HAMPSHIRE FIRE PROTECTION DISTRICT

Foreign Fire Insurance Tax Board Meeting Agenda June 19, 2024, 18:00 Hours

Meeting Locations: 202 Washington Avenue, Hampshire, IL 60140

- 1. Call to Order
- 2. Secretary Report
- 3. Treasurer Report
 - a. Account overview

4. Old Business

- a. Re-Election Results
- b. Uniform Rain Coats
- c. Station Logos
- d. Forcible Entry Prop
- e. Fitness Room Televisions
- f. Coffee

5. New Business

- a. Station 2 Patio Furniture
- b. Weight Bar Holder
- c. Station 1 Leg Extension Machine
- d. Station 1 Recliners
- e. Station 1 Curl Bar
- f. Station 1 Fitness Room Lighting
- g. I-Pad Keyboards
- h. Station 2 Kitchen Items
- i. Sta. 2 EMS Mannequin
- j. 10 Trainer
- k. Station 2 Cable Weight Machine
- I. Station 1 & 2 Blackstone Griddle
- m. Station 1 & 2 Air Fryer
- n. Station 2 Sauna

6. Adjournment

Board Terms Positions

Foreign Fire Tax Terms	Voted In	End Term
Morgan	3/30/2022	2025
McBride	3/30/2022	2025
Serrano	3/30/2022	2025
DePauw	3/30/2022	2025
Best	12/31/2023	2026
Ramirez	12/31/2023	2026
Ribandt	12/31/2023	2026
Chief / Deputy Chief	-	-

Current Positions	7
Board President	Ramirez
Board Secretary	Larson
Board Treasurer	Larson

Fiscal Year 23-2024 Ledger

DATE	VENDOR	DESCRIPTION	T	AMOUNT
	Fiscal Year 2023 - 2	2024 Starting Balance	\$	40,537.77
6/9/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.40)
6/10/2023	Costco	Station Commodities	\$	(147.17)
6/23/2023	JLT Photography	Department Photos	\$	(3,500.00)
7/7/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.40)
7/11/2023	Vista Print	Personnel Duffle Bags	\$	(2,212.38)
7/11/2023	Amazon.com	Shower Towels	\$	(187.69)
7/25/2023	Costco	Station Commodities	\$	(101.40)
8/18/2023	Amazon.com	Fitness Scale	\$	(89.99)
9/1/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.49)
9/29/2023	US Allied Plumbing	Ice Machine Plumbing	\$	(728.38)
10/8/2023	Costco	Station Commodities	\$	(133.17)
10/13/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.49)
11/8/2023	Annual Deposit		\$	25,021.00
11/10/2023	The Fitness Connection	Fitness Equipment Servicing	\$	(150.00)
11/10/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
11/14/2023	Amazon.com	TV Wall Mount	\$	(45.99)
12/1/2023	ABT Electronics	70" Television	\$	(547.99)
12/8/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
12/10/2023	Home Depot	Shop Vac	\$	(119.00)
12/15/2023	Costco	Station Commodities	\$	(211.19)
12/21/2023	Costco	Pots & Pans	\$	(903.12)
1/2/2024	Verathon, INC	Glidescope Equipment	\$	(3,872.00)
1/5/2024	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
2/16/2024	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
3/14/2024	Costco	Station Commodities	\$	(433.19)
3/15/2024	Advocate Sherman Hospital	Glidescope Equipment	\$	(378.12)
3/15/2024	Air One Equipment	Extrication Gloves	\$	(1,475.00)
3/15/2024	Amazon.com	Coffee Maker	\$	(2,299.90)
3/26/2024	Fast Frame	Badge Shadow Box	\$	(862.74)
4/12/2024	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
4/19/2024	Black Rifle Coffee Company	Coffee Beans	\$	(365.03)
5/10/2024	The Fitness Connection	Preventative Maintenance	\$	(150.00)
5/10/2024	Verizon Wireless	Monthly i-Pad Service	\$	(231.58)
5/24/2024	The Fitness Connection	(2) Elliptical Machines	\$	(5,390.00)
5/24/2024	Rogue Fitness	Sta. 1 Fitness Bike	\$	(845.00)
			\$	38,094.61

Fiscal Year 23-2024 Ledger

Amounts spent from 06/01/2023 - 05/31/2024 based on vendor.

	\$ 27,695,83
Vista Print	\$ 2,212.38
Verizon Wireless	\$ 2,547.06
Verathon, INC.	\$ 3,872.00
US Allied Plumbing	\$ 728.38
Rogue Fitness	\$ 845.00
JLT Photography	\$ 3,500.00
Home Depot	\$ 119.00
Fitness Connection, The	\$ 5,690.00
Fast Frame	\$ 862.74
Costco	\$ 1,929.24
Black Rifle Coffee	\$ 365.03
Amazon.com	\$ 2,623.89
Air One Equipment	\$ 1,475.00
Advocate Sherman	\$ 378.12
ABT Electronics	\$ 547.99

Items Appr	oved, Awaiting Purchase	
APPROVED	ITEM	AMOUNT
11/29/2023	Station Logos	\$ 500.00
11/29/2023	Forcible Entry Door	\$ 11,000.00
4/15/2024	Fitness Room TV	\$ 500.00
		\$ 12,000.00

Fiscal Year 24-2025 Ledger

DATE	VENDOR	DESCRIPTION	AMOUNT
	Fiscal Year 2023 - 2	2024 Starting Balance	\$ 38,094.61
6/7/2024	Verizon Wireless	Monthly i-Pad Service	\$ (234.68)
			 27.050.00
			\$ 37,859.93

Amounts spent from 06/01/2024 - 06/17/2024 based on vendor.

 Verizon Wireless
 \$ 234.68

 \$ 234.68

Items Appr	oved, Awaiting Purchase	
APPROVED	ITEM	AMOUNT
11/29/2023	Station Logos	\$ 500.00
11/29/2023	Forcible Entry Door	\$ 11,000.00
4/15/2024	Fitness Room TV	\$ 500.00
	_	\$ 12,000.00



Hampshire Fire Protection District Foreign Fire Insurance Tax Board

Meeting Minutes for April 15, 2024 10:00 am

Attendance: E. Larson, D. Ramirez (via phone), M. Serrano (via phone), T. Herrmann, Z. Rice (via phone), J. Morgan, and J. DePauw

Absent:

C. Best and S. McBride

Employees Present: None

- -Meeting was called to order at 10:00 hours.
- -Previous Meeting Minutes: Meeting minutes were sent out for review from the previous meeting.
- **-Treasurer Report:** E. Larson supplied the spending report for the current fiscal year. Current expenditures totaled \$20,282.65 from June 1, 2023 April 15, 2024. The total in the current account is \$45,276.44 with another \$12,400.00 in items awaiting purchase.

Old Business:

- Deadlift Mat: J. Anderson is on a leave of absence so someone will be found to take this over.
- **Fitness Bike:** E. Larson just needs someone to get an updated price so that we can ensure there is enough on the credit card for the purchase. D. Ramirez will do it.
- Uniform Rain Coats: C. Best was not present for a report. J. DePauw will contact him and figure out what is going on.
- **Position Re-Elections:** C. Best, D. Ramirez, and Z. Rice are all up for reelection. E. Larson will send out a survey monkey for elections.
- Station Logos: J. Anderson also was heading up this project. L. Black has taken
 it over and is making progress.
- Forcible Entry Prop: An amount of \$11,000 has been allocated for this purchase
 in previous meetings. M. Serrano is working on picking out a company to move
 forward with. The prop will be delivered to Station 2 and will be housed there.

New Business:

- Fitness Room TV's: Z. Rice proposed purchasing a new television to replace the two in the fitness room. He would like a smart television so they can watch workout videos. He would only like to see one television rather than the two. A motion was made by Z. Rice to purchase one smart television with mount, not to exceed \$500.00. The motion was seconded by M. Serrano and the motion passed.
- Coffee Beans: M. Serrano brought up the idea to purchase a coffee bean subscription to ensure we have enough coffee beans in stock. Currently, personnel are buying them out-of-pocket. Personnel will look into a coffee subscription. In the meantime, D. Ramirez made a motion to purchase coffee beans for Station 1 and 2, not to exceed \$400.00 until a subscription can be selected. The motion was seconded by Z. Rice and the motion passed.
- Elliptical Machine: J. DePauw proposed purchased a new elliptical machine for Station 1. The previous one was decommissioned due to it being in poor shape. He found a Life Fitness machine for \$2,900.00. Z. Rice brought up purchasing a machine for Station 2 as well since we are already purchasing one. J. DePauw will research a brand and model and make the purchase. Z. Rice made a motion to purchase 2 elliptical machines, not to exceed \$6,500.00 once J. DePauw finds one. The motion was seconded by J. Morgan and the motion passed.

Adjournment: A motion was made by Z. Rice to adjourn the meeting. Motion was seconded by M. Serrano and the motion passed. Meeting was adjourned at 10:25 am.

