

Bid Proposal for Strength Equipment

**Power Lift
900 East Hwy 30
Jefferson, IA 50129
800-872-1543**

**Robert Lindsey
Southeast Territory Rep – Knoxville, TN
865-399-4456
rlindsey@power-lift.com**

**Obion County School System
January 30, 2009**

POWER LIFT®

Conner Athletic Products, Inc.
P.O. Box 348
Jefferson, IA 50129
800-872-1543; Fax: 515-386-3220
www.power-lift.com

QUOTATION / ORDER

Quoted To: Robert Powell 731-441-0037 cel mpowell@k12tn.net	Ship To: Obion County Schools Union City, TN 38261
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Sales Representative Robert Lindsey 865-399-4456	Date 1/16/2009	Prices Good Thru 30 Days	Terms 50% Down	Freight Best Way
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QTY.	ITEM #	DESCRIPTION	UNIT PRICE	NET AMOUNT
10	CPWR-9	9' Combo Power Rack w/bumper plate storage w/Two Pairs of "Rhino Hook" Bar Catches w/Two Pairs of Dual Grip Chin Up Bars w/Two Pairs of Safety Spot Bars w/Weight Storage w/Hanging Bar Storage	\$3,999.00	\$39,990.00
20	CUST	Custom Logo on Rack	nc	nc
20	OP681	6'x8' Olympic Platform w/extension w/Tongue and Groove Oak Center w/Custom Logo	\$2,299.00	\$45,980.00
20	PBEN	"Lever Action" Bench	\$1,399.00	\$27,980.00
20	CUST	Custom Logo on Head Cover	nc	nc
2	GHB	Rotating Glute Ham Bench	\$1,599.00	\$3,198.00
20	PLPB	Power Lift Power Bar	\$390.00	\$7,800.00
10	RRDA	Reverse Rack Dip Attachment	\$299.00	\$2,990.00
40	DR-45	Diamond Rubber 45 lb Bumper Plate-Black	\$95.00	\$3,800.00
40	DR-25	Diamond Rubber 25 lb Bumper Plate-Black	\$55.00	\$2,200.00
60	ITSH-045	InTek Steel Olympic Plate - 45 lb	\$59.00	\$3,540.00
20	ITSH-025	InTek Steel Olympic Plate - 25 lb	\$33.00	\$660.00
40	ITSH-010	InTek Steel Olympic Plate - 10 lb	\$13.00	\$520.00
20	ITSH-005	InTek Steel Olympic Plate - 5 lb	\$7.00	\$140.00
20	ITSH-002.5	InTek Steel Olympic Plate - 2.5 lb	\$4.00	\$80.00
1	DISC	Less Package Discount	-\$18,087.00	-\$18,087.00
1	FRT	Power Lift Freight & Installation	\$7,840.00	\$7,840.00
1	FRT	Diamond Rubber Freight crate and freight, no install	\$395.00	\$395.00
1	FRT	InTek Freight crate and freight, no install	\$698.00	\$698.00
		Prices quoted on standard frame and upholstery colors Frame: White Upholstery: Red		

Subtotal:	\$129,724.00
Sales Tax:	
Deposit:	
Grand Total:	\$129,724.00

To process this order the following is needed:

- * Signed Quotation or Purchase Order
- * School Tax Exempt Number
- * 50% Down; Balance Due Net 10 Days From Shipping Date
- *Current Lead Times are 8-10 Weeks After Receipt of order.

Thank You!

