

Hotbox Fitness-Fitness Together 11/27/2018

LOT #

1 Plyometric Boxes by Stroops

Set of 3: 24", 18", 12" stackable plyometric boxes

Quantity: 1



2 Aerobic steps

Set of 4: 6" steps

Quantity: 1



3 Medicine Balls

Set of 4: Dynamx medicine balls - 2 @ 14lbs, 1 @ 10lbs, 1 @ 20lbs

Quantity: 1



4 Bosu Balance Trainer Pro

1 Bosu Balance Trainer Pro

Quantity: 1



5 Stability Ball Set w/ Rack

1 set of 3 stability balls: 2 @ 65cm, 1 @ 55cm

Includes black plastic wall mounted rack: 65" x 17 1/2"

Quantity: 1



6 Commercial Adjustable Utility Bench

Paramount XL-6700S Commercial Adjustable Utility Bench. Adjusts to 11 positions ranging from 10 degree decline to 90 degree incline. Seat adjusts to 3 positios. Lifting handle and wheels for easy portability.

Bench: 48" long x 10" wide

Base: 48" long x 30" wide



LOT #

Quantity: 1

7 Dual Adjustable Pulley System

LifeFitness Signature Series Dual Adjustable Pulley System with accessories and framed exercise poster.

Dimensions: 44 in x 62 in x 95 in

Weight stack: 195kg, 390lbs

Quantity: 1



8 Informational posters

Set of 3: Osteography, Muscles in Motion, Maintaining a Healthy Weight

1 - Postural Analysis Chart, Vinyl, wall hanging, 83 1/2" X 36"

Quantity: 1



9 Dyson vacuum

Dyson Animal DC44 Cordless Vacuum with multiple attachments.

Quantity: 1



10 Washer and Dryer

Frigidaire/ Electrolux Gallery Series Laundry Center

Stackable Washer and Dryer

Commercial Heavy Duty, Super Capacity, Sound Silencer Plus 3/4HP Motor

27" 3.0 cu ft

Model#: GLET1142CS0

Quantity: 1



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LOT #**11 Flex Tester**

Sit and Reach, Flexibility Tester Box
Quantity: 1

**12 Desk**

Executive desk - 3 drawers, 2 shelves
Bowfront Desk w/ Modesty Panel -
Espresso
Dimensions: 72" x 29 1/2" x 40"
Quantity: 1

**13 Phillips HeartStart Defibrillator**

Wall mounted defibrillator with extra
battery and accessories
Quantity: 1

**14 LifeFitness Treadmill**

LifeFitness Integrity Series Commercial
Treadmill - CLST - 20+ Workouts,
Incline, Heartrate, .5 - 14mph Speed &
More
83" L X 37" W X 63.5" H
Approx. 430 lbs



Quantity: 1

15 Hex Rubber Dumbbell Set w/ Rack

1 Set of 9 Pairs of 20#, 25#, 30#, 35#, 40#,
45#, 50#, & 60#
Rubber w/ horizontal LifeFitness Dumbbell
Rack
Quantity: 1

**LOT #****16 Foam Rollers**

Set of 3: 1 black, 35"; 2 blue 12"
Quantity: 1

**17 Adjustable Utility Bench**

Bench, 48" X 10"; Base, 30" X 48"; adjusts
for incline, decline, flat
Paramount
Quantity: 1

**18 Tubing Rack**

36" w/6 prongs, metal, wall mounted;
holds exercise tubing/bands; 12 straight
tubes; 6 circular tubes, 15 bands
Quantity: 1

**19 Tubing Rack**

36" w/6 prongs, metal, wall mounted;
holds 6 speed ropes; 3 weighted cables; 2
weighted speed ropes; bungee cable; 1
weighted hoop; 12 agility discs
Quantity: 1

**20 TRX Multi-mount**

Industrial Steel Construction w/ a Powder
Coat Finish in Gray; 2 Multi-Mount L
Beams; 2 Mounting Plates & Hardware; 1
Cross Bar; 2 TRX Suspension Straps;
6 1/2 ft., Wall mounted w/ Mountings
Plates & 2 Straps each
Quantity: 1