Next Meeting: June 19, 2024 at 10:00 am

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	Fiscal Year 2023 -	2024 Starting Balance	\$	40,537.77
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6/10/2023	Costco	Station Commodities	\$	(147.17)
6/23/2023	JLT Photography	Department Photos	\$	(3,500.00)
7/7/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.40)
7/11/2023	Vista Print	Personnel Duffle Bags	\$	(2,212.38)
7/11/2023	Amazon.com	Shower Towels	\$	(187.37)
7/25/2023	Costco	Station Commodities	\$	(133.17)
8/18/2023	Amazon.com	Fitness Scale	\$	(89.99)
9/1/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.49)
9/29/2023	US Allied Plumbing	Ice Machine Plumbing	\$	(728.38)
10/8/2023	Costco	Station Commodities	\$	(133.17)
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11/8/2023	Annual Deposit		\$	25,021.00
11/10/2023	The Fitness Connection	Fitness Equipment Servicing	\$	(150.00)
11/10/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
11/14/2023	Amazon.com	TV Wall Mount	\$	(45.99)
12/1/2023	ABT Electronics	70" Television	\$	(547.99)
12/8/2023	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
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12/15/2023	Costco	Station Commodities	\$	(211.19)
12/21/2023	Costco	Pots & Pans	\$	(903.12)
1/2/2024	Verathon, INC	Glidescope Equipment	\$	(3,872.00)
1/5/2024	Verizon Wireless	Monthly i-Pad Service	\$	(231.67)
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3/14/2024	Costco	Station Commodities	\$	(433.19)
3/15/2024	Advocate Sherman Hospital	Glidescope Equipment	\$	(378.12)
3/15/2024	Air One Equipment	Extrication Gloves	\$	(1,475.00)
3/15/2024	Amazon.com	Coffee Maker	\$	(2,299.90)
3/26/2024	Fast Frame	Badge Shadow Box	\$	(862.74)
			\$	45,276.44

Amounts spent from 06/01/2023 - 04/15/2023 based on vendor.

ABT Electronics	\$ 547.99
Advocate Sherman	\$ 378.12
Air One Equipment	\$ 1,475.00
Amazon.com	\$ 2,623.57
Costco	\$ 1,961.01
Fast Frame	\$ 862.74
Fitness Connection, The	\$ 150.00
Home Depot	\$ 119.00
JLT Photography	\$ 3,500.00

	\$ 20,282.65
Vista Print	\$ 2,212.38
Verizon Wireless	\$ 1,852.46
Verathon, INC.	\$ 3,872.00
US Allied Plumbing	\$ 728.38

Items Appro	oved, Awaiting Purchase	7	
APPROVED	ITEM		AMOUNT
5/9/2023	Fitness Bike	\$	900.00
11/29/2023	Station Logos	\$	500.00
11/29/2023	Forcible Entry Door	\$	11,000.00
4/15/2024	Coffee Beans	\$	400.00
4/15/2024	Fitness Room TV	\$	500.00
4/15/2024	(2) Elliptical Machines	\$	6,500.00
		\$	19,800.00

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6/10/2023	Costco	Station Commodities	\$	(147.17)
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APPROVED	ITEM		AMOUNT
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11/29/2023	Station Logos	\$	500.00
11/29/2023	Forcible Entry Door	\$	11,000.00
		\$	12,400.00

Item 5b.

Q Search

CrossFit® Equipment

New Gear

Barbells

Plates Rigs & Racks Shoes

Apparel

3 Ships Free

Zeus

Programming

Home / Weightlifting Bars & Plates / Storage / Barbell Storage / Rogue 9 Bar Holder

ROGUE 9 BAR HOLDER

**** 4.8 117 Reviews Write a review

Made in U.S.A.



\$165.00

Add to Cart

Add to Wishlist Add to Registry

GEAR SPECS

Brand

Rogue Fitness

Made In USA

Yes

Product Weight

59.3LB

Foot Print

18" x 18"

Steel Notes

7 Gauge steel

Product Description

Barbell Storage Re-Invented

Rogue's fully redesigned 9 Bar Holder is unlike any other vertical barbell holder or storage rack in the industry. Manufactured in the USA, this compact floor unit features nine DOM steel tubes (drawn over mandrel) secured within two laser-cut sheets of 7-gauge steel. Because DOM tubing is noted for a smooth internal finish free from burrs and weld spatter, they're ideal for protecting the sleeves of your barbells from unnecessary scratches.

Read More >

Gear Specs

Shipping

9 BAR HOLDER VERSIONS



- 1.0 Laser cut top and bottoms, angle iron corners
- 2.0 DOM tubing (no sharp edges to scratch the bar), Laser cut and bent construction, Laser cut Rogue logo



RECOMMENDED PRODUCTS

Father's Day Sale - Use code DAD10 to get 10% off your purchase! Shop Now

Home / All Products / Leg Extension and Curl Machine

★★★★ (167 Reviews)

Leg Extension and Curl Machine

\$699.99



Move between leg curl and leg extension workouts quickly with a simple pull pin. Helps all athletes perform full reps comfortably with an adjustable seat depth and angle positions.

	ct Your Product aims online, fast replacer	ments, no fees		Powered by mulberry
2	Year - \$72.99	3 Year - \$98.99		
SKU: 40	1556			
Availab	ility: 🗸 In Stock			
1 1	•		ADD TO CART	
₽	Free Shipping on All Most orders placed by 1p			
ூ	1-Year warranty inclu Extended coverage avail			
	Buy Now, Pay Later Flexible payment options	available with <u>Bread Pay™</u>		

Product Overview

The Leg Extension and Curl Machine provides a full range of motion while performing hamstring curls and leg extensions from the same seated position. Crafted with a rotary leg clamp mechanism which easily allows you to enter the machine, lock your thighs in place, adjust the foot roller starting position, and perform full reps every time no matter the size of the athlete. It is not hard to switch from a leg curl to a leg extension workout simply flip the weight post to the opposite starting position. With this, you can strengthen your muscles in a simple and effective manner!

UPDATED VERSION: The Leg Extension and Curl Machine has enhanced HeftyGrip Vinyl upholstery. The weight stopper has switched to a pull pin to move between exercises quickly.

Specifications

Item 5c.



Specifications

Overall Height 39-in.

Overall Width 42-in.

Overall Depth **36-in.**

Back Pad Dimensions 15-in. x 10-in. x 2-in.

Seat Pad Dimensions 22-in. x 17-in. x 2-in.

Roller Pad Dimensions 17-in. x 5-in.

Adjustable Seat Height **24-in. – 26.5-in.**

Weight Post Length 10-in.

Weight Post Diameter 49 mm

Seat Depth Positions

7

Knee Pad Positions



SALE

Jasper Rocking Recliner

\$1,399.00 \$1,749.00 SAVE \$350

or \$117/mo. with 12 mo. financing ②









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Cycling

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Sports

Golf

Game Room & Outdoor Games

Fanshop

Sales & Deals

Sponsored

Back to results



Roll over image to zoom in

Synergee Commercial EZ Curl Olympic Bar Chrome & Black Phosphate with **Powder Coated Brass Bushings Excellent for Bicep Curls and Triceps Extensions**

Visit the Synergee Store

4.7 1,237 ratings

| Search this page

\$7995

FREE Returns

Get \$10 off instantly: Pay \$69.95 \$79.95 upon approval for the Amazon Store Card, No. annual fee.

Color: Black









Material Alloy Steel

Brand Synergee Item Weight 19 Pounds

Grip Type Knurled

47.25"L x 1.1"W

Product Dimensions

Grip Size 28 mm

✓ See more

About this item

- ★ STRONG & VERSATILE ★ Our EZ Curl Bars are made with high-quality steel. It is built to stand up to your most challenging workouts, which is why we built it to hold a max load of 450lbs. The EZ Curl Bar is designed to challenge your limits and hold heavy weights for curls, rows, extensions, zercher squats, and more.
- ★ SLEEK FINISH ★ This bar comes in 2 stunning options: Hard Chrome or Black Phosphate. Both look great and protect the steel underneath from oxidation and wear. This allows you to get the most reps out of your bar -- we want to give you the best value for your hard-earned money!
- ★ ERGONOMIC DESIGN ★ The curved shaft of the EZ Curl Bar helps you avoid injuries by

prime

Enjoy fast, free delivery, exclusive deals, and awardwinning movies & TV shows with Prime

Try Prime and start saving today with fast, free delivery

\$7995

FREE Returns

FREE delivery Sunday, June 23

Or fastest delivery Wednesday, June 19. Order within 10 hrs 30 mins

Delivering to Hampshire 60140 -Update location

In Stock

Quantity: 1

Add to Cart

Buy Now

Ships from Amazon

Synergee USA Sold by Eligible for Return. Returns

Refund or Replacement

within 30 days of receipt

Secure transaction Payment

☐ Add a gift receipt for easy returns

Add to List

Sponsored

Smart Home

Tools & Home Improvement Best Sellers Deals & Savings Gift Ideas Power & Hand Tools Lighting & Ceiling Fans

