

Montague Area Public Schools
Request for Proposal
Equip New Weight Room Facility

Updated Equipment List: 8/20/2024

Weight Room Equipment

Racks & Attachments

- **Eight (8) Half Racks - 8': 5" x 3" 7-gauge steel frame with overlay/wraps:** Front Cross or Straight Bar: Basic Arch Chin Bar / **Storage Needed** for all Bumber Plates, Power Bars, Hex Bars, Bands, Belts, Etc.: **All equipment storage must be on the half rack.** **Custom Painted and logos:** Color/s: Royal Blue with gray/silver or black
- Eight (8) Landmine Attachment to half rack
- Eight (8) Single Leg Squat Pad Attachment to half rack
- Eight (8) Dip Attachment to half rack
- Eight (8) Bolt-on Strength Band Attachments to half-rack
- Seven (7) Bridges - Single w / Ball Grip: Color Silver or Grey **with Custom Names / Logo / Paint**

Bars / Benches / Accessories

- Eight (8) Texas Power Bar 7' with **custom logo end caps**
- Eight (8) Troy Dual Grip Hex Bar with **custom logo end caps**
- Eight (8) Swiss Bars with **custom logo end caps**
- Eight (8) EZ Curl Bars with **custom logo end caps**
- Four (4) Bella Bars (35lb) with **custom logo end caps**
- Four (4) Training Bars (15lb) with **custom logo end caps**
- Twelve (12) Flat - Incline Benches **w/slip cover with logo** (can be attached to half-rack or not) Store Upright
- Sixteen (16) Pairs of Pro Lock Jaw Collars

- Eight (8) Sets of PS Strength Bands
- Three (3) Sets of Foam Plyo Box 30"x 30": 6", 12", 18", 24"
- One (1) Custom Unit: 2 x Lat Pull / low row, 1 Adjustable Cable Column and Storage
- Two (2) Each of Medicine Balls (Rubber) 10, 12, 14, 16, 18, lbs
- Medicine Ball Storage
- Two (2) 5-Way Neck Plate Loaded Neck Machine
- Four (4) **TANK® M4** push sleds with ***Tank Tow Rope Accessory***
- Eight (8) **TRX® PRO4 SYSTEM**

Plates - Each Plate will have the school logo on them

- Forty-eight (48) Urethane Competition Bumper Plates with Steel Insert - 45 lbs
- Thirty-two (32) Urethane Competition Bumper Plates with Steel Insert - 25 lbs
- Thirty-two (32) Urethane Competition Bumper Plates with Steel Insert - 10 lbs
- Thirty-Two (32) Urethane Change Plate - Black - 5 lbs
- Thirty-Two (32) Urethane Change Plate - Black - 2.5 lbs

Dumbbells - with the school logo on each one / kettlebells

- Three (3) sets 8 Sided Premium 10 - 50 lb Ultrathane Dumbbell
- Two (2) sets 8 Sided Premium 55-75 lb Ultrathane Dumbbell
- One (1) set 8 Sided Premium 80 - 100 lb Ultrathane Dumbbell
- Dumbbell Racks to accommodate the above sets of dumbbells
- Two (2) Sets of Kettlebells - Cast Iron: 5-50 lbs
- Kettlebell Storage to accommodate the above kettlebells