

SBCA Health & Fitness Committee Meeting Minutes
May 5, 2022

Members present: Dean Rosenthal, Barb Sweet, Jeannette Hanson, John Sweet, Keith Patton (telephonically), Gil Skinner, Chris Spagel, and Mark Torres.

1. Call to order at 0930 hrs.
2. Determination of quorum - yes.
3. Approval of Agenda – Motion Dean/Barb. Passed.
4. Approval of April meeting minutes – Motion Dean/Barb. Passed.
5. Captain's reports:
 - a. Aerobic Room – nothing to report.
 - b. Weight Room – nothing to report.
 - c. Floor Exercise – nothing to report.
 - d. Fitness Classes – John reported that previous classes still in progress. Mark reported that there are two volunteer members on deck to provide Tai Chi and Maj Jong type classes and line dancing will be starting up. Insurance is being provided by SBCA for instructors who are volunteering and not charging participants.
 - e. Locker Rooms – no report.
 - f. Courts – John reported that the first three pickleball beginners' classes had 18, 14 and 10 participants, respectively. There were new participants at each session so the number of new participants exceed 18. The Port Ludlow Pickleball Association has 92 members. Dues are \$40.
 - g. Outdoor Activities – Clearing of the waterfront was noted. It was suggested a path could be made to the waterfront so members could launch a canoe or kayak. Committee recommended, by consensus, that the board consider this. It was also suggested that the wood chips that resulted from trimming be placed on the Gazebo Trail.
6. Old Business.
 - a. Fall prevention training update – 25 are registered and hoping for more to sign up. There will be more communication coming out.
 - b. Pool TV/Video – on hold till see how end of year budget turns out. Or it will be considered in FY 23 budget.
 - c. Stretching area mirror – reinstalled after contractor improperly installed the first time.
 - d. Pickleball court striping - Striping will be in FY23 budget. Awaiting an answer from the county regarding zoning for pickleball in the area of the tennis courts. Gil stated some members concerned about putting money into courts we do not own which drives thinking to develop our own courts in the future.
7. New Business
 - a. Next "Communique" – The May issue is ready to go on "Heart Health." The June issue will have a May 26 deadline and the July issue will have a June 26 deadline. Future topics include balance and equipment availability and could be a follow-up to the Fall seminar. Core strength is another possible topic. Future seminars could also drive topics.

b. Upcoming “Health” presentations -

Maintaining a healthy pelvic floor | Monday, June 27, 1:30-2:30 pm

Osteoporosis management through exercise | Wednesday, July 27, 1:30-2:30 pm

Take care of you and your hormones | Tuesday, August 2, 3-4 pm

Navigating the home care roadmap | Tuesday, July 12 or 19, time open

Degenerative joint pain | Wednesday, September 7, 4-5 pm

8. Member comments – Dean presented a list of equipment for future consideration. See accompanying PDF.

By consensus it was agreed that the following equipment is first in line for replacement: Spirit Treadmill, the elliptical, and the stair climber and they should be replaced with the Life Fitness Arc Trainer, the Integrity Treadmill and the Integrity Cross-Trainer as per the accompanying attachment.

For FY23 the following low cost items should be purchased: steps for pull up bar; 1 ¼ pound dumbbell fractional weights; and slant board.

Items for future consideration include a squat, bench press, dip rack and a wall to support it and a Tonal machine.

Sign-up sheets will be used to update member profiles noting their interest in H & I for purposes of communication.

9. Meeting adjourned at 1114 hrs.

H&F Considerations for Future SBCA Budgeting:

Pool TV: \$6000

Integrity Arc Trainer



The Arc Trainer is an alternative-motion cross-trainer that provides a low-impact training solution for users ranging from rehabilitation clients and deconditioned members up to professional athletes. Up to 1200 watts of available power allows the Arc Trainer to be used for strength and power training, expanding its use from just cardio workouts. It provides all of this with less knee stress than walking. UNIQUE POWER WORKOUTS BACKED BY SCIENCE Constant Power allows users to maintain a consistent effort level without worrying about their speed. Adaptive Power allows for easy interval or power training simply by moving faster or slower. Resistance scales with speed. An arc motion engages the glutes and hamstrings, very similar to running. Research also shows the Arc to be gentler on the joints than walking, while providing more calorie burn than similar machines. CARDIO FOR EVERYONE The high-power capacity of the Arc makes it ideal for training lower body strength in exercisers who cannot perform more traditional movements. For those looking to lose weight, research has shown that the Arc is capable of burning 9 to 16% more calories than competitive machines.

UNIQUE POWER WORKOUTS

Constant Power allows users to maintain a consistent effort level without worrying about their speed.

Adaptive Power allows for easy interval or power training simply by moving faster or slower. Resistance scales with speed.

BACKED BY SCIENCE

An arc motion engages the glutes and hamstrings, very similar to running. Research also shows the Arc to be gentler on the joints than walking, while providing more calorie burn than similar machines.