Kitchen & Bath Fixtures

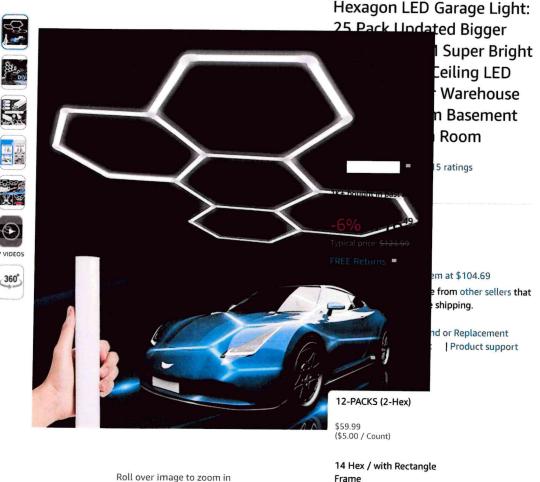
13% off Limited time deal



Back to results

Sponsored

Shop by Room



Frame

\$299.98

16-PACKS (3-Hex)

\$79.99 (\$5.00 / Count)

25-PACKS (5-Hex) \$116.49

Color: White

Brand LZHOME Color White Material **Plastic** Style detail light Light Close to Ceiling

fixture form

About this item

prime

Enjoy fast, free delivery, exclusive deals, and awardwinning movies & TV shows with Prime

Try Prime and start saving today with fast, free delivery

\$11649

FREE Returns

FREE delivery Sunday, June 23

Or fastest delivery Wednesday, June 19. Order within 10 hrs 37 mins

Delivering to Hampshire 60140 -Update location

In Stock

Quantity: 1

Add to Cart

Buy Now

Ships from Amazon LZHOME INC

Sold by Eligible for Return, Returns

Refund or Replacement

within 30 days of receipt

Product support Support

included

✓ See more

Add a Protection Plan:

- 3-Year Protection for \$21.99
- 4-Year Protection for \$29.99
- ☐ Asurion Complete Protect: One plan covers all eligible past and future purchases (Renews Monthly Until Cancelled) for
 - \$16.99/month

Add a gift receipt for easy returns

Add to List

Other sellers on Amazon

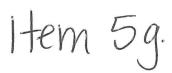
New & Used (4) from \$11209 & FREE Shipping.

Rugged Book

★★★☆☆292 Reviews

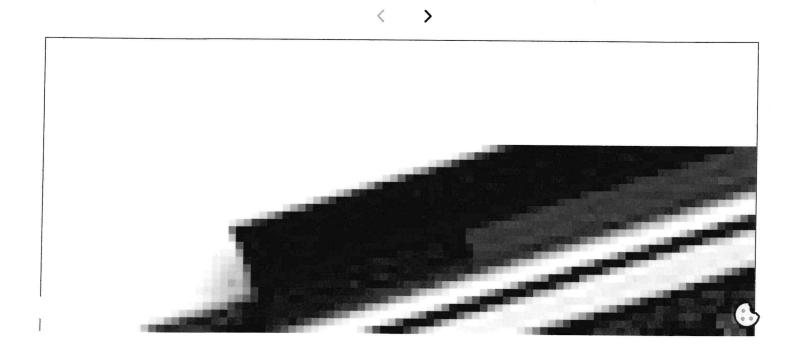
\$129.99

For iPad Pro 10.5" (Gen 2), iPad Air 10.5" (Gen 3), iPad 10.2" (Gen 9, 8, 7) Durable, Magnetic-hinged Keyboard and Case











+ \$79.99 (i)

Support Subscribe **Rugged Book** ★★★☆☆292 Reviews \$129.99 For iPad Pro 10.5" (Gen 2), iPad Air 10.5" (Gen 3), iPad 10.2" (Gen 9, 8, 7) Durable, Magnetic-hinged Keyboard and Case Color: Black ADD TO CART **Bundle & Save** Enjoy at least 30% off our everyday prices when you buy any two or more products. Savings will be applied in cart to all items not already on sale.

ZAGG Pro Stylus 2

	mophie snap+ juice pack mini stand Magnetic 5,000mAh battery	+ \$59.95 (i)
SKU: 103104613		
Details		^
The tough Ruge viewing angles	gged Book keyboard comes with a detachable case, multi-paring capabilities, and drop protection up to 6.6 feet. The magnetic-hinged case wi s and the comfortably-spaced keys let you use your iPad just like a laptop.	th multiple
6.6 Feet of i	Drop Protection : We've combined tough polycarbonate and soft silicone to deliver unmatched protection. Take your iPad anywhere, on every ou've got the ultimate in drop protection.	adventure,
Backlit, Lapt type in lowli	otop-Style Keys: Laptop-style keys give you clean, precise keystrokes for fast, accurate typing. The keys are backlit in seven different colors, sight conditions.	o it's easy to
Multi-device between the	e Pairing : The Rugged Book keyboard and case can pair with two devices at once, so you can sync with both your iPad and your smartphone a em.	nd toggle
Detachable I surface while	Keyboard: The keyboard and case easily detach to accommodate different uses and work environments. Place your iPad in the Rugged Book le you type with the keyboard on another.	case on one
Long-lasting power when	g Battery: A powerful lithium polymer battery provides up to two years of typing between charges.* The sleep/awake function helps preserve In your keyboard is not in use.	battery
Warranty		~
Specs		~
What's In The	Вох	~

Hem 5h.



Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

The following form must be completed and submitted for any and all expenditures proposed by members of the Hampshire Fire Protection District and will be evaluated for compliance and adherence to the parameters expressed by state law, specifically Chapter 24, paragraph 11-10-2:

"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

Please type or print:	Crock pot
Date:	06/18/2024
Proposed By:	Michael Mikolajski
Reviewed By:	Chris Blonkij
Cost:	\$59
Extended:	N/A
Nature of Expenditure Brief explanation of e	In-Station / Personnel needs Other
Brief explanation of e.	cpenditure.
Crock pot for station 2	
Goal and/or Objective	:

Form #: 01-115 Revised: 04/10/2023

To get a crock pot for station 2

Please provide at least three (3) estimates showing both cost and provider:
https://www.walmart.com/ip/seort/2156701161
2
3
If less than three, please explain: (for example, Sole supplier)
Detail
Detail any maintenance, service or repair contracts or warranty information and associated costs.
Comes with 1 year warranty, optional 2 and 3 year warranty for an additional \$6 and \$8 respectfully
Discuss and/or avalain how this annuality is 50 cm.
Discuss and/or explain how this expenditure is " for the maintenance, use and benefit" of the Hampshire Fire Protection District.
A crock pot will benefit firefighters at station 2 by allowing them to slow cook meals.
Additional information: Please add or attach any supportive documentation, i.e.
photos, drawings, correspondence, etc., for consideration by the committee.
IMPORTANT: Incomplete forms will NOT be considered.
Signature: Date:
Foreign Fire Tax Expenditure Proposal Form – continued

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Shop All SI	low Cookers		
Shar	K Own your oasis		Sponsored (i)
100+ bo	ought since yesterday	In 200+ people's carts	
Best sel	ller Popular pick for "programm	nable slow cooker"	
Cro	ck-Pot 7-Quart Cook a	and Carry Program	nmable
	w Cooker, Grey	,	
	(4.4) <u>871 reviews</u>		
§ Free 9 \$59.	00-day returns		
•	when purchased online (i)		
	Add to cart		
**	Add a protection plan What's (Only one option can be selected 2-Year plan - \$6.00		

How do you want your item?

3-Year plan - \$8.00











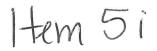






Continue your search on Walmart

- Q crock pot
- Q crockpot
- Q slow cooker
- Q crockpot 8 qt slow cooker
- Q 7qt crock-pot





Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

The following form must be completed and submitted for any and all expenditures proposed by members of the Hampshire Fire Protection District and will be evaluated for compliance and adherence to the parameters expressed by state law, specifically Chapter 24, paragraph 11-10-2:

"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

the purchases are for the mai	ntenance, use, and benefit of the department.
Please type or print: Date: Proposed By: Reviewed By: Cost: Extended: Trainic C-(8:2 M. Sev M. Sev 85,923	The state of the s
	Firefighting / EMS needs In-Station / Personnel needs Other
Brief explanation of expenditure: Thaining mannequely will Parameters practice their Will provide a manneq edch Station.	help Humpshire Fire Emts and Suills and become more proficient. In so that there is two, (1) for
Goal and/or Objective: Provide a medica au	- hands on training.

Form #: 01-115 Revised: 04/10/2023

Please provide at least three (3) estimates showing both cost and provider:
1. Nasco 85,923.95
2. Anatong Waveyouse CNASCO) \$ 5,923-95
3
If less than three, please explain: (for example, Sole supplier) This manneal in specifically is made by NASCO-
Detail any maintenance, service or repair contracts or warranty information and associated costs.
Three year warranty.
Discuss and/or explain how this expenditure is " for the maintenance, use and benefit" of the Hampshire Fire Protection District. Benefits the Hampshire Fire Protection District be providing confidence through hands on framing
Additional information: Please add or attach any supportive documentation, i.e. photos, drawings, correspondence, etc., for consideration by the committee.
IMPORTANT: Incomplete forms will NOT be considered.
Signature: Date: Date:
Foreign Fire Tax Expenditure Proposal Form – continued





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HOME / HEALTHCARE SIMULATION / PATIENT CARE TRAINERS / PRE-HOSPITAL TRAUMA LIFE SUPPORT FULL BODY TRAINING MANIKIN, 55 IN., 140-LB. - LIGHT



NASCO HEALTHCARE

Pre-Hospital Trauma Life Support Full Body Training Manikin, 55 in., 140-lb. - Light

SKU: A-106015

MPN: 101-317

AVAILABILITY:

1/6





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TODAY'S PRICE

\$5,923.95

QUANTITY:

Constitution of the contract o	1	AND STREET, ST	
1		-	

ADD TO CART

DESCRIPTION

Instructors for PHTLS focus on four main skill sets as defined by the PHTLS course, which is offered by the National Registry for EMT (NREMT): airway maintenance with basic and advanced adjuncts, IV therapy, I/O therapy, and chest trauma treatment.

