions 60"L x 23.5" W x 48.5" H			
9. 240lb 98"l x 19.5"w x 1/2' hUFG XM Rig Skid Plate Quantity 4	98ln Skid plates to hold down the rig so you don't			
	have to drill into the new runnber floor or cement	4	273.75	1095
freight	Shipping	1	2628	2628.01
Set up of equipiment	Delivery/Installation	1	2930	2930
<b>Final Total</b>	<b>Total</b>	<b>1</b>		<b>\$33,102.50</b>