St. Paul Police Department Gym Equipmen	t	
EQUIPMENT REQUEST		
ITEM	VALUE	DATE AVAILABLE
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	
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		
Glute-Hamstring-Dev	\$100	
Roman Chair	\$300	
150 (C. 100 MOCO) (C. 100 MOCO)	\$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	
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	\$14,250	

TO BE DECOMMISION	
ITEM	VALUE
Camstar Bicept Curl	\$5
T. Bar Row	\$20
Sit up Bench	\$5
Paramount Rottary Chest	\$5
High Tech Chest Press	\$50
Cybex Latteral Raise	\$50
Cybex Seated Row	\$50
Cybex Hamstring Curl	\$50
Decline Bench	\$50
Thera Crunch Ab	\$50
Glute Ham Developer	\$25
Roman Chair 45	\$25
Metal Plates, 5,10,25,35,45	\$200
Plate Trees x 3	\$200
Tricept Extension	\$25
Olympic Flat Bench	
Smith Machine	\$75
Dumbell Set	\$150
	\$100
Aerobic Steps x 10 Benches x 4	\$75
	\$80
Lat Pull Down	\$75
Spin Bikes x 2	\$100
Treadmills	\$300
Treadmills Treadmills	\$300
Treadmills	\$300
Treadmills	\$300
Treadmills	\$300
	\$300
Elypticals	\$200
Recumbant Bike	\$75
Upright Bike	\$50
Squat Rack	\$75
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Total Value	\$4,155