The PHTLS manikin contains all of the necessary features for teaching the curriculum in this specialized field:

Pneumothorax reduction

- Replaceable skin sections
- Discharge of air for audible confirmation of placement
- No damage to interior systems

Manubrium I/O insertion

- Designed for use with Pyng FASTI training device
- Replaceable bone insert assures long life

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by Nasco Healthcare

Pre-Hospital Trauma Life Support (Phtls) Full Body Trainer [SKU: 101-317]

\$5,923.95





Description

Pre-Hospital Trauma Life Support (PHTLS) Full- Body Trainer

[SKU: 101-317]

Instructors for PHTLS focus on four main skill sets as defined by the PHTLS course, which is offered by the National Registry for EMT (NREMT): airway maintenance with basic and advanced adjuncts, IV therapy, I/O therapy, and chest trauma treatment.

The PHTLS manikin contains all of the necessary features for teaching the curriculum in this specialized field:

Pneumothorax reduction

- Replaceable skin sections
- Discharge of air for audible confirmation of placement
- No damage to interior systems

Manubrium I/O insertion

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Replaceable bone insert assures long life

IV arm

- Multiple access locations from dorsal hand up to and including the antecubital fossa
- Arm rotates for ease of access
- Vein replacement in field

Deluxe Intubation Head with tongue edema and laryngospasm options

- Flexible skin makes jaw thrust life-like
- Jaw can be dislocated for further complications
- Durable material limits laryngoscope blade damage
- There are no electronic components or ECG capabilities.

Three-year warranty.

Weighs 140 lbs. (63 kg).

Size: 55" x 28" x 11".

Ship Weight 160 lbs.

Download Manual Instructions

Recommended products



Phtls Moulage Kit. [800-665] \$1,655.95



Life/form® Arterial Puncture Arm -Medium \$998.95

2/3

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from low to high fidelity – means you can
find the right training solution for
your current and future needs.

Every Nasco Healthcare product is:

Rugged, reliable and hyper-realistic
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Certified (MS)

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Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

TO DEALTH RIGHT TO BE INCOMERATED FROM THE STREET

The following form must be completed and submitted for any and all expenditures proposed by members of the Hampshire Fire Protection District and will be evaluated for compliance and adherence to the parameters expressed by state law, specifically Chapter 24, paragraph 11-10-2:

"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

•	-
	Humerus 10 Trainer 6-18-29 Martin Servano
Nature of Expenditure	Firefighting / EMS needs In-Station / Personnel needs Other
Brief explanation of ex	spenditure: For training on humoral heads 10 access.
Goal and/or Objective: To provide efte	ctine training on 10 access to the humoral head

Form #: 01-115 Revised: 04/10/2023

Please provide at least three (3) estimates showing both cost and provider:
1. NASCO
2
3.
If less than three, please explain: (for example, Sole supplier) Sole supplier of this specific mannegation.
Detail any maintenance, service or repair contracts or warranty information and associated costs.
Easy to access replacement bonk section.
Discuss and/or explain how this expenditure is " for the maintenance, use and benefit" of the Hampshire Fire Protection District.
benefits the Hampsuine Fire Protection District by providing Confidence to the firefractors responding to EMS Calls. Especially MVA we entrapment of Mutual and engine/ansulance Calls. Should be the "go to" spot for 10 we vestingted access
Additional information: Please add or attach any supportive documentation, i.e. photos, drawings, correspondence, etc., for consideration by the committee.
IMPORTANT: Incomplete forms will NOT be considered.
Signature: Date: Date:
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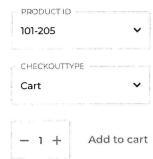
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by Nasco Healthcare

Humerus Intraosseous (IO) Trainer [SKU: 101-205]

\$522.95



Description

Humerus Intraosseous (IO) Trainer

[SKU: 101-205]

Simulaids Humerus IO Trainer is the perfect tool to train the access procedure for fluid management.

Humerus access is now recognized as the best alternative when IV access cannot be obtained. This trainer presents three orientations that can be demonstrated to provide the correct simulation for application.

The realistic trainer includes the correct hallmarks, which are needed to provide accurate and safe access for fluid administration. The trainer has an easyto-access replacement bone section supporting rapid-fire training, while presenting the realism needed to make the training effective.

Dimensions: 16" x 16" x 12".





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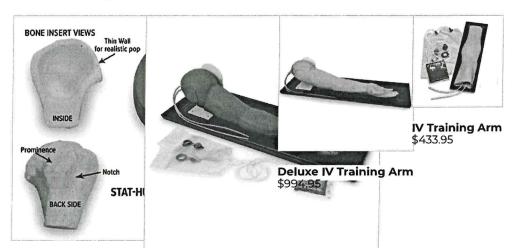
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Recommended products



STAT Humerus intraosseous (IO) Insert \$253.95 Simulaids, Deluxe IV Training Arm - Dark \$994.95







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From in-hospital care to casualty and rescue/extrication scenarios, our products prepare frontline healthcare workers to Be READY to deliver the care required to improve patient outcomes and save lives. Our deep breadth of upgradeable products – from low to high fidelity – means you can

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• Designed in the USA to ISO 9001:2015
Certified QMS
• Compliant to healthcare regulations (e.g.,
OBRA, NPR, AHA)
• Covered by an up to 5-year warranty
• Future-proof with easily upgradable and
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Item 5k



Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

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"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

Please type or print:
Date: OG(18/24
Proposed By:
Reviewed By: Cost: 1315, 00 + 99,00 warmity + attended to
Cost: \$1315.00 + 99.00 warranty + attachments Extended:
Nature of Expenditure: Firefighting / EMS needs
In-Station / Personnel needs
Other
Brief explanation of expenditure:
adjustine Cable nachin for weight lifting.
Colonia Coloni
Goal and/or Objective: Assist ticatishous with product titues Joseph
yesetile mechine that lets you do alot of
Form #: 01-115
Goal and/or Objective: Assist firefishers with Physical Fitness Soals. Very vessetile mechine that lets you do also of Form #: 01-115 Revised: 04/10/2023 Aifford workouts.

	Please provide at least three (3) estimates showing both cost and provider:
	1. Body Solid - Ameron \$1,375
	2. Ruis of Steel \$559.99 3. titan - Ameron \$1555.57
	3. titam - Ameron \$1555.57
	If less than three, please explain: (for example, Sole supplier)
	Detail any maintenance, service or repair contracts or warranty information and associated costs. 3 99.99 Tyear worky
	Minima maintima
1	SSOCIATED COST: Attechments. \$112.40 +556.99
1	Discuss and/or explain how this expenditure is " for the maintenance, use and
	benefit" of the Hampshire Fire Protection District.
	Physical fitmes!
	Additional information: Please add or attach any supportive documentation, i.e.
	photos, drawings, correspondence, etc., for consideration by the committee.
	attack 1
	IMPORTANT: Incomplete forms will NOT be considered.
	Signature: Date: Date: Date:
	Foreign Fire Tax Expenditure Proposal Form – continued
5	

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dy-Solid Powerline Cable ossover Exercise chine for Home & mmercial Gym, nctional Training Center h Dual Weights Stack for ble Workout

the Body-Solid Store

213 ratings

arch this page

\$1,37500

Pay \$114.58/month for 12 months, interestfree upon approval for Amazon Visa

very & Support

t to learn more



ronk

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ducts





returns

Customer

Support

Style: 160lbs. Dual Weight Stack

160lbs. Dual Weight Stack \$1,375.00

210lbs. Dual Weight Stack \$1,550.00

Item

0.01 Ounces

Weight

Body-Solid

Brand Color

Black

Material

Alloy Steel Fixed Handle

Handle Type

About this item

- · INDUSTRY LEADER: For 30+ years, Body-Solid has held the widest array of products designed to meet the demands of the everchanging fitness industry (home gym, free weight machines, treadmills, bikes, ellipticals, weight plates, kettlebells, dumbbells, flooring, accessories and more). Our products are cutting edge and reliable and are built for Life.....Your Life.
- · VERSATILE & CUSTOMIZABLE: This dual independent weight stack system provides dedicated resistance with true isolateral

\$1,37500

FREE delivery Monday, June 24. Details

> Delivering to Hampshire 60140 -Update location

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Quantity: 1

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Gronk Fitness Products Sold by

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within 30 days of receipt Payment Secure transaction

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Asurion Complete Protect: One plan covers all eligible past and future purchases (Renews Monthly Until Cancelled) for \$16.99/month

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movements. From cable crossovers and shoulder presses to pull-ups, leg kickbacks and everything in between, make a motion to improve your core, build your strength and increase your endurance with this exercise machine.