BASE FEATURES		TECHNICAL SPECIFICATIONS		TOTAL BODY CONFIGURATION	LOWER BODY CONFIGURATION
Resistance range	Up to 1200 Watts at 180 SPM (100 resistance levels)		Max user weight	400 lbs (181 kg)	
Incline levels	0-21		Length	76.5" (194 cm)	
Stride length	24" (61 cm)		Width	36.25" (93 cm)	33" (83 cm)
Curved multigrip handlebars with remote resistance and incline buttons	•		Height	62.5" (159 cm)	
Cruiser grips	•		Unit weight	412 lbs (187 kg)	
Remote heart rate	•		POWER REQUIREMENTS		
Robust paint	Corrosion, stain, and chemical resistant coating		Power	SL console is self powered, SE3 HD and ST available in standard AC voltages, optional AC adapter for full time display	
Frame colors	Arctic Silver, Black Onyx, Diamond White, Titanium Storm		WARRANTY*		
ENTERTAINMENT FEATURES			Mechanical	2 Years	
Attachable TV	Available for SL Console		Labor	1 Year	
USER FEATURES			Frame	2 years	
Adjustable user options	Resistance, Body Weight, Incline, Strides Per Minute (SPM), Hand and body position				
Incline level (muscles activated)	0-6 (calves, glutes, hamstring) 7-14 (calves, glutes, hamstring and quads) 15-21 (quads)				
Heart rate monitoring	Integrated heart rate monitoring on contact handles				

CONSOLE OPTIONS

Console choices include simple, get-on-and-go functionality to more engaging options. Each offers wireless connectivity and insights through Halo.Fitness.



INTEGRITY SL CONSOLE



DISCOVER ST CONSOLE



DISCOVER SE3 HD CONSOLE



This console is included in the quote.

LIFE FITNESS

INTEGRITY SL CONSOLE

Integrity Series continues to evolve with LED consoles that aren't just a commodity. Life Fitness has incorporated advancements in exerciser interaction like Bluetooth® connection and Apple Watch® compatibility all built into the LED platform.

- Get on and go functionality
- Large LED display
- 17 to 22 workouts (depending upon base type)
- Bluetooth® connection to heart rate straps, headphones and mobile devices
- Wi-Fi, ANT+, and NFC compatibility
- Connects to Apple Watch®

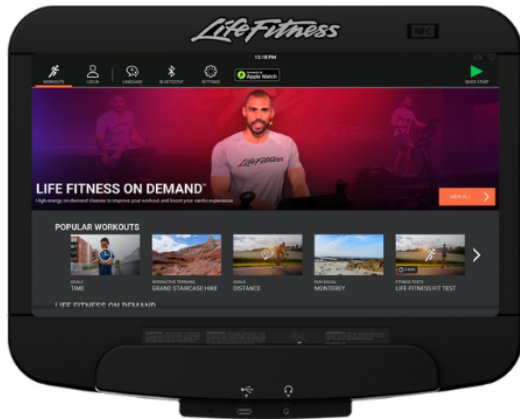


LIFE FITNESS

DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight forward entertainment experience for exercisers. Includes Performance Run on treadmills, interactive terrain courses, up to 25 workouts and is NFC and Bluetooth® compatible.

- Entertainment from integrated TV
- Beautiful interactive terrain courses
- Performance Run interval training (treadmills only)
- Features up to 25 workouts



DiscoverSE3 HD Tread Console Front View LF ON DEMAND

LIFE FITNESS

DISCOVER SE3 HD CONSOLE

The result of insight gained from extensive research that asked what makes a consistently captivating experience. Engaging layouts, a vivid high-definition (1080p) screen and entertainment options like TV, streaming video, optional **Life Fitness On Demand** instructor-led classes and internet compatibility allow the Discover SE3 HD console to bring facilities to the forefront of the digital fitness world. Also available in a standard definition version that includes the same features.

[SPEAK WITH A CONSULTANT](#)

Integrity Treadmill:

Designed with aesthetics in mind and built to provide more functionality for exercisers with the same uncompromising durability facilities have come to expect.

BASE OPTIONS



SIMPLE BASE

Sleek and inviting design. Available in Arctic Silver only.



FLEXDECK SHOCK ABSORPTION SYSTEM

Reduces knee and joint stress by up to 30% more than non-cushioned surfaces. Eight incredibly durable Lifespring™ shock absorbers deliver consistent cushioning.



SWING-FREE AREA

Open space near the console enhances comfort by providing more room for both runners and walkers.