**21 Battle Ropes**

2 Ropes - Each 27 ft.
Quantity: 1



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LOT #**22 Kettlebells**

Set of 5; 35#, 25#, 20#, 15#, 10#
Quantity: 1

**23 Kettlebells**

Set of 5; 35#, 25#, 20#, 15#, 10#
Quantity: 1

**24 Office Hutch/Credenza**

72" length X 70 1/4" height X 40" wide; 2 drawers; 2 shelves under; 4 cubbies w/ frosted glass doors
Quantity: 1

**25 Canon PowerShot Camera**

PowerShot A620; 7.1 mp; 4x Optical Zoom; 20 Shoot Modes; 4 AA Batteries Required
Quantity: 1

**26 Wall Shelves/Bulletin Boards/Decorative Plants**

Set of 2; 3 hooks each; 24" X 6"
1 Bulletin Board, 1 Bulletin/Wipe Board
3 Decorative Plants
4 Wall File Racks
Quantity: 1

**27 Wrist/Ankle Irons**

1 Set of wrist & ankle weights
Quantity: 1

**LOT #****28 Cubby Shelf**

8 large cubbies, 8 canvas boxes; 59" length X 15 1/2" depth X 31" height
Quantity: 1

**29 Office Furniture**

2 Black Folding Wheeled Office Chairs
1 Black Wheeled Desk Chair
1 Tall Back Black Chair
4 Drawer File Cabinet - 36" X 19" X 52"
Small round table
Quantity: 1

**30 Hanging Storage Baskets w/ Accessories**

2 Wall-Mounted Hanging Baskets w/ set of
3 Boxing Glove Pairs, Boxing Pads,
Accessories
Quantity: 1

**31 Ab & Push Up Set**

2 Ab Wheels & 1 Set of Perfect Push Up
Quantity: 1

**32 Chair/Table Set**

1 round table; 1 rectangular table; 2 chairs
Quantity: 1

**33 TRX Multi-mount**

Industrial Steel Construction w/ a Powder Coat Finish in Gray; 2 Multi-Mount L Beams; 2 Mounting Plates & Hardware; 1 Cross Bar; 2 TRX Suspension Straps; 6 1/2 ft., Wall mounted w/ Mountings Plates & 2 Straps
Quantity: 1



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LOT #**34 LifeFitness Recumbent Bike**

LifeFitness CLSR Integrity Series; Late Model Recumbent Bike; Adjustable Seat; Adjustable Pedal Straps
Model CLSR
Quantity: 1

**35 Cross Trainer/Elliptical Machine**

LifeFitness CLSX Integrity Series Cross Trainer/Elliptical Machine
Model CLSX - 95xi
Quantity: 1

**36 Vizio Television**

Flat Screen TV, Wall Mounted, 46"
Quantity: 1

**37 Hex Dumbbells/Rack**

1 set/ 9 pairs @ 20#, 25#, 30#, 35#, 40#, 45#, 50#, 55#, 60#; rubber w/ horizontal LifeFitness dumbbell rack
Quantity: 1

**38 Hex Dumbbells**

1 pair @ 90#s
Quantity: 1

**39 Balance Discs**

8 - Perform Better Brand
Quantity: 1

**LOT #****40 Dumbbells w/ Rack**

LifeFitness vertical rack w/ 1 set of 6 pairs @ 3#, 5#, 8#, 10#, 12#, 15#
Rack Model# CSDBH-1007-102; Hexagon 2 Tier
80" X 25" X 28"
Hexagon Rubber Dumbbells w/ Contour Grip
Quantity: 1

**41 Dumbbells w/ Rack**

LifeFitness vertical rack w/ 1 set of 6 pairs @ 3#, 5#, 8#, 10#, 12#, 15#
Rack Model# CSDBH-1007-102; Hexagon 2 Tier
80" X 25" X 28"
Quantity: 1

**42 Dumbbell & Curl Bars**

Set of 2 Dumbbell Bars; 20" w/ 2 collars
2 Olympic EZ Curl Bars, 47"
Quantity: 1

**43 Dual Adjustable Pulley System**

LifeFitness Signature Series Dual Adjustable Pulley System with accessories and framed exercise poster.
Dimensions: 44 in x 62 in x 95 in
Weight stack: 195kg, 390lbs
Quantity: 1

**44 Mats w/ Rack**

6 Hanging Foam mats w/ wall mounted rack
Quantity: 1



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LOT #**45 Sand Bell**

40#

Quantity: 1

**46 Stability Ball Set w/ Rack**

Set of 3: 2 @ 65cm, 1 @ 55 cm, plus black plastic, wall mounted rack 65" X 17 1/2"