- STURDY CONSTRUCTION: This cable crossover machine has a sturdy construction and an extra-wide mainframe provides users with a high-quality machine that is both cost-effective and budget-friendly. This machine allows users to access a near-unlimited number of high and low pulley exercises while working every major muscle group. Includes two 160 lb. weight stacks (weight ratio is 1/2:1).
- EXERCISES: Use this home gym to complete
 a variety of full body workouts (pec fly, bench,
 incline, crossover, upright row, deltoid raise,
 shoulder press, close grip front lat pullup and
 pulldown, bent over row, seated row, ab
 crunch, oblique bend, tricep press down,
 outer and inner thigh abduction, calf press,
 reverse fly, glute kickback and many more.
- DIMENSIONS: Heavy-duty construction with an electrostatically applied powder coat finish.
 Measures 42.3"L x 62.6"W x 83"H and weighs 476lbs. 10 years manufacturer warranty on frame and 1 year on parts.

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This item: Body-Solid Powerline Cable Crossover Exercise Machine for Home & Commerci...

\$1,37500



POWER GUIDANCE Triceps Pull Down Attachment, Cable Machine Accessories for Home Gym, LA...

\$5949



DMoose Ankle Strap for Cable Machine - One Size Fit with Premium Padding, Glute Kickba...

\$1889

Total price: \$1,453.38

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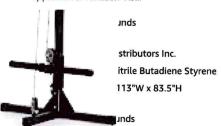
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Sports & Outdoors > Exercise & Fitness > Strength Training Equipment > Racks & Cages > Power Cages

Roll over image to zoom in



Get \$50 off instantly: Pay \$505.97 upon approval for Amazon Visa.



JLLEYS & CABLES: At Titan. und when it comes to ss equipment. We've

designed these high-quality pulleys and cables using expert craftsmanship and superior materials. They're so strong, you won't have to worry about the cables snapping or breaking as you use them. You'll also get 2 premium cable handles with your purchase, giving you a better grip.

- **CONVENIENT PLATE HOLDERS: This cable** crossover machine can accommodate several different weight plates because it has 4 bumper holders. The plate holders measure 9.75" each. It's time to stack on the weights and get to work with this cable crossover machine by Titan. Add it to your fitness equipment today!
- BUILD YOUR MUSCLE: If you're hoping for effective muscle growth, then our cable crossover machine is for you. This machine can help you target a wide variety of muscles, including your pectorals, abs, deltoids, biceps, triceps, and obliques. In no time, you'll notice more developed muscles as you consistently use this exercise machine.
- GREAT FOR HOME GYMS: Stop wasting your time and gas going to the gym. Instead, you can work out in the comfort of your own home when you invest in this cable crossover machine. This unit is made to fit rooms with an 8-foot ceiling. It's perfect to put in your home, personal gym, or garage. Just store it

\$555⁹⁷

FREE delivery June 24 - 26. Details

Delivering to Hampshire 60140 -Update location

In Stock

Quantity: 1

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TitanBrands Sold by

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Refund or Replacement within 30 days of receipt

Secure transaction Payment

Add a Protection Plan:

- 2-Year Protection for \$49.99
- ☐ Asurion Complete Protect: One plan covers all eligible past and future purchases (Renews Monthly Until Cancelled) for \$16.99/month

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- against the wall and slide it out when you're ready to use it.
- DIMENSIONS: This cable crossover machine has a footprint of 113" W x 36" D. It has an overall height of 83.5" with a clearance height of 80.5", accommodating people of all shapes and sizes. The weight holders measure 9.75" in length. This machine weighs approximately 110 lbs., making it a lightweight piece of equipment.

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Inspire Fitness SCS Smith System Fully Loaded with Bench and Attachments

\$4,79700



Inspire Fitness Functional Trainer -Multifunctional Cable Machine Home Gym...

305

\$2,99900



FEIERDUN Multi-Function Squat Rack Power Cage FLA01 with Cable Crossover...

\$79999



Functional Trainer Cable Crossover Machine Commercial Home Gym System 222LB Weight ...

\$1,76900



DONOW Cable Crossover Machine, Cable Fly Machine Home Gym System Workout...

26

\$58999

GRIND Fitness C 4000 Power Rac Exercise Squat F Pull-Up Bar, We

\$59999

Save \$100.00 with coupon

Product Description

Break out the big guns with this new Cable Crossover Machine by Titan Fitness! This powerful machine is designed to give you a dynamic upper body workout, targeting your arms, shoulders, and core. As you consistently use this machine, you'll notice a positive change in a whole host of muscles, including your pectorals, abs, deltoids, triceps, biceps, and obliques. You can get cut and lean when you use this intricate pulley system. This unit features high-quality pulleys and cables that have been made for maximum strength and capacity. This machine is 3' wide on either side, allowing you a greater range of motion while doing either high or low pulley workouts. It has 4 weight plate holders that measure 9.75" in length, giving you ample room to store plenty of bumpers. Rack on as much weight as you can handle using this machine. Make sure to evenly distribute the weight between posts because uneven weight may cause unnecessary friction on the weight bracket. You can even use this machine for weight plate storage when it's not in use. This unit gives you the option to work out and exercise from home instead of at the gym. Its size makes it perfect for use in a personal gym or a garage. This cable crossover machine is made for rooms that have at least an 8-foot ceiling. It has a footprint of 113" W x 36" D. Its overall height is 83.5" with its clearance height at 80.5".

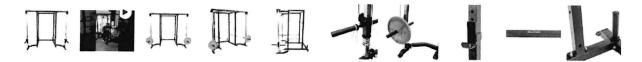
Features:

- Fits and stores easily in your garage.
- Unit fits in rooms with an 8 ft ceiling.
- High quality pulleys and cables used.





1 / 10



CABLE CROSSOVER (2.3" X 2.3" RACKS)

12 reviews

\$559.99 USD

In stock

Go full Wolverine with a convenient cable crossover rack attachment.

1 ADD TO CART

DRY WILL

More payment options

 Pickup available at Indianapolis Showroom Pick Up Usually ready in 2-4 days

View store information

GOES WELL WITH



TRICEP ROPE EXTENSION (SHIPS BY JULY 29TH)

\$24.99 USD

PRESALE

PRODUCT FEATURES



HIGH & LOW PULLEYS

 Fixed high and low pulleys on each side unlock versatile exercise options: curls, overhead extensions, you name it Sure, you can't adjust the pulley height, but you'll be just



FITS 1" AND 2" PLATES

Get the most out of your equipment. When you're done being a barbell barbarian, throw your weight plates on the sleeves to become a cable connoisseur. Wow, you really CAN have it all!

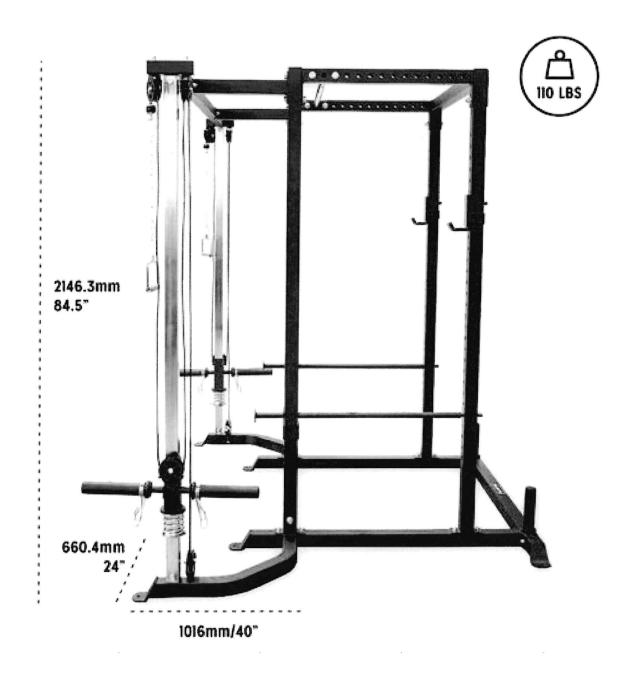


PRODUCT DETAILS

Attaches to the front of your rack for all types of cable work from both top and bottom pulleys.

Fits the 84.5" Light Commercial & Residential Rack. A durable build and 160lb capacity offer smooth reps, even when fully loaded. Each side boasts a fixed upper and lower pulley so you can curl, cross, and become a cable connoisseur. Throw your 1" or 2" weight plates on this cost-efficient option to get more for your space and moolah.

IMPORTANT: Since there is no adjustable feature to this rack attachment, the Cable Crossover can only be operated from the top or bottom positions.



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Home Gym Fitness Rowing T-bar V-bar Pulley Cable Machine Attachments, Bicep Curl Tricep Lat pulldown Bar Back Strength Training Handle Grips Lat Pull Down Bar Press Down **Exercises**

Brand: MARSAFIT

4.7

1,657 ratings

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Amazon's Choice

400+ bought in past month

\$11240

FREE Returns Join Prime to buy this item at \$101.16

Get \$10 off instantly: Pay \$102.40 \$112.40 upon approval for the Amazon Store Card. No

Available at a lower price from other sellers that may not offer free Prime shipping.