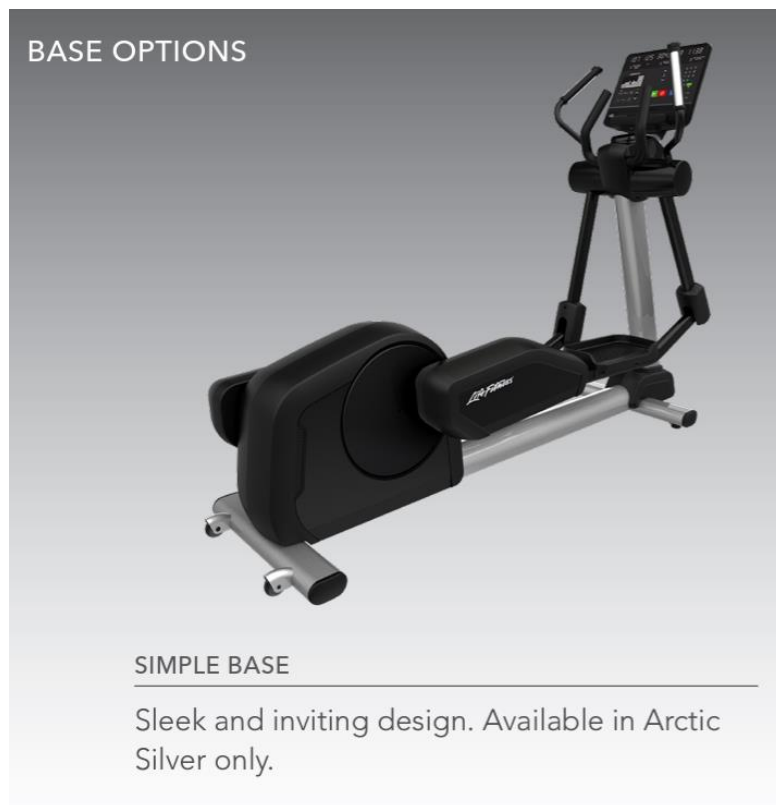


ROOM TO RUN

A low step-up height of just 8" (20 cm) and a wide running surface of 22" (56 cm) is inviting to both experienced runners and new exercisers.

WARRANTY*		
Mechanical	1 Year	1 Year
Labor	1 Year	1 Year
Cosmetic items	6 Months	6 Months
Frame and motor	7 Years	7 Years

Integrity Cross-Trainer (Elliptical):



The Integrity Series Elliptical Cross-Trainer has been designed to offer a natural feeling motion for a wide range of exercisers. Elevated aesthetics make it more inviting, but it stays true to the workhorse durability that Integrity Series is known for.



NATURAL STRIDE

The 20" (50.8 cm) stride has a smooth and fluid motion developed from years of research. A large area of knee clearance makes it comfortable for tall exercisers.



VERSATILE MULTI-GRIP HANDLES

Multi-grip design lets exercisers choose a comfortable hand position. The Deluxe base offers integrated resistance controls that make it easy to change a workout on the fly.



OVERSIZED FLEXFORM PEDALS

The large 15" (38 cm) FlexForm™ crowned pedal helps reduce numb foot. The non-slip pedal surface is easy to clean (available on Deluxe Base only).

TECHNICAL SPECIFICATIONS	SIMPLE "S"	DELUXE "D"
Max user weight	400 lbs (181 kg)	400 lbs (181 kg)
Length	86" (218 cm)	86" (218 cm)
Dynamic length	87" (222 cm)	87" (222 cm)
Width	29" (73 cm)	29" (73 cm)
Height	63.5" (161 cm)	64" (163 cm)
Unit weight	298 lbs (135 kg)	301 lbs (137 kg)
POWER REQUIREMENTS		
Self-powered (SL console only)	•	•
Auto Start: Brings power to console when user begins pedaling	•	•
120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
Japan: 100V, 20A or 200V, 10A outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
WARRANTY*		
Mechanical and electrical components	2 Year limited	2 Year limited
Labor	1 Year	1 Year
Cosmetic items	6 Months	6 Months

PRODUCT MODELS S/NHS

Integrity Recumbent Bike:

The Integrity Series Lifecycle® Recumbent Bike elevates both durability and comfort while enhancing aesthetics for a sleeker, more inviting look.

BASE OPTIONS



SIMPLE BASE

Sleek and inviting design. Available in Arctic Silver only.



DELUXE BASE

A 20" seat back, front ergo bar and aesthetic touches like stainless steel venting and four color options.



A COMFORTABLE RIDE

Seat includes a back rest, lumbar support, and a wraparound adjustment lever for easy positioning. Resistance controls on side handles make in-workout adjustments easy (Deluxe base only).



GET-ON-AND-GO ACCESSIBILITY

Step-through design and front assist handle allow for easy entry and exit. Wide, self-leveling pedals with simple buckle straps allow exercisers to get started quickly.



GENERATOR DRIVE SYSTEM

Drive system with 8-ribbed poly-V belt resistance provides a smooth, quiet operation and requires limited maintenance.

Life Fitness

TECHNICAL SPECIFICATIONS	SIMPLE "S"	DELUXE "D"
Max user weight	400 lbs (181 kg)	400 lbs (181 kg)
Length	67" (179 cm)	67" (179 cm)
Width	26" (66 cm)	26" (66 cm)
Height	51.5" (131 cm)	51.5" (131 cm)
Unit weight	211 lbs (96 kg)	215 lbs (97.5 kg)
POWER REQUIREMENTS		
Self-powered (SL Console only)	•	•
Auto Start: Brings power to console when user begins pedaling	•	•
120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
Japan: 100V, 20A or 200V, 10A outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
WARRANTY*		
Mechanical and electrical components	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic items	6 Months	6 Months
PRODUCT MODELS/SKUS		

Integrity Upright Bike:

The Integrity Series Lifecycle® Bike is sleek, bold and durable. Easy adjustments, ergonomic grips, pedals and handles all make it enjoyable to ride. Aesthetic touches enhance the visual appeal of these bikes in any facility.