Signature _____

Date _____

Title _____

Purchase Order Number _____

Tax Exempt Number _____

Power Lift

Obion County School System

Line Item prices for bid

Item Number	Item	Price
Strength Equipment		
CPWR-9	9' Combo Power Rack w/bumper plate storage <i>w/Two Pairs of "Rhino Hook" Bar Catches</i> <i>w/Two Pairs of Dual Grip Chin Up Bars</i> <i>w/Two Pairs of Safety Spot Bars</i> <i>w/Weight Storage</i> <i>w/Hanging Bar Storage</i>	\$3,999.00
OP68I	6'x8' Olympic Platform w/extension <i>w/Tongue and Groove Oak Center</i> <i>w/Custom Logo</i>	\$2,299.00
PBEN	"Lever Action" Bench	\$1,399.00
GHB	Rotating Glute Ham Bench	\$1,599.00
PLPB	Power Lift Power Bar	\$390.00
RRDA	Reverse Rack Dip Attachment	\$299.00

Bumper Plates

DR-45	Diamond Rubber 45 lb Bumper Plate-	\$95.00
DR-25	Black	\$55.00

Olympic Plates

ITSH-045	InTek Steel Olympic Plate - 45 lb	\$59.00
ITSH-025	InTek Steel Olympic Plate - 25 lb	\$33.00
ITSH-010	InTek Steel Olympic Plate - 10 lb	\$13.00
ITSH-005	InTek Steel Olympic Plate - 5 lb	\$7.00
ITSH-002.5	InTek Steel Olympic Plate - 2.5 lb	\$4.00

POWER LIFT®

Established: 1999

Owner/CEO: Jeff Conner

Clients: High Schools, Colleges/Universities, Professional Sports Teams and Athletic Performance Training Centers

Location: 70,000 square foot facility in Jefferson, Iowa.

HISTORY

Power Lift began in 1999 with a plan to manufacture Olympic lifting platforms for athletic and sports performance facilities. Since then we have been on an uphill growth against competitors and have added a high quality weight equipment line. We pride ourselves with being an innovator in this exclusive market. One of the key components to this success is our precise engineering process, as well as the high quality of our manufacturing. Our in house engineering staff utilizes 3-D solid modeling computer technology on all products. Our equipment is popular for its unique design and appearance, professional and student athlete recruiting appeal and its safe, multifunctional training capabilities. Power Lift prides itself on being made in America by American workers. **When you purchase Power Lift strength training equipment, it is delivered in one of our four Power Lift semi tractor trailers and set up and installed by Power Lift employees.**

In addition to our complete professional line of Rack and Platform systems, our Pro Select line of selectorized equipment and accessories, we also carry Uesaka Olympic bars and bumper plates, Iron Grip Urethane weight plates and dumbbells, Infinity Flooring and Cybex Cardio. We have a wide range of colors for frames and upholstery to match most school's colors. Custom colors also available. Custom school logos can be added to platforms, weight plates and dumbbells.

Some of our current clients include:

Universities

Ohio State Univ.

Florida State Univ.

Univ. of Florida

Univ. of Notre Dame

Univ. of Tennessee

Georgia Tech

Univ. of Nebraska

Arizona State Univ.

Univ. of Washington

Univ. of Kentucky

Univ. of Oklahoma

Professional Teams

Tampa Bay Buccaneers

Tennessee Titans

Dallas Cowboys

Atlanta Falcons

Green Bay Packers

New England Patriots

Miami Dolphins

Washington Redskins

Seattle Seahawks

Kansas City Chiefs

New Orleans Saints



Obion County Schools

Warranty Information:

Racks:

Lifetime conditional warranty on frame components.

One year on bearings.

90 days on upholstery and items not specified.

Platforms:

One year conditional warranty on frames and construction.

90 days on top finish and rubber.

9' COMBO POWER RACK

**POWER
LIFT®**

Specifications:

Combo Power Rack is a unique lifting rack providing two lifters with identical exercises. Inside portion of rack is large enough to accommodate two spotters when two "lever action" benches are used with the rack.

OVERALL DIMENSIONS:

- ~ Depth - 72"
- ~ Width - 86"
- ~ Height - 108"
- ~ Weight - 925 lbs.

INSIDE DIMENSIONS:

- ~ 43" between tube's width.
- ~ 61" between tubes depth.