Quantity: 1

**47 Olympic Plate Set w/ Tree**

Olympic Plate Set: 6 @ 2.5#, 9 @ 5#, 3 @ 10#, 4 @ 25#, 4 @ 35#, 6 @ 45# w/ Tree Stand

Quantity: 1

**48 Full Cage Power System**

Keys Power System Full Cage w/ 45#

Olympic Bar

Model KF-PC

2 Pairs of Spring Collars; Adjustable Bar

Rests; Integrated Pull Up Bars; 2 Handles

48" X 50" X 83"

Quantity: 1

**49 Fitness Assessment Kit**

Fitness Assessment Accessory Kit: skin

fold caliper w/ case; stop watch; timer; 2

measuring tapes; 1 myotype; 2 Omron

Blood Pressure Cuffs; 3 Omron Fat Loss

Monitors; 1 Perfect counter

Quantity: 1

**50 Metronome**

Korg KDM-2

Dynamic metronome with 30-252 tempo range, 19 beat patterns, 3 PCM sounds, and Tap Tempo control

Korg's original cylindrical resonator

provides powerful sound and improved

tone; Headphone output

Top-mounted Start/Stop switch doubles as

**LOT #**

visual indicator; red & green LEDs mark beats and downbeats

Provides reference tuning pitch (C4-B4); A4 Calibration from 410 to 480 Hz.

Large LCD screen; efficient power for long battery life - 120 continuous hours at 120

BPM

Quantity: 1

51 Wall Timer

Muscle Drive USA wall-mounted Timer & Clock w/ Remote

Quantity: 1

**52 GE Mini Refrigerator**

3.1 cu ft Double-door mini Refrigerator Black

19 1/8" X 33 1/2" X 20 1/8"

Model WMR03GAZABB

Quantity: 1

**53 Haier Refrigerator**

Small refrigerator - 4.6 cu ft

Black w/ Single Glass Door

Model# HBCN05EBB

Quantity: 1

**54 Microwave**

Sharp Carousel Mid-size Microwave

White - 1100W Power

20 1/2" X 17 1/4" X 12 1/4"

Quantity: 1



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LOT #

55 Rubber Mats

Rubber Gym Floor Mats
Approx. 615 sq ft; 8 mm Thick
Quantity: 1



56 Detecto Weight Scale

Detecto Weight Scale
Quantity: 1



57 AB-Origionals

2 Pairs
Quantity: 1



58 Water Cooler

Black Water Cooler
Oasis Atlantis Series Model POU1SK
Room Temp & Cold Water Dispensers
Does Not Include Filtration
Quantity: 1



59 Office Supplies/Equipment

AT&T Phone System - 3 Handset Cordless Answering System
Casio KL-60 Label It! Label Maker
Office supplies including pens, pencils, calculator, clipboards & more!
OfficeJet Pro 6835 Printer All In One w/ extra cartridges
Quantity: 1



60 Bathroom Storage/Decor

1 Set of bathroom decor; 2 small tables w/ drawers, 1 art print, 2 stools/bench seats (1 black leather, 1 wooden), 1 tabletop vase
Quantity: 1



LOT #

61 Medicine Ball Set w/ Rack

3 Red @ 2kg, 2 Yellow @ 3kg, 2 Orange @ 5kg, 1 Green @ 6kg w/ economy vertical medicine ball tree
Quantity: 1



62 Slam Ball Set

4 Black @ 30#, 20#, 10# & 10# - 4 Green @ 50#, 40#, 20# & 2
Quantity: 1



63 Weighted Vest

20# Fitness Gear Weight Vest
20 Removable 1# Sandbags; Adjustable Shoulder Straps & Velcro Waist Straps: 2 Hooks for Added Weight/Straps
One Size Fits All
Quantity: 1



64 Receiver/Speaker Set & XM Radio Mini Tuner

Onkyo Receiver, 2 Floor Speakers, 2 Wall-mounted Speakers, XM Radio Mini Tuner
Model# TX-DS484
Quantity: 1



65 Polar Heart Monitors & Receiver

Polar Brand Heart Rate Monitors; Model# FT7M; Black/Silver
Receiver Model# CEO537 w/T31 Coded Receiver
Fitness Training Watches Track Heart Rate & Caloric Expenditure
Quantity: 1