BASE OPTIONS



SIMPLE BASE

Sleek and inviting design. Available in Arctic Silver only.



DELUXE BASE

Longer side arms and aesthetic touches like stainless steel venting and four color options.



A COMFORTABLE RIDE

Easy adjustment for a fine-tuned and ergonomically sound seat position. Wide, self-leveling pedals with simple buckle straps allow exercisers to get on and go.



ERGONOMIC RACING HANDLEBARS

Handlebars are designed to offer cruising, hybrid and race positions. The deluxe base offers integrated resistance controls, to make in-workout changes easy, and elbow pads for added comfort.



GENERATOR DRIVE SYSTEM

Drive system with 8-ribbed poly-V belt resistance provides a smooth, quiet operation and requires limited maintenance.

LifeFitness

TECHNICAL SPECIFICATIONS	SIMPLE "S"	DELUXE "D"
Max user weight	400 lbs (181 kg)	400 lbs (181 kg)
Length	41.5" (105 cm)	41.5" (105 cm)
Width	24.5" (62 cm)	24.5" (62 cm)
Height	54.5" (138 cm)	54.5" (138 cm)
Unit weight	169 lbs (76.5 kg)	169 lbs (76.5 kg)
POWER REQUIREMENTS		
Self-powered (SL Console only)	•	•
Auto Start: Brings power to console when user begins pedaling	•	•
120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
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WARRANTY*		
Mechanical and electrical components	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic items	6 Months	6 Months

Quote:

Quote#

3556997 - 1R

Date 19-APR-2022

Expires 18-JUL-2022

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PO Number	Subtotal		
Payment Type		List Price	29,156.00
Payment Terms	CC - FULL PMT	Adjustment and Surcharge	-11,517.67
Freight Terms		Selling Price	17,638.33
FOB			
Freight/Fuel/Installation			3,090.44
Tax			TAXES AS APPLICABLE
Total(USD)			20,728.77

Notes:

We have taken note of the delivery dates you have requested and we will endeavor to meet those dates. However, please take notice that due to the unprecedented circumstances occurring globally relating to supply chain disruption, we are experiencing extended and variable lead times. We are doing our utmost to ensure as little delay as possible, but Life Fitness cannot be liable for transportation, delivery and/or installation delays due to these circumstances. We are committed to you, our customers, and providing you the best service throughout your ordering process. We will continue to communicate with you until your order is fully delivered/installed.

Bill To

 SOUTH BAY COMMUNITY
 ASSOCIATION
 BAY CLUB
 120 SPINNAKER PL
 PORT
 LUDLOW,JEFFERSON
 WA 98365-9540
 US

Contact:
Cell:
Office:
Email:
Ship To

 SOUTH BAY COMMUNITY
 ASSOCIATION
 BAY CLUB
 120 SPINNAKER PL
 PORT LUDLOW,
 JEFFERSON
 WA 98365-9540
 United States

Contact:
Cell:
Office:
Email:
Shipment Priority: STANDARD
Requested Delivery Date: 08-JUL-2022

SALES REPRESENTATIVE

 ROBYN STEWART
Cell: 503-891-8034
Office: 503-891-8034
Email: Robyn.Stewart@LifeFitness.com

Life Fitness

Corporate Address:	Remittance Address:
10601 Belmont Avenue	2716 Network Place,
Franklin Park, IL 60131 USA	Chicago, IL
Phone: Main (847) 288-3300	60673, USA
Toll Free (800) 735-3867	

ONSITE CONTACT
Cell: TBD
Email: TBD
Facility ID:

Line	Model #	Qty	Unit Price	Unit Discount	Unit Selling Price	TOTAL PRICE
1	LF-ARC-TB LIFE FITNESS TOTAL BODY ARC - BASIC CONSOLE BASE/ARCTIC SILVER/TOTAL BODY ARC - SL LED CONSOLE/ACTIVE NFC/ENTERTAINMENT NONE/TUNER NONE/LINE CORD NONE	1	8,839.00	-3,977.55	4,861.45	4,861.45
2	INXS INTEGRITY S CROSS-TRAINER w/SL - INT CROSS-TRAINER SMP ASL ENG BASE/SL BIKE/CT LED CONSOLE ENGLISH IMPERIAL	1	5,299.00	-2,384.55	2,914.45	2,914.45
3	INRS INTEGRITY S RECUMBENT BIKE w/SL - INT RECUMBENT BIKE SMP ASL ENG BASE/SL BIKE/CT LED CONSOLE ENGLISH IMPERIAL	1	3,849.00	-1,732.05	2,116.95	2,116.95
4	INCS INTEGRITY S UPRIGHT BIKE w/SL - Upright Bike Base Arctic Silver/SL BIKE/CT LED CONSOLE ENGLISH IMPERIAL	1	3,579.00	-1,610.55	1,968.45	1,968.45
5	INT-SSL INTEGRITY S SL TREADMILL MODEL - INT TREAD SMP SL ARC SIL LOW VT BASE/SL TREAD LED CONSOLE ENGLISH IMPERIAL/	1	7,589.00	-3,415.05	4,173.95	4,173.95
6	SURCHARGE10 10% Inflationary Commodity Surcharge	1	1.00	1,602.08	1,603.08	1,603.08

