

**January 30, 2010 Auction - 10:00 AM (CT)**  
**Location: 22448 Doc McDuffie Road, Foley, AL 36535**

**LOT# Professional Workout Equipment Description**

1	Chest Press - Icarian, Cybex
2	Seated Long Pull - Icarian, Cybex
3	Standing Leg Curl - Hamstring - Icarian, Cybex
4	Leg Extension - Quads - Icarian Cybex
5	Leg Extension - Cybex
6	Abdominal - Wilder
7	Laternal Raiser - Paramount
8	Hip Abductor/Adductor - Paramount
9	Fly Machine - Cybex
10	Prone Leg Curls - Icarian, Cybex
11	Lateral Pull Down - Paramount
12	Leg Press - Nautilus
13	Seated Shoulder Press - Icarian, Cybex
14	Total Chest - Paramount
15	Standing Calf Machine - Icarian, Cybex
16	Leg Machine - Paramount
17	Triceps Press Down - Icarian, Cybex
18	Lateral Pull Down - Icarian, Cybex
19	Seated Leg Curl - Cybex
20	PreCor Elliptical - EFX
21	Life Fitness Elliptical
22	Life Fitness Elliptical
23	Treadmill - Startrac
24	Treadmill - Startrac
25	Treadmill - Startrac
26	Treadmill - Startrac
27	PreCor Elliptical - EFX
28	Recumbent - True
29	Stair Stepper - Stairmaster
30	Stair Stepper - Stairmaster
31	Recumbent - True
32	Smith Machine - Cybex
33	Decline Bench
34	Smith Machine - Icarian, Cybex
35	Smith Machine - Body Solid, Cybex
36	Leg Press - Sled - Paramount
37	Weight Rack
38	Weight Rack

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39	Weight Rack
40	Weight Bench
41	Weight Bench
42	Dumbbells - Assorted - with Rack
43	Abe Stand
44	Chrome Rack
45	(8) Weight Bars
46	Biceps Machine - Nautilus
47	Biceps Machine - Nautilus
48	Leg Press - Nautilus
49	(7) Exercise Balls with Rack
50	M-4 Tread Wall
51	M-4 Tread Wall
52	(2) Bulletin Boards
53	(2) Weight Belts
54	45 lb. Weights - Stack of 10
55	45 lb. Weights - Stack of 10
56	45 lb. Weights - Stack of 10
57	45 lb. Weights - Stack of 10
58	45 lb. Weights - Stack of 10
59	45 lb. Weights - Stack of 6
60	45 lb. Weights - Stack of 10
61	45 lb. Weights - Stack of 10
62	45 lb. Weights - Stack of 10
63	45 lb. Weights - Stack of 10
64	35 lb. Weights - Stack of 10
65	35 lb. Weights - Stack of 10
66	35 lb. Weights - Stack of 10
67	35 lb. Weights - Stack of 10
68	35 lb. Weights - Stack of 10
69	35 lb. Weights - Stack of 10
70	35 lb. Weights - Stack of 10
71	35 lb. Weight - Single Unit
72	25 lb. Weights - Stack of 10
73	25 lb. Weights - Stack of 10
74	25 lb. Weights - Stack of 10
75	25 lb. Weights - Stack of 10
76	25 lb. Weights - Stack of 10

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77	25 lb. Weights - Stack of 10
78	25 lb. Weights - Stack of 9
79	10 lb. Weights - Stack of 10
80	10 lb. Weights - Stack of 10
81	10 lb. Weights - Stack of 10
82	10 lb. Weights - Stack of 10
83	10 lb. Weights - Stack of 4
84	5 lb. Weights - Stack of 12
85	5 lb. Weights - Stack of 12
86	Step Aerobic Bench with 4 Blocks
87	Step Aerobic Bench with 4 Blocks
88	Step Aerobic Bench with 4 Blocks
89	Step Aerobic Bench with 4 Blocks
90	Step Aerobic Bench with 4 Blocks
91	Step Aerobic Bench with 4 Blocks
92	Step Aerobic Bench with 4 Blocks
93	Step Aerobic Bench with 4 Blocks
94	Step Aerobic Bench with 4 Blocks
95	Step Aerobic Bench with 3 Blocks
96	(26) Rubber Mats - SOLD EACH (96A - 96Z)
97	Rubber Door Mats (4 Total)
98	Electric Heater
99A	30" Television
99B	30" Television
99C	30" Television
99D	30" Television
99E	30" Television
100	Television
101	Television
102	ROOM CONTENTS - Includes: (78) 48" fluorescent bulbs, Casio Cash Register, plastic blue box/mags, (4) boxes of bacterial soap, mob bucket, cleaning brushes, 2 spools small wire, 4 racks, office in/out desk baskets, telephone, (4) wooden shelves, wall mount TV stand, folding sign, plastic desk trays, 3 ft. "OPEN" neon sign, hand held Oreck XL vacuum, 4 plastic trash bins, miscellaneous cleaning supplies
103	Bar Stool - Wood
104	14 ft. Husky Ladder

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105	ROOM CONTENTS - Includes: Small metal desk, (3) children's chairs, children's toy table, green children's table, plastic child's table, wood TV stand, wood & metal computer desk, metal over-toilet shelf, metal file tray, (2) drawer file cabinet, plastic storage container
106	Nautilus Weights with Cover
107	Box of Star Trac Meters
108	Miscellaneous: Black Wood Shelf, Trash Cans, Box of Plastic Hangers
109	Large Wood Cabinet with Doors and Shelves
110	Square Wood Cabinet with Storage Holes
111	Square Wood Cabinet with Storage Holes
112	Humidifier
113	Box of Wood Flooring
114	Oreck Stand Up Vacuum Cleaner, Bags, Misc.
115	(4) Fire Extinguishers