

BLAKE GYM EQUIPMENT LIST
(APPENDIX 4)

<u>LABEL</u>	<u>BRAND NAME</u>	<u>TYPE OF EQUIPMENT</u>	<u>MODEL</u>	<u>QTY</u>	<u>Location</u>
B 1	Life Fitness	Selectorized Shoulder Press	SS-SP	1	WR
B 2	Life Fitness	Selectorized Lat Pulldown	SS-PD	1	WR
B 3	Life Fitness	Selectorizd Row	SS-RW	1	WR
B 4	Life Fitness	Selectorized Abdominal	SS-AB	1	WR
B 5	Life Fitness	Selectorized Torso Rotation	SS-TR	1	WR
B 6	Life Fitness	Back Extension SS-BE	SS-BE	1	WR
B 7	Life Fitness	Leg Press- SS-SLP	SS-SLP	1	WR
B 8	Hammer Strength	Smith Machine HSSM	HSSM	1	WR
B 9	Hammer Strength	HD Elite Accessory Storage Rack	HDLASR	1	WR
B 10	Hammer Strength	Squat HALF RACK SHORT HDLHRL	HDLHRL	1	WR
B 11	Hammer Strength	HD Elite Power Rack	HDLPR	1	WR
B 12	Life Fitness	Selectorized Leg Extension	SS-LW	1	WR
B 13	Life Fitness	Selectorized Leg Curl Seated	SS-SLC	1	WR
B 14	Life Fitness	Selectorized Abduction/Adduction	OP-HAA	1	WR
B 15	Hammer Strength	Plate Loaded Seated Dip	HPLDIPF	1	WR
B 16	Life Fitness	Selectorized Bicep Curl	SS-BC	1	WR
B 17	Hammer Strength	Linear Leg Press HSLLP	HSLLP	1	WR
B 18	Hammer Strength	Linear Hack Squat PLLHS	PLLHS	1	WR
B 19	Hammer Strength	Plate Loaded Seated Calf Raise	PL-CALF	1	WR
B 20	Life Fitness	MJ-CORE	MJ-CORE	1	WR
B 21	Life Fitness	Accessory Storage Rack	SHR	1	WR
B 22	Hammer Strength	Barbell Rack FW--BAR w/ 20-110lb barbell set	FW-BAR	1	WR
B 23	Life Fitness	Arm Curl Bench	SAC	1	WR
B 24	Hammer Strength	Olympic Flat Bench w/ Storage	O-FB & O-BWS	1	WR
B 25	Hammer Strength	Olympic Flat Bench w/ Storage	O-FB & O-BWS	1	WR
B 26	Life Fitness	Assisted Dip/Chin SS-ADC	SSADC	1	WR
B 27	Life Fitness	Selectorized Tricep Press	SS-TP	1	WR
B 28	Life Fitness	Selectorized Chest Press	SS-CP	1	WR
B 29	Life Fitness	Selectorized Rear Delt/Pec Fly	SS-FLY	1	WR
B 30	Hammer Strength	Olympic Decline Bench	HBRODBF	1	WR
B 31	Hammer Strength	Olympic Incline Bench	HBROIBF	1	WR
B 32	Hammer Strength	Adjustable Bench	FWMAB	1	WR
B 33	Hammer Strength	Double Tier Weight Rack	FW-DR2	1	WR
B 34	Hammer Strength	Adjustable Bench	FWMAB	1	WR
B 35	Hammer Strength	Adjustable Bench	FWMAB	1	WR
B 36	Hammer Strength	Adjustable Bench	FWMAB	1	WR
B 37	Hammer Strength	Double Tier Weight Rack	FW-DR2	1	WR
B 38	Hammer Strength	Double Tier Weight Rack	FW-DR2	1	WR
B 39	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 40	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 41	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 42	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 43	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 44	Life Fitness INTD	Treadmill	INTD	1	CR#1
B 45	Life Fitness INTD	Treadmill	INTD	1	CR#1