Color: 5PCS



















Material

Alloy Steel, Rubber

Brand

MARSAFIT

0.39 Inches

Grip Type

Ergonomic, Knurled, Textured

Speaker Cutout

Diameter or Length

✓ See more

About this item

- High quality solid steel T-bar, Rubberimpregnated arm support
- Ergonomic rubber hand-grips are knurled for greater comfort and safety
- Effective attachment for muscles, enhance strength, improve fitness and body building with many bicep tricep exercises via the push
- · Easily attach to any cable machines for gym, such as lat machine, cable machine, home

prime

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Try Prime and start saving today with fast, free delivery

Buy new:

\$11240

FREE Returns

FREE delivery Monday, June 24

Or fastest delivery Saturday, June 22. Order within 4 hrs 44

Delivering to Hampshire 60140 -Update location

In Stock

Quantity: 1

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Buy Now

Ships from Amazon MARSAFIT Sold by

Eligible for Return, Returns Refund or Replacement

within 30 days of receipt

Secure transaction

Add a Protection Plan:

- 2-Year Protection for \$15.99
- ☐ Asurion Complete Protect: One plan covers all eligible past and future purchases (Renews Monthly Until Cancelled) for \$16.99/month
- Add a gift receipt for easy returns

Save with Used - Like New \$9177

FREE delivery Monday, June 24

Ships from: Amazon Sold by: Amazon Warehouse

Add to List

gym system, support the traction up to 880 lbs

Easily build back muscles, build the perfect body

Report an issue with this product or seller

Other sellers on Amazon

New & Used (2) from \$91⁷⁷ & FREE Shipping.

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This item: MARSAFIT Home Gym Fitness Rowing T-bar V-bar... \$11240



Yes4All Deluxe Tricep Rope Cable Attachment, 27 & 36 inch with 4...

\$7750



Yes4All Cable Machine Attachment, LAT Pulldown Attachment...

\$1599

Total price: \$139.89

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LAT Pull Down Bar for Cable Machine, LAT Pulldown Attachments T Bar V Bar Cable Att...

545

.

\$118⁸⁹



LAT Pulldown Attachment,Back Tricep Bar Strength Training,Handle Grips...

80

\$11099



KORIKAHM Home Gym Fitness Spreader Bar, Multi-Grip Wide Lat Pull Down Bar, Neutral ...

43

\$13589



Cable Attachments for Home Gym, Made of Heavy Duty Solid Steel, LAT Pulldown Attach...

964

\$5999



Tricep Press Down Cable Machine Attachment, LAT Pulldown Attachments, Home...

437

\$10999



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Lat Pull Down B Machine Attach Rowing T-bar V-Back Strength ..

\$9999

Save 5% with coupon (some sizes/colors)

Save 5% with coupon (some sizes/colors)

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Roll over image to zoom in

Cable Attachments for Home Gym, Made of Heavy **Duty Solid Steel, LAT** Pulldown Attachment, Weight Machine Accessories, Straight Pull Down Bar, Tricep Rope, Exercise & Double D Handle

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Handles

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\$59.99

Set of 5

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- ☑ Combo includes: 1x V-Handle (Double D Handle), 1x V-Shaped Bar, 1x Straight Rotating Pull Down Bar, 1x Tricep Rope, 4x Black Carabiner Clips, Universal design fits most cable systems
- Black Rotating Pull Down Bar: 18-inch length and 1-inch diameter, 360-degree swivel with electrophoresis coating and textured handles to prevent from corrosion, rust and endure ,Weight Capacity: Up to 800



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Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

The following form must be completed and submitted for any and all expenditures proposed by members of the Hampshire Fire Protection District and will be evaluated for compliance and adherence to the parameters expressed by state law, specifically Chapter 24, paragraph 11-10-2:

"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

Please type or print: Date: Proposed By:	LITTIZAZY 2 BIACKSTOPIL			
Reviewed By: Cost: Extended:	1297 (x2=890h)			
Nature of Expenditur	re: Firefighting / EMS needs			
	In-Station / Personnel needs			
	Other			
Brief explanation of 6	expenditure: 911001 1 4 2			

Goal and/or Objective:

Form #: 01-115 Revised: 04/10/2023

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I want shipping & delivery savi You get 30 days free! Choose a plan					
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Pickup from Huntley Supercenter Delivery to Hampshire, 60140 Sold and shipped by Walmart.c View seller information Visit Free 90-day returns Details	om			íffi <u>Add to registry</u>	
Best seller	Sponsored Now \$254.99 \$299.99 Cuisinart 22-In. Diameter Deluxe C ★★★☆ 22 3+ day shipping	Dutdoor Griddle Cooking Center with 1 나 Add	Folding Prep Table and Paper Tow	vel Holder	
	Yf	ew in 30 🚱			© @ •



Warranty information

1-year limited warranty. This warranty becomes effective in California on the date of delivery.

Warranty url

https://blackstoneproducts.com/pages/warranty

Warnings

⚠ WARNING: PROPANE WARNING: Fuels used in liquefied propane gas appliances, and the products of combustion of such fuels, can expose you to chemicals including benzene, which is known to the State of California to cause cancer and cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov. DEHP WARNING: This product can expose you to chemicals including Di (2-ethylhexyl) phthalate (DEHP), which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov. Prop 65 DINP WARNING: This product can expose you to chemicals including Diisononyl phthalate, which are known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.



\$450.00

Blackstone 36" Griddle Cooking Station with Hard Cover & Side Shelves

★★★★ 570

Shipping, arrives in 3+ days



\$318.34

Blackstone 1517 28" Propane Griddle Cooking Station in Classic Black

★★★★☆ 1879

Shipping, arrives in 3+ days



\$1,079.96

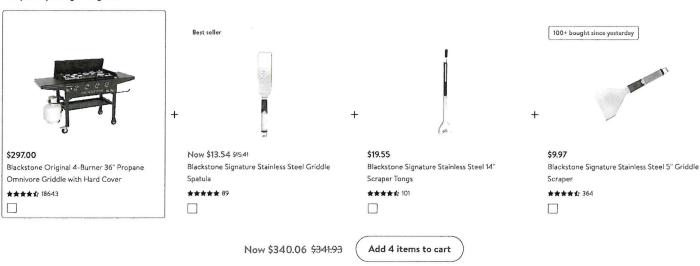
Pit Boss Grills PBG10783 Pit Boss Ultimate 5 I Pb5Bgd2

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Report incorrect product information

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(i) Items may be delivered on different dates

Customer ratings & reviews

4.7 out of 5

食食食食食	(18,643	reviews

5	star
4	star
3 :	star
2 5	star
1 s	tar

15,156 2,098 638 195 556 5/18/2024

*** Verified Purchase The Very Best of Grills!!

paper towel holder is a nice plus as well.

5/12/2024

Excited purchase.

Love the griddle. Purchased it so my husband can make hibachi and breakfast on it for our family. A couple washers were missing but won't impact the functionality- just an inconvenience. Can't wait to see what other meals we make and enjoy this summer.



BrittanvH

42 PO P

Blackstone Support

We are glad to hear that you are enjoying your new griddle! We are sorry to hear there were missing washers. If you haven't ... See more

Anthony

08 Q0 P

Blackstone Support

Thank you for your review. We are glad to hear that your order pickup and your griddle experience have been easy. It sounds ... See more

First off, kudos to the Walmart Curbside team in bringing out my Blackstone grill very quick and in

helping me load the grill into my vehicle. Thank you! This grill is the best, ever! Easy to season, grill

down with one side having a magnet to hold your grill utensils OR to hang up along the sides. The

prep and when done grilling, easy peasy clean up. The 2 side tables are easy to put up as well as to fold

*** Verified Purchase 1

4/20/2024

Blackstone Griddle 36"

Awesome, Assembled in 45 mins, Seasoned in 1 hour (be patient important step). 1st cooked on Griddle was onions (season griddle more). 1st Meal was Salmon, Hibachi style rice and Spinach. This meal would normally take 4-5 pots and pans at 1 hour cook time. Took about 35 minutes and 1 Blackstone Griddle, AWESOME, AWESOME, AWESOME!!!

*** Verified Purchase (1)

5/5/2024

Love Blackstone

This is our 2nd blackstone griddle. We also have the same one at our campsite and use it a lot. The price was the same as when we bought the first one; a year or so ago. Walmart was the least expensive



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reuben

△10 ♀3 ₽

assembly was easy, and that you were able to take the tir

+2 options

\$450.00

Blackstone Original 4-Burner 36" Propane Omnivore Griddle with Hard Cover

★★★☆☆ 47

Shipping, arrives in 3+ days



△5 Q0 P

C ckstone Support

are so glad to hear that your experience getting a second also glad to hear that ... See more

** Verified Purchase (i)



Sponsored

\$119.99

Blackstone!!

Options

I've read so much on the initial seasoning and upkeep that I thought it would be time consuming and hard to keep up with. It's not hard to do, and I keep it covered to protect from the weather. Food tastes great and I haven't had an issue with anything sticking! \$1,999.99

Blackstone 17" Original T

会会会会会 592 Shipping, arrives in 3+ days

Options from \$119.99 - \$159.99

nless Steel Front Panel

More options from \$1,699.99

Blackstone 36" XL Natural Gas Ready Stainles

★★★☆☆ 6

Shipping, arrives in 3+ days

Frann

₫9 ₽1 P

Blackstone Support

Thanks for the review!

