

**Existing Equipment to Be Moved to New Space**  
Grand Valley State University Recreation Center Addition

<b>Free Weight Room Item Description</b>	<b>Qty</b>	<b>Unit</b>
Olympic Flat Bench w/ storage	2	ea
Olympic Decline Bench preferred w/ storage	1	ea
3 Way Olympic Bench	2	ea
Leg Press	1	ea
Power Racks w/o platforms	2	ea
Smith Machine	1	ea
Pressing Chair	1	ea
Adj. Incline Bench	1	ea
Dip/Leg Raise/Chin Machine	1	ea
Fixed Barbell Set (20lbs-110lbs)	1	set
Fixed Barbell Rack	1	ea
Dumbbells Troy Rubber Encased		
10 lbs	1	set
12 lbs	3	set
15 lbs	3	set
20 lbs	3	set
25 lbs	3	set
30 lbs	2	set
35 lbs	3	set
45 lbs	3	set
50 lbs	2	set
55 lbs	2	set
60 lbs	2	set
65 lbs	1	set
70 lbs	1	set
75 lbs	1	set
80 lbs	1	set
85 lbs	1	set
90 lbs	1	set
95 lbs	1	set
100 lbs	1	set
105 lbs	1	set
110 lbs	1	set
115 lbs	1	set
120 lbs	1	set
125 lbs	1	set
130 lbs	1	set
Dumbbell Rack(holds 30 dumbbells each)	3	ea
Squat Rack Pads for Bars	2	ea
Landmine	1	ea

<b>Selectorize Equipment Item Description</b>	<b>Qty</b>	<b>Unit</b>
Fly/Rear Delt Machine	2	ea
Leg Curl Machine	1	ea
Triceps Press Machine	1	ea
Shoulder Press Machine	2	ea
Seated Leg Press Machine	1	ea
Seated Leg Curl Machine	1	ea
Row/Rear Delt Machine	2	ea
Lateral Raise Machine	1	ea
Leg Extention Machine	2	ea
Glute Machine	1	ea
Chest Press Machine	2	ea
Calf Extention Machine	1	ea
Biceps Curl Machine	1	ea
Assisted Dip/Chin Machine	1	ea
Cable Motion Dual Adjustable Pulley Machine	2	ea
Multi-Jungle Lat Pull	1	ea
Hip Abduction Machine	2	ea
Hip Adduction Machine	2	ea
Leg Raise Machine	1	ea
Adjustable Bench	2	ea
Decline Bench	1	ea

<b>Cardio Equipment Item Description</b>	<b>Qty</b>	<b>Unit</b>
Treadmills(Want 19 total in bid. Of 19, below is the breakdown)	17	ea
Ellipticals (Want 20 total in bid. Of 20, below is the breakdown)	20	ea
Total Body Cross Trainers (ARC Trainers)	8	ea
Stairmasters Stepmills	3	ea
Upright Bikes	10	ea
Recumbent Bikes	9	ea
Upper Body Ergometer	1	ea
Octane Lateral X	2	ea
Spin bikes	15	ea