B	46	Life Fitness INTD	Treadmill	INTD	1	CR#1
B	47	Precor	AMT 885 Elliptical	885	1	CR#1
B	48	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CR#1
B	49	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CR#1
B	50	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CR#1
B	51	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CR#1
B	52	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CR#1
B	53	Life Fitness 95FS	FLEX STRYDER	95FS	1	CR#1
B	54	Body Solid	Dumbell Rack/weights	001817-00-11-105E-0244	1	CP
B	55	Life Fitness	Recumbent Bike	INRDE	1	CP
B	56	Life Fitness 95XS	Elliptical/Cross Trainer	95XS	1	CP
B	57	Life Fitness	Accessory Storage Rack	SHR	1	CP
B	58	Hammer Strength	Adjustable Bench	FWMAB	1	CP
B	59	Life Fitness	Cable Crossover	CMACO	1	CP
B	60	Life Fitness INTD	Treadmill	INTD	1	CP
B	61	Life Fitness INTD	Treadmill	INTD	1	CP
B	62	Precor	AMT 885 Elliptical	885	1	CP
B	63	Technogym	Wave	DAG74L	1	CR#2
B	64	Life Fitness	Stairstepper CLSS	CLSS	1	CR#2
B	65	Life Fitness	Stairstepper CLSS	CLSS	1	CR#2
B	66	Life Fitness	Recumbent Bike	INRDE	1	CR#2
B	67	Life Fitness	Elliptical/Cross Trainer	95XS	1	CR#2
B	68	Life Fitness	Recumbent Bike	INRDE	1	CR#2
B	69	Life Fitness	Upright Bike	INCDE	1	CR#2
B	70	Life Fitness	Upright Bike	INCDE	1	CR#2
B	71	Cybox	ArcTrainer 750AT	INATTS	1	CR#2
B	72	Cybox	Arc Trainer 750AT	INATTS	1	CR#2
B	73	Life Fitness	Elliptical/Cross Trainer	95XS	1	CR#2
B	74	Precor	AMT 885 Elliptical	885	1	CR#2
B	75	SciFit PRO2	Total Body Recumbent Stepper	PRO2	1	CR#2
B	76	Life Fitness 95FS	FLEX STRYDER	95FS	1	CR#2
B	77	Life Fitness	Spin Bike D-4	FBWB	1	CYCLE
B	78	Life Fitness	Spin Bike D-4	FBWB	1	CYCLE
B	79	Concept II	Rowing Machine	DPMS	1	CYCLE
B	80	Concept II	Rowing Machine	DPMS	1	CYCLE
B	81	Concept II	Rowing Machine	DPMS	1	CYCLE
B	82	Gopher	Ultra Fit Dumbell Set w/Cart	GA69-166	2	SR
B	83	Gopher	Ultra Fit Medicine Ball Set w/Cart	GE69-771	1	SR
B	84	Hammer Strength	Adjustable Bench	HBRADJR	1	SR
B	85	Hammer Strength	Adjustable Bench	HBRADJR	1	SR
B	86	Hammer Strength	Decline Abdominal Bench	HBRADBF	1	SR
B	87	Hammer Strength	Hyperextension Bench BW-BE	BW-BE	1	SR
B	88	Hammer Strength	Plate Loaded T-Bar Row	HPLTBRF	1	SR
B	89	Gopher	Ultra Fit Stability Ball Set w/Cart	GE70-229	1	SR
B	90	Gopher	Ultra Fit Weight Bars Set	GE69-178	1	SR
B	91	Pre Cor	Stretcher	240	1	CP
B	92	Pre Cor	Stretcher	240	1	SR
B	93	Pre Cor	Stretcher	240	1	SR
B	94	Gopher	Ultra Fit Mats w/Cart	GS69-179	1	SR
B	95	Rogue	ECON-Footpad	GH-1	1	SR
		GOPHER	BOSU Balance Trainers		2	SR
		Reebok	Step		2	SR

		Step Delight	Steps set		1	SR
		Gopher	Matt		2	WR
		Body Solid	Dumbell 5-50 LBS	PDU 50		WR
		Troy	Dumbell 55-100 LBS	PDU100		WR
		Troy	Dumbell 105-150 LBS	PDU150		WR
		Hammer Strength	Olympic Bar		7	WR
		Hammer Strength	EZ Curl Bar		2	WR
B	96	Life Fitness	Selectorized Lateral Raise	SSILR4R	1	WR
B	97	Hammer Strength	Flat Bench	HBRFB1F	1	HIIT
			2.5lb weight plates		4	
			5lb weight plates		60	
			10lb weight plates		94	
			25lb weight plates		56	
			35lb weight plates		28	
			45lb weight plates		103	