

<b>St. Paul Police Department Gym Equipment</b>		
<b>EQUIPMENT REQUEST</b>		
<b>ITEM</b>	<b>VALUE</b>	<b>DATE AVAILABLE</b>
Stackable Boxes	\$100	
Aerodine Bike	\$100	
Aerodine Bike	\$100	
Concept 2 Rower	\$150	
Upright Bike	\$200	
Rubber Coated Dumbell Set and Rack	\$1,000	
Rubber Coated Plates 5,10,25,35,45	\$100	
Fixed Straight Barbells with stand 20 to 110	\$300	
Fixed Curl Barbells with stand 20 to 110	\$300	
Ajustable Bench	\$75	
Ajustable Bench	\$75	
Ajustable Bench	\$75	
Woodway Treadmill	\$2,000	
Woodway Treadmill	\$2,000	
Treadmill	\$500	
Treadmill	\$500	
Treadmill	\$500	
Treadmill	\$500	
Elyptical	\$400	
Elyptical	\$400	
Elyptical	\$400	
Elyptical	\$400	
Elyptical Precor EFX 835 Crosstrainer	\$400	
Olympic Flat Bench Press	\$100	
Seated Preacher Curl	\$75	
Seated Tricept Pushdown	\$100	
T-Bar Row Bench	\$75	
Ajustable sit up bench	\$75	
Peck Deck-Rear Deltoid	\$100	
Cable Cross Full Extension	\$200	
Seated Latteral Raise	\$100	
Seated Row	\$100	
Seated Row High Hammer Strength	\$200	
Hip Sled if an improvement	\$200	
Prone Hamstring Curl	\$100	
Standing Hamstring Curl single leg	\$100	
Glute-Hamstring-Dev	\$300	
Roman Chair	\$50	
Military Press Bench	\$100	
Smith Machine	\$300	
Hack Squat	\$200	
Platform Rack System	\$500	
Platform Rack System	\$500	
Life FitnessLat Pull Down	\$100	
Life Fitness Seated Tow	\$75	
Kettle Bell Rack	\$25	
	\$14,250	