Step Stool Options:

Home Depot-

Home > Gardening Materials > Ladders > Step Stools

Exclusive

Gorilla Ladders
2-Step Plastic Project Stool Ladder

★★★★★ (498) Questions & Answers (21)



\$38⁹⁴

- Ideal for accessing out-of-reach areas in kitchens and garages
- Features tool holders and built-in ruler
- "Extremely sturdy and stable" (see reviews)
- See More Details

How to Get It Delivering to: 98370 | Change

Ship to Store
Pickup
Apr 25 - Apr 28
FREE

Ship to Home
Get it by
Wed, Apr 27
FREE

Scheduled Delivery
Not available for this item

We'll send up to **479** to **Poulsbo** for free pickup
[Change Store](#)

- 1 +

Add to Cart

Kitchen > Furniture > Kids' Furniture > Step Stools



Step Stools for Bedside for Adults 500lb Load Capacity - Assembly Required(Black)

Brand: RORKEE

★★★★★ 121 ratings

Price: **\$56.99** ✓prime & FREE Returns

Get a **\$8 bonus** when you reload **\$100 or more** to your gift card balance (Restrictions apply).

May be available at a lower price from other sellers, potentially without free Prime shipping.

Color: **Black**



Brand	RORKEE
Color	Black
Material	Wood, Iron
Item Weight	4.1 Kilograms
Item Dimensions LxWxH	15.7 x 13.8 x 14 inches

About this item

- DIMENSIONS: 13.8"(Wide) x 15.7"(Deep) x 14"(High); Color:Black
- LOAD CAPACITY: MAX 500lb, this wide step stool fits for adults also kids
- MATERIAL: Solid wood & heavy duty iron frame
- EASY ASSEMBLY: Each package comes with assembly instruction and tools, don't worry, you are an professional assembler
- MULTI-PURPOSE: Can be used as kitchen step stool, closet ladder, bedside step stool, plant stand, storage shelf or a decorative furniture that matching nightstand and others



Roll over image to zoom in

Rubbermaid RM-P2 2-Step Molded Plastic Stool with Non-Slip Step Treads 300-Pound Capacity

Visit the Rubbermaid Store

★★★★★ 9,180 ratings

Amazon's Choice in Kids' Step Stools by Rubbermaid

\$39⁹⁶

prime

& **FREE Returns**

Get 5% back (\$1.99 in rewards) on the amount charged to your Amazon Prime Rewards Visa Signature Card.

May be available at a lower price from other sellers, potentially without free Prime shipping.

Size: **1 Piece**

Brand Rubbermaid

Color Black

Material Plastic

Item Weight 5.6 Pounds

Item Dimensions LxWxH 16.13 x 18.25 x 18.63 inches

About this item

- 2-step molded plastic stool with a black finish
- Designed with cutout handles and non-slip step treads
- Lightweight for easy portability
- 300-pound load capacity

[Report incorrect product information.](#)

Fractional Weight Plates for Dumbbells:



Roll over image to zoom in

Micro Gainz NEW 1.25LB Dumbbell Fractional Weight Plates 4 Piece- Designed for Dumbbell Training and Micro Loading, Made in USA

Visit the MICRO GAINZ GAIN MUSCLE 1LB AT A TIME Store

★★★★★ 29 ratings | 4 answered questions

\$99⁹⁹

prime

& **FREE Returns**

Pay \$16.67/month for 6 months, interest-free with your Amazon Prime Rewards Visa Card

Enhance your purchase

Monthly payments

From \$16.67/mo (6 mo) with 0% APR

Item Weight 0.6 Kilograms

Material Steel

Brand MICRO GAINZ GAIN MUSCLE 1LB AT A TIME

Color Black

Item Dimensions LxWxH 4.25 x 0.38 x 4.25 inches

About this item

- **4 PIECE DUMBBELL MICRO PLATE WEIGHT SET:** Each pack comes with 4 of the 1.25LB dumbbell micro weight plates that provide just the right fit for most dumbbell handles while taking up minimal space on a dumbbell handle to allow room for your grip
- **DURABLE BUILD:** Our dumbbell plates for gym workouts are made using from strong sintered steel which coupled with the durable black XYLAN finish make sure they provide long term while offering more flexibility for all strength levels
- **HIGH QUALITY CONSTRUCTION:** The dumbbell micro weight plates are made right here in the USA following strict quality control guidelines and using durable materials to keep up with your dumbbell workout sessions for years to come
- **CALIBRATED FOR INCREMENTAL JUMPS:** Our dumbbell fractional plates have a weight tolerance of +/- 10 grams. You can make incremental jumps in weight to slowly increase your weight bearing load to gain more control over your dumbbell strength training
- **VERSATILE USE:** Use on dumbbells, kettlebells, or standard barbells. Make 1.25LB & 2.50LB jumps on the dumbbells to build strength and break plateaus