FRAME UPRIGHTS:

4" x 3" tubes of A500 structural tubing with a wall thickness of 3/16" (thicker than 7 gauge.) Tubes are laser cut with 15 safety slots supporting Power Lift's patented "Rhino Hook" bar catches. The Rhino Hook's double pin design fits into two safety slots, which provide a double strength hooking system. By having a double pin system that fits directly onto the safety slots which are laser cut into the tubes, considerable strength is added over the bolt-on hook plate designs. Uprights have welded and ground end caps.

FRAME BASE:

2½" x 3½" x 72" with 3/16" wall thickness. Base supports tube uprights and have 4" x 5½" x ½" thick steel foot plates to accept optional rubber floor bumpers

WEIGHT STORAGE:

5 peg weight storage on each side of racks. 1¼" solid cold rolled steel bars welded on front and back side of storage frame. Solid UHMW plastic rods of 1¼" outside diameter by 1¼" inside diameter are drilled out to fit over 1¼" bars thus providing a one piece cover with end caps. Bottom peg is 11" in length to provide maximum plate storage. Each peg up is 2" shorter providing tiered effect and eliminating over storage of unwanted plates. Flat ¼" UHMW plastic protects frame behind plates.

Powerful Ideas for Powerful Results

9' COMBO POWER RACK

POWER LIFT®

Specifications:

SAFETY SPOT BARS:

2" x 3" x 28" tube connecting to formed 3/8" steel fitting on to 4" x 3" upright tubes. Safety Bars feature double pin design fitting into two laser cut safety slots for added strength and safety. Top of safety bars feature 1/4" x 28" ABS formed plastic protecting the top and sides from damage. Safety bars are lined with UHMW plastic to protect frame uprights and feature handles to assist with positioning safety bar into one of 14 levels to protect the lifter.

"RHINO HOOK" BAR CATCHES:

Unique molded design formed from poured steel for smooth edges and minimal tolerance to fit laser cut tubes. Bar catches are lined with UHMW plastic to protect steel tubes. Bar catches have an inside double pin design fitting two safety slots for added strength and safety. Unique bar hook design of catch is safer and more functional for user. Patent No: US D444.827 S

DUAL GRIP CHIN UP BAR:

1 1/4" solid cold rolled steel bar 49" long with angled ends. Bar is knurled. Two handles 18" apart stick 8" inside rack for additional lifts. Two chin-up bars are standard on combo rack.

BUMPER PLATE STORAGE:

Self contained bumper plate storage is built beneath weight plate storage on each side of rack. Storage area has inside dimensions of 20" x 22" with adjustable dividers to hold a wide variety of bumper plates.

FRAME COMPONENTS:

All components are placed in a "jig" welding fixture which is used to insure parts are located in exact position each time, thus ensuring consistent fabrication and then are mig (metal inert gas) .035 diameter wire welded. All tubes and uprights have welded end caps.

Powerful Ideas for Powerful Results

9' COMBO POWER RACK

**POWER
LIFT®**

Specifications:

BENCH & SPOTTER BRACE:

Standard feature. 2" x 3" tube bolts into rear uprights with 4 - 3/8" x 1" bolts on each side and tube bolts into frame base with 4 - 3/8" x 1" bolts. Spotter's platforms are located on rack allowing for a walk thru design. Lever Action Bench" will then lock into this bracing

ASSEMBLY:

All frame components bolt together with drill and tap design. 80 bolts, 3/8" x 1" serrated flange hex head cap screw - zinc plated. lock frame together.

FINISH:

Tube uprights finished with black wrinkle powder coat paint. Cross members, weight storage and bases finished with one of six standard powder coat paint colors. A 5 stage wash system with a phosphate seal and R/O water final rinse stage, prepare metal for painting. Paint is then baked for 28 minutes at 400 degrees.