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28 Blackstone Griddle

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Hampshire Fire Protection District

Foreign Fire Tax Expenditure Proposal Form

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> "As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

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Reviewed By:	the montheman				
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Nature of Expenditur	·e:	Firefighting / EM	15 nee	ds	
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Goal and/or Objectiv	e:				
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longer

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Prime -

10ft Propane Adapter

Hose - Connects 1lb

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5.0

6 ratings

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POL 5ft

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10 ft Rubber

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culinary perfection in your outdoor cooking endeavors.

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This item: Gawinco 10ft Propane Adapter Hose -

\$2199



Mr. Heater Fuel Filter for Big Buddy & Portable Buddy F276163

\$1472



Mr. Heater F232000 MH9BX Buddy 4,000-9,000-BTU Indoor-Safe Portable Propan...

\$8999

Total price: \$126.70

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DOZYANT 12 Feet Universal QCC1 Low Pressure Propane Regulator Grill...

11,332

\$2599



Kohree 6FT Propane Hose Adapter 1lb to 20 lb with Gauge, Propane Tank Hose Adapter,...

6,458

\$1999



Alloxity 5FT Propane Hose Adapter 1lb to 20lb, Propane Adapter Hose, Propane Tank H...

884

\$1399



DOZYANT 12 feet | Pressure Propane (Connect Hose, RV (Connect Propane I 3,521

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The use of high-quality materials enhances safety at your BBQ gathering. Opting for premium materials ensures a secure environment, contributing to an enjoyable and stress-free party experience.

Our flexible hose ensures effortless maneuverability, providing ease and convenience during use. It allows for easy movement, enhancing overall user convenience and flexibility in various applications.

Our standard fittings are expertl provide a secure seal, alleviating about potential leaks.

Built to last

Our construction is fortified with three resilient materials - PVC, nylon sewing thread, and rubber, ensuring a product built to withstand the test of time.

High Flexibility

The hoses boast exceptional flexibility, making them ideal for outdoor camping or cooking activities where adaptability is key.

Leak-Proof

Experience peace of mind with o brass connectors that establish ϵ tight connection, ensuring safety during use.

Product information

12.8 x 10.8 x 1 inches
1.3 pounds
Gawinco
B0CJFLVQTZ
China
grill-connectors
5.0 6 ratings 5.0 out of 5 stars
#98,803 in Patio, Lawn & Garden (See Top 100 in Patio, Lawn & Garden) #661 in Grill Connectors & Hoses

Warranty & Support

Product Warranty: For warranty information about this proclick here

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Recommendations

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Item SL

Hampshire Fire Protection District

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Please type or print: Date: Proposed By: Reviewed By: Cost: Extended:	14080118 1406 1511 181 161 161 161 161 161 161 161 161	101118 1011		
Nature of Expenditu	-	ighting / EMS needs ation / Personnel needs		
Brief explanation of	expenditure:	it biockstone	İ	approved)
Goal and/or Objective VONVL FOI	ve: VLI			

Form #: 01-115 Revised: 04/10/2023 Medical Care

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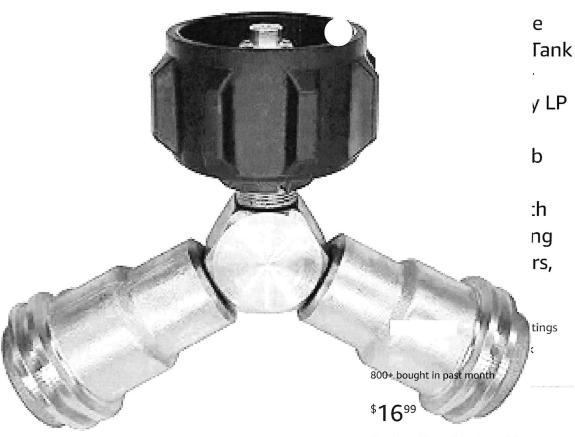
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Brand

DOZYANT

Fuel Type

Liquefied Petroleum Gas

Material

Brass

Product

5.1"L x 2.3"W x 5"H

Dimensions

Power

Propane

Source

0.45 Pounds

Item Weight

UPC

705883999891

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Returns

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Payment

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Item 5 m

Hampshire Fire Protection District

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"As part of the annual audit, these funds shall be audited to verify the purchases are for the maintenance, use, and benefit of the department."

Please type or print: Date: Proposed By:	1111202U 1111202U 1111202U
Reviewed By: Cost: Extended:	180 (x7=8/18)
Nature of Expenditu	re: Firefighting / EMS needs
	In-Station / Personnel needs
	Other
Brief explanation of	expenditure: CIW MLW

Goal and/or Objective: SMYT MUULS

Home / Appliances / Kitchen Appliances / Fryers / Air Fryers / Shop All Air Fryers COSORI Live life tastefully Sponsored (i) 100+ bought since yesterday In 200+ people's carts Best seller Popular pick for "toaster oven air fryer" New Gourmia 6-Slice Digital Toaster Oven Air Fryer with 19 One-Touch Presets, Stainless Steel ★★★☆ (4.5) <u>2,061 reviews</u> Free 90-day returns \$89.00 Price when purchased online (1) Add to cart Capacity: 26 qt 10 QT 26 qt \$77.99 \$89.00 Add a protection plan What's covered (Only one option can be selected at a time) 2-Year plan - \$10.00 3-Year plan - \$12.00 How do you want your item? I want shipping & delivery savings with Walmart+ You get 30 days free! Choose a plan at checkout. . à Shipping Pickup Delivery Today Pickup from Huntley Supercenter | 🕈 Aisle H26 Delivery to Hampshire, 60140 Sold and shipped by Walmart.com View seller information | Visit seller store Free 90-day returns Details This item is gift eligible Learn more Add to list Add to registry



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Warranty information

Limited Warranty

Warranty url

https://www.gourmia.com/warranty

Best seller



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Hamilton Beach Easy View XL Toaster Oven with Sure-Crisp Air Fry, 6 Slice Capacity, Black & Stainless Steel, 31460

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New Gourmia 6-Slice Digital Toaster Oven Air Fryer with 19 One-Touch Presets, Stainless Steel

含含含含 1842



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Better Homes & Gardens Silicone 4 Pack Kitchen Set - Black

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Farberware Stainless Steel Mini Locking Tongs with Silicone Tips, 2 Count, in Assorted Colors

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Clearance



Now \$2.43 \$2.74 wipes kitchen daily dish towel,dish cloth,kitchen rag, non-stick oil,cleaning cloth

★★★★☆ 85

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123

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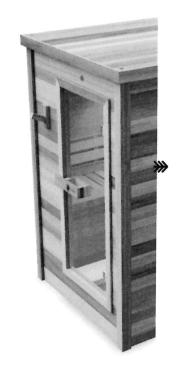
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Home / Indoor Saunas / Thermowood Indoor Sauna - 3 Person























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Thermowood Indoor Sauna - 3 Person

\$4,599

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A classic, compact, indoor sauna, perfect for small indoor spaces. Place in your bedroom or bathroom and wind down with a relaxing sauna after a long day. Easy assembly and beautiful aesthetic. Read more...





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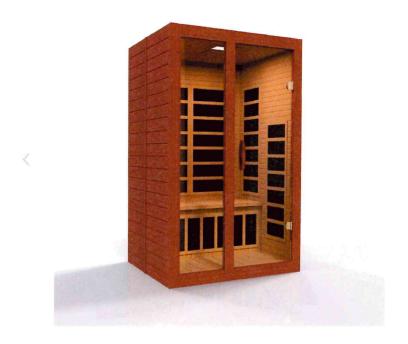
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DYN-6209-02

DYNAMIC SANTIAGO ELITE 2-PERSON ULTRA LOW EMF (UNDER 3MG) FAR INFRARED SAUNA (CANADIAN HEMLOCK) DYN-6209-02 ELITE

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Immediately - IN STOCK

Call or text anytime 1-844-HYDRO-33 (1-844-493-7633)

LOWEST PRICE GUARANTEE

Features

- Exterior dimensions (WDH): 46" x 40" x 75"
- Interior dimensions (WDH): 42" x 36" x 68"
- Music System with Bluetooth and MP3 Aux Connection and 1 central dynamic speaker with pre-amp (no radio included)
- · Interior LED control panel
- · Natural hemlock wood construction
- · Electrical service: 120V/15amp
- · Clasp together assembly
- 7 Carbon PureTech™ Ultra Low EMF Heat Emitters (Heating Panels)
- · Tempered glass door
- · Interior reading/chromotherapy lighting system
- Roof vent
- · Sauna weight: 330 lbs.
- · Shipping weight: 385 lbs.
- · Ships in 2 boxes

See Manual here.



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Vital-Hydrotherapy was absolutely incredible all the way through the process. Definitely would recommend them.

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No Sales Tax: Take advantage of no sales tax when you buy with us and save big compared to national chair

Secure Checkout: Whether ordering by phone or online, your information is always secure.

Fast and Free Shipping: Even the largest products arrive quickly. Final delivery for freight items will be scheduled with you by the carrier at a time of your choosing.

Free Shipping is to the lower 48 contiguous states. Please contact us for a quote to Alaska, Hawaii, or Puerto Rico.

Easy Returns: We help you get it shipped back. Click here for our full return policy.