Topfun 8" 17" Folding 2-Step Stool, Non-Slip Footstool for Adults or Kids, Capacity of 300 lbs - Portable Stools for Home Bedroom Office RV (Black, 17 inch, 2-Step)

Visit the Topfun Store

★★★★★ 83 ratings

-10% \$35⁹⁹

Price: ~~\$39.99~~

✓prime

& FREE Returns

Includes \$4.00 Prime savings

Coupon: ☐ Save an extra 5% when you apply this coupon. Terms

Get 5% back (\$1.79 in rewards) on the amount charged to your Amazon Prime Rewards Visa Signature Card.

Color:

Black

Size: 17 inch, 2-Step

17 inch, 2-Step

9 inch, 1-Step

11 inch, 1-Step

Brand	Topfun
Color	Black
Material	Plastic
Item Weight	6.16 Pounds
Item Dimensions LxWxH	15.35 x 13.18 x 17 inches

About this item

- **【Anti-slip & Anti-drop Patented Design】** The overall platform, non-slip texture, and the locking structure after opening has obtained the design patent and Anti-skid foot-pads, not easy to slip, makes the folding step stools safe for everyone, including kids. Double platform locking, more stable.
- **【Safe, Environmental & Strong, Durable】** Capacity of 300 lbs - (Topfun Safety Tested). High-quality & environmental friendly new polypropylene plastic, make the folding 2-step stool safe for everyone,including kids, can stand up for years of repeated use without cracking or breaking. The edges and corners are treated with arcs to prevent bumps.
- **【Portable Folding 2-Step Stool】** The measurements of the plastic folding 2-step stools are 15.4" W x 13.2" D x 8" H(1-step) x 17" H(2-step), and when it folds, it is very slim (Only 3.7inch)! The 2-step design allows you to reach higher places without affecting the folding storage.
- **【Storage/Opens Easy】** The folding 2-step ladder easy to use, It's quickly and easily folds away for convenient storage, just pull up the platform and push in the sides. Opens with one flip of the hand and lock it to prevent falling.
- **【Multipurpose】** This safety features making the step stool great for multipurpose uses i.e. bathroom, toilet, kitchen, office, garden, camping, fishing, outdoor, for kids sink use & toilet training and more. The step stool's handle magically appears when the stool is folded flat. It's light enough that your children will be able to comfortably carry it around so they can place it where they need it.

StrongTek:



Brand	StrongTek
Item Weight	8.97 Pounds
Material	Lauan Hardwood Plywood
Item Dimensions LxWxH	5.91 x 13.19 x 16.54 inches
Maximum Weight Recommendation	450 Pounds

- **PREVENT INJURY:** Our slant board can help you stretch properly and reduce the chance of injury. Recommended by physical therapists, this device makes your muscles more responsive during exercise.
- **BODY REHABILITATION:** It is not only helpful for stretching before/after work out but also beneficial to the body's recovery from plantar fasciitis, Achilles tendon injuries, shin splints, calf strains, and other foot and ankle injuries and pain.
- **HEAVY-DUTY AND FLEXIBLE:** This multi-functional slant board measuring 16"(Deep) X 12.5"(Wide) X 12"(High), is adjustable to 5 Positions: 15°, 20°, 25°, 30°, and 35°. It has anti-slip safety treads on the surface and bottom.
- **PREMIUM MATERIAL:** Made of high-quality Lauan hardwood plywood, stronger and last longer than others made of birch and pine plywood.
- **IDEAL FOR ALL AGES AND FITNESS LEVELS:** Level up your daily stretching with our wooden slant board. This is suitable for beginners and veteran athletes and all body types.

Similar Options:

Name	Max Weight in lbs	Positions	Cost in \$
Liberty	350	Same	55.95
Mind & Action	400	15,22,30,35,40	52.99
Flybol	450	Same	49.97
AZCare	350	Same	46.51

Folding Weight Squat/Bench Press Rack:



Roll over image to zoom in

CAP Barbell 84" Standard Solid Bar, Multiple Colors

Visit the CAP Barbell Store

★★★★★ 876 ratings | 35 answered questions

Amazon's Choice for "cap 84 barbell"

\$46⁹³

& FREE Returns

Get 5% back (\$2.34 in rewards) on the amount charged to your Amazon Prime Rewards Visa Signature Card.