WARRANTY:

15 year conditional warranty

Powerful Ideas for Powerful Results

6' x 8' OLYMPIC PLATFORM

WITH EXTENSION

Specifications:

POWER LIFT®

OVERALL DIMENSIONS:

Length: Two piece oak center section 11' 6"
Width: 7' 8"
Height: 3' 5"

WORKING SURFACE:

44" wide by 11' 6" center section is made of "select red oak" tongue & groove which is 2¼" wide x ¾" thick.

CONSTRUCTION:

Manufactured in 3 sections. Outside sections have solid wood construction 2' wide x 2¾" thick with ¾" rubber on top. All sections have 'tongue & groove' assembly. Center section has 1½" groove effect with outside sections having 1½" tongue. Unit sections then fit together forming a solid platform. Outside steel frame is fabricated from 14 gauge steel and custom formed into a 'C' channel, 1½" x 3½" x 1½", enclosing the top, sides and bottom edges of the wood frame. Steel frame corner sections are bent and bolted to 'C' channel center section which solidly secures the unit.

LOGO:

School logo or name in "3 color" 2 mil premium vinyl material.

FINISH:

Oak flooring is finished, sanded and sealed with 2 coats of High Performance 37% Solids Oil-Modified Urethane Sealer, then coated with a High Gloss High Performance 50% Solids Oil-Modified Urethane. Vinyl logos are then applied. Next, 3 coats of High Performance Water Based Urethane are applied. This achieves a clear, non-yellowing, high gloss, super durable finish that will last for years. Vinyl logos stay protected and true colors show through and never yellow.

STEEL FRAME:

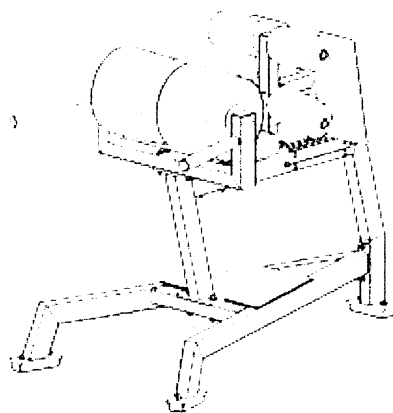
Black wrinkle powder coat paint finish

UNIQUE FEATURES:

- ~ Coaches can install
- ~ Installation is very simple
- ~ High quality of finish
- ~ Custom metal frame completely covers wood edges
- ~ Boxed and motor freighted

Powerful Ideas for Powerful Results

ROTATING GLUTE HAM BENCH



**POWER
LIFT®**

Specifications:

OVERALL DIMENSIONS:

- ~ Length 60"
- ~ Width 34"
- ~ Height 44"
- ~ Weight 210 lbs

UNIQUE FEATURES:

- ~ Specially constructed dual Thigh roller pads rotate with the body while performing the glute / hamstring exercise. These unique pads reduce the pressure against the quadriceps muscles to create a more comfortable and effective exercise for the Gluteus, Hamstrings and lower Back.
- ~ The Easy Glide roller mechanism very effortlessly adjust the foot plate assembly horizontally, eliminating the difficulty of tube-in-tube adjustment.
- ~ The lower kneepads support the body to allow for proper positioning of the footplate assembly with the body in position for the exercise.
- ~ The footplate assembly adjusts up and down using a gas operated shock. This easy adjustment changes the difficulty of the exercise.
- ~ The footplate top is slightly angled forward. This angle allows for equal pressure to be applied along the entire foot while performing the exercise.
- ~ The height of the dual Thigh pads enables a wide range of users to perform a manual resistance - Reverse Hyperextension exercise, while facing into the pads.
- ~ The Tripod frame base design, with standard rubber floor bumpers, provides for secure, anti-rock stability.

FRAME BASE:

- ~ 2" x 3" 11ga. steel
- ~ Aluminum treadplate on frame base and footplate assembly

Powerful Ideas for Powerful Results