Color:

Black

Material	Other
Brand	CAP Barbell
Item Weight	19 Pounds
Grip Type	Knurled
Item Dimensions LxWxH	84.02 x 1.34 x 1.34 inches
Weight Limit	250 Pounds
Finish Type	Black

About this item

- SPECS – 84" x 1.3" x 1.3"; Bar weighs 19 pounds; 1-inch sleeve diameter – for use with standard weight plates (weights with 1-inch center hole)
- CONSTRUCTION – Made with solid steel and finished with a black powder coat; 7-foot long standard barbell
- FEATURES – This bar features medium-depth diamond knurling for better grip while lifting weights. Recommended weight capacity of 250-pounds
- TRUST – Trust experience. CAP has been a pioneer in the fitness industry for over 30 years and has locations worldwide. Chances are if you have ever workout out, you have worked out with a CAP product.
- sport type: Weightlifting



Profile® PRO Squat Rack with Pull-Up Bar

★★★★★ 36 reviews

\$ 1,099.00

[Ceiling Solutions >](#)

RACK HEIGHT

90" (9' ceiling recommended) ▾

COLOR

Orange ▾

ADD TO CART

As low as \$35.46 / Month *

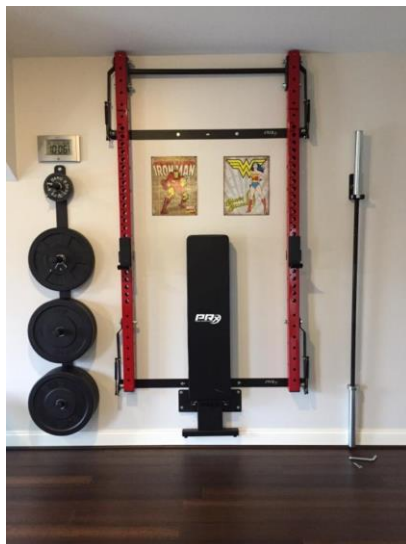
DESCRIPTION

DETAILS

SUGGESTED SPACE

The patented wall-mounted folding Profile® PRO Squat Rack with Pull-Up Bar is revolutionizing the workout space as we know it. Easily transform any garage, home or small commercial space into a multi-functioning gym while sacrificing just 4" of wall space when not in use.

Folding away requires no disassembly. The Profile® PRO Rack offers heavy-duty J-Cups, laser cut numbers, and is available in 10 custom colors. Made in the USA.



The patented wall-mounted Profile® PRO Folding Squat Rack is a sturdy and sleek way to start building your own garage or home gym.

Easily transform any garage, home, or small commercial space into a multi-functioning gym while sacrificing just 4" of wall space when not in use. All hardware for installation is included, which means no unexpected trips to the hardware store

No disassembly required when folding it away. Saving space has never been so easy! Made in the USA.

Perfect for cross-functional fitness athletes, Olympic Weights, MMA, or anyone looking to Lift BIG in Small Spaces and stay fit.

DESCRIPTION	DETAILS	SUGGESTED SPACE
Uprights	(2) 11-gauge 3x3 steel uprights 73" tall 10 colors	
Hole Spacing	Front: 2" spaced, centered 1" holes Side: 6" spaced, centered 5/8" holes	
J-Cups	(2) heavy duty J-cups included	
Equipment	All mounting equipment & hardware included	
Capacity	Without reinforcement kit: 600 lb With reinforcement kit: 1000+ lb	

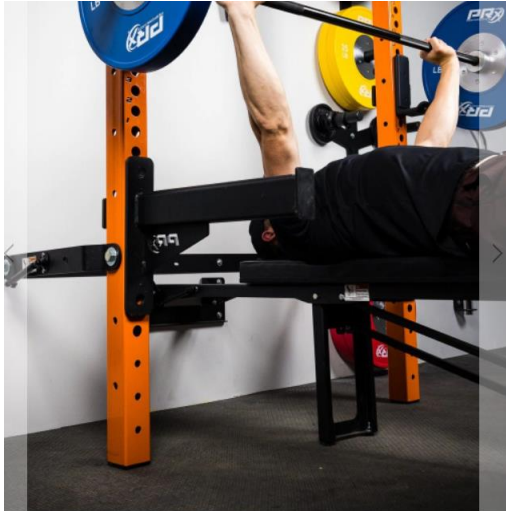
Ceiling Height

90" Racks

- 9' (108") ceilings recommended
- Can accommodate athletes up to 6'2" tall
- Max pull up bar height: 7'5"
- Folded Down: 52" x 90" x 26.75"
- Folded Up: 52" x 108" x 9" (with J-cups attached)

96" Racks

- 9'6" (114") ceilings recommended
- Can accommodate athletes 6'2" and taller
- Max pull up bar height: 7'11"
- Folded Down: 52" x 96" x 26.75"
- Folded Up: 52" x 114" x 9" (with J-cups attached)



Profile® PRO Spotter
Arms (Pair)
★★★★★ 32 reviews
\$ 199.99



Profile® PRO Dip
Station
★★★★★ 17 reviews
\$ 139.99 - \$ 159.99



Profile® Landmine
Attachment
★★★★★ 75 reviews
\$ 99.99



PRx Spotter Arm
Storage
★★★★★ 41 reviews
\$ 49.99 - \$ 79.99



PRx Profile® Flat
Folding Bench
★★★★★ 83 reviews
\$ 399.00

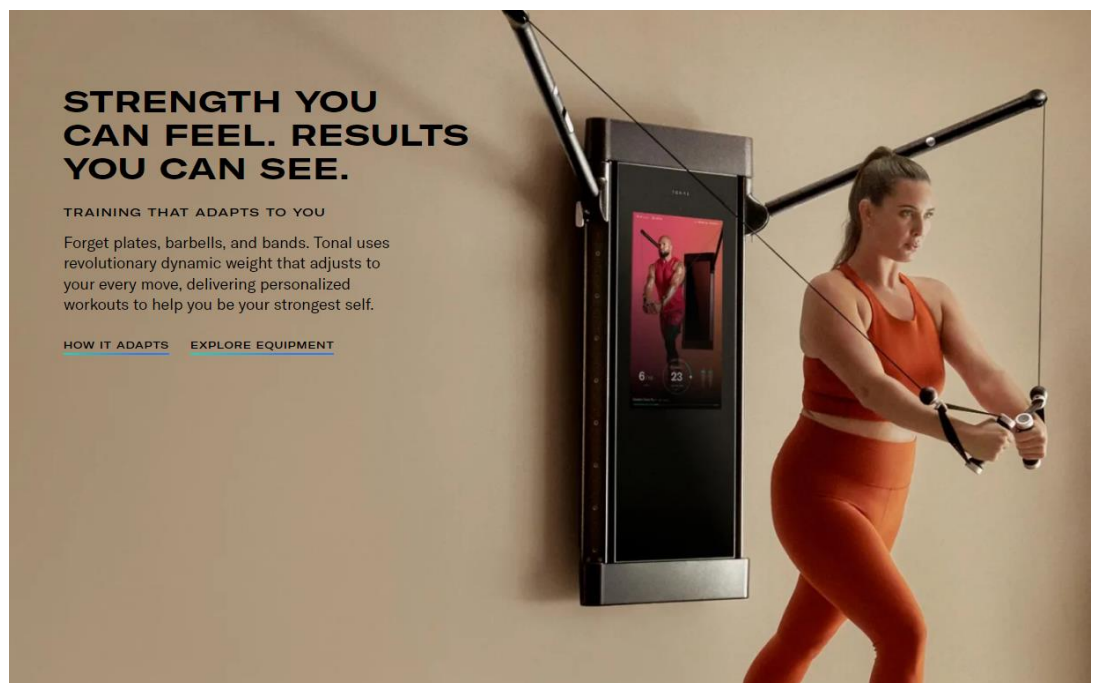
Wall:

Would need to replace the folding wall between the Weight Room and the Card Room. The wall portion replaced would be about 16' long and 8' high. Extra blocking would be needed in the studs to support the folding rack. Both sides of the wall would require painting and moulding. In the future, may want power accessibility incorporated in the wall for a Tonal type of fitness apparatus. In addition, the wall would allow better insulation and opportunity to place wall hangings in the Card Room.

Estimate: \$4,000

Tonal:

\$2,995



TONAL MEMBERSHIP

Your Tonal membership gives you and your whole family unlimited access to our growing library of workouts. Plus, advanced personalization and intelligence features to help you get stronger, faster.

Membership is \$49/month with a minimum 12-month commitment which will be charged to a credit card collected upon device activation. Membership is not included with an Affirm purchase.

MINIMAL SPACE. MINIMAL NEEDS.



RELIABLE WIFI

Tonal needs a reliable WiFi signal, strong enough to stream audio and video. (min 15Mbps)



POWER OUTLET

Tonal requires a grounded, three-prong power outlet within 6 feet of the location. (Sorry, no extension cords.)



SUPPORTED WALLS

Make sure you have the right wall studs and material so Tonal can be installed safely and securely.

[Learn more.](#)

EXCEPTIONAL ENGINEERING FOR EXCEPTIONAL RESULTS.

Tonal's patented digital weight system makes thousands of calculations a second to deliver you a smooth weight lifting experience using magnets and electricity. By eliminating traditional metal weights Tonal can deliver 200 pounds of resistance in a device smaller than a flatscreen TV. [Learn more.](#)

TONAL FOR BUSINESS

INTELLIGENT FITNESS IN YOUR PUBLIC SPACE

Thanks! We are currently installing Tonals in hotels and testing Tonal in other commercial environments such as physical therapy offices and private gyms. Due to the high volume of interest and the limited size of our team, it could take a while until someone from our team reaches out. Thank you for your patience and interest in Tonal.

TOUCHSCREEN DISPLAY

Train with confidence with our integrated 24" interactive display. Select a program and follow along as Tonal coaches motivate you through every workout.



ADAPTIVE WEIGHT

Get unprecedented control and push yourself to your max without racking and un-racking metal weights. By eliminating inertia, Tonal provides resistance throughout the entire rep so you're getting a more efficient and effective workout.

FULL-BODY WORKOUTS. FULLY FOCUSED ON YOU.

THOUSANDS OF WORKOUTS.
200+ MOVEMENTS.

Expert coaches guide you through a library of workouts, offering full-body adaptive strength training that keeps you motivated.

[EXPLORE WORKOUTS](#)