Our Promise: We promise to treat you right! As a small family owned business, our goal is to treat you in the same manner we'd want our family members to be treated. Let us know how we can be of service! If something goes wrong, you can always ask to speak to a manager.

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Golden Designs \$2,099.00 USD \$3,299.00 USD

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Email Us: support@vital-hydrotherapy.com

Mailing Address: 1224 N. Hwy 377 Ste 303129 Roanoke, TX 76262



































What We Don't Like

Advanced installation and wiring necessary

The Aspire model from Sunlighten is a premium sauna that offers full-spectrum infrared light, Wi-Fi connectivity, and a sleek design. Based on our testing experience, we feel that this model is just as effective as the infrared saunas found in gyms or sauna studios—and maybe even better based on the build quality and ease of use.

We found that there is definitely enough room in this two-person sauna for each user to have a seat on the built-in bench. There's an included backrest, which you can use to support your torso without blocking the benefits of the infrared heat radiating from the walls of the sauna. On the subject of infrared heat, the Sunlighten Aspire is the only infrared sauna that we tested with full spectrum infrared heat. You can choose between near, mid, and far infrared heat to target specific needs. A 10-inch control screen makes it really convenient to control the heat settings or timer, and you can also pick from pre-programmed sauna sessions, which is a perk if you're just starting out with sauna use and aren't sure of what settings to use. Our favorite feature of the touchscreen is the fact that it's Wi-Fi enabled and compatible with popular streaming apps like Hulu, Netflix, Spotify, and Gmail. We were never bored in the sauna, even during longer 50- to 60-minute sessions.

Expect to spend a pretty penny for this two-person sauna (pricing is available by inquiry). It's also no small task to assemble and install the sauna. It arrived in three large packages, and it was more complex than we were willing to tackle on our own. We hired a service to assemble the sauna and an electrician to complete the necessary wiring. But once it was installed and ready for use, we found using and operating the sauna to be incredibly simple and straightforward. There's also no major maintenance involved, and we have confidence that it will last for years, based on our impressions of build quality and initial experience of using the sauna for a month.

How It Performed Long-Term

For the last three months, the sauna has been an essential part of our self-care regimen. While there's plenty of room for two in the sauna, we've found that using it solo allows us to lie down and stretch out. Thanks to the infrared heat, every session leaves us feeling refreshed and renewed. However, we have noted that the sauna takes long to heat up, but we realize that this is typical of most saunas. All things considered, we couldn't be happier with our sauna and intend to make frequent use of it going forward.

Dimensions: 43.6 x 41.6 x 78.5 inches | Internal dimensions: 37.8 x 35.6 x 71.5 inches | Heating elements: Infrared | Extra features: Touchscreen, remote control

The Worthington model from Almost Heaven Saunas offers an authentic sauna experience. This traditional-style home sauna seats up to six people, and it's constructed of spruce wood with an included Harvia 8 kW KIP heater for producing steam. Although these features qualify it as a traditional sauna, it feels more modern with tinted glass that spans the front of the sauna for more light and an open, spacious feel.

The installation for this traditional home sauna will take more time than a portable sauna but that's to be expected based on the size and design of this model. The good news is that the installation process is straightforward enough to be a DIY project for most people, thanks to the pre-built wall sections, roof sections, benches, and backrests. However, you will need the help of an electrician to properly wire the sauna (it requires a 240V 40-amp connection).

Keep in mind that this is an indoor sauna designed for use in your home or garage. It's not designed for exposure to the elements, and it doesn't have a floor, so it's not recommended for use on carpet. But you can install it over most other solid surface floors, like tile or concrete.

To enjoy the traditional sauna experience, allow enough time for the sauna to heat up. Traditional saunas usually take longer to heat than infrared saunas, and the Worthington model is no exception. It can take between 45 and 60 minutes to reach 170 to 185 degrees. You'll need to pour water over the rocks within the heater to create the steamy conditions that characterize this type of sauna session. There are lights to improve visibility within the sauna, but there are no other included features outside of a timer.

Dimensions: $80 \times 61 \times 80$ inches | Internal dimensions: $77 \times 57 \times 78$ inches | Heating Elements: Steam | Extra Features: Two bench seats, LED lighting, glass front

RELATED: The 8 Best Bath Towels of 2024, Tested and Reviewed

Best Steam

Almost Heaven Saunas Single Person Indoor Traditional Steam Sauna Almost Heaven Saunas Logan Single Person Indoor Traditional Steam Sauna in Cedar

PHOTO: WAYFAIR

\$3,388 AT WAYFAIR

What We Like

- Constructed of cedar
- Maximum heat setting of 195 degrees
- Pre-assembled roof and wall sections
- Capable of producing dry or wet heat

What We Don't Like

- Only large enough for one person
- Not suitable on all types of flooring

The Logan sauna is a traditional-style sauna that stands out for its Finnish-style water-over-rocks steam heater, cedar construction, and easy assembly. Inside this compact but cozy steam sauna, you'll find a wide slat bench that is sized right for one occupant and a handful of cedar accessories to enhance the sauna experience—like a backrest, leg lift, robe hook, drink shelf, and magazine rack.

The tongue-and-groove cedar sections come prefabricated for the walls and roof, which streamlines the assembly process, but you'll still need to make sure you have the right electrical wiring. This sauna requires a 220-volt outlet or a hardwired connection. Like other popular indoor steam saunas, there is no floor, so it's not suitable for use on carpet.

Not to be overlooked is the Harvia 6kW electric heater. It has a maximum heat setting of 195 degrees and a timer function. Best of all, you can pour water over the rocks within the heater for a steamy detox session, but you can also opt to use the heater for a dry heat sauna session.

Best Outdoor

Almost Heaven Saunas Salem Steam Sauna

Almost Heaven Saunas Salem 2-Person Traditional Steam Sauna

PHOTO: WAY FAIR

\$4,665 AT WAYFAIR

What We Like

- Constructed of cedarwood staves
- Optional vista window
- Timer with 8-hour delay

What We Don't Like

- May need to treat the exterior in harsh climates
- Heater controls can be hard to see or reach

For a sauna session in your backyard, consider an outdoor model like this one from Almost Heaven Saunas. The Salem model is a barrel-style steam sauna that is suitable for outdoor use (although it can be installed inside as well, if you have the space). It's constructed of red cedar staves and accommodates two people, with an optional window at the rear of the sauna for more interior light and to enjoy the view during your sauna session.

Inside the sauna, there are two slat benches, a Harvia 6kW electric heater, and 40 pounds of sauna stones. The heater reaches a maximum temperature of 185 degrees, although it can take 45 to 60 minutes for the sauna to warm up. Fortunately, the timer includes up to an 8-hour delay, so you can set the sauna to be hot and ready at a specific time. Just know that the controls for the heater and timer are

Although this sauna is intended for outdoor use, it's important to note that the exterior is raw and untreated lumber. For use in wet or harsh climates, the manufacturer suggests using a rain cover or shingles to protect the sauna from excessive moisture or a stain or sealant. Otherwise, the sauna's cedar wood interior is low-maintenance as long as it's used regularly.

Dimensions: 72 x 47 x 75.4 inches | Internal dimensions: 71 x 39 x 69.2 inches | Heating Elements: Steam | Extra Features: Timer, LED lighting

Best Infrared

HEATWAVE Radiant Saunas 2-Person Infrared Sauna

HEATWAVE Radiant Saunas 2-Person Hemlock Infrared Sauna

PHOTO: AMAZON

\$2,356 AT AMAZON

What We Like

- Easy to assemble
- Full-spectrum color therapy lights
- Heats quickly

What We Don't Like

- Only emits far infrared heat
- Dated media options

Infrared saunas are popular because they heat up quickly and emit infrared heat that reaches deep into the body. If that's the benefit you're looking for with regular use of a home sauna, this 2-person

maximum temperature. There are five ceramic infrared heaters lining the interior of the sauna. They emit far infrared heat, which reaches deep into the body, but note that it doesn't offer adjustable wavelengths of infrared heat, like the more expensive <u>Sunlighten mPulse Smart Sauna Aspire</u>, which can be adjusted for near, mid, or far infrared heat settings.

Putting together the Heatwave sauna is a straightforward process that can be made even easier with a helper and generally doesn't take more than an hour or two. It's constructed of hemlock wood, which is an excellent insulator and very sturdy while also being non-allergenic. The bench inside the sauna offers enough room for two people, and there's an LCD control panel for adjusting the temperature and light settings. It also offers chromatherapy lights and an integrated sound system with an auxiliary port for an MP3 port, which is admittedly a dated feature.

Dimensions: $47.8 \times 39 \times 75$ inches | Internal dimensions: $44.5 \times 35 \times 67$ inches | Heating Elements: Infrared | Extra Features: Timer, MP3 port, chromatherapy lights

Final Verdict

Based on our testing and research, we recommend the Dynamic Barcelona 1 to 2 Person Hemlock Wood Low EMF FAR Infrared Sauna as the best home sauna. It is a great value for its range of features, including solid wood construction, effective infrared heaters, and easy-to-use controls with Bluetooth compatibility. But if you're short on space or need a more affordable option, the SereneLife SLISAU35BK Full Size Portable Steam Sauna requires minimal set-up and no special electrical connections. There's only enough space for a single person and no extra features, but the 4-liter steamer puts out heat quickly, and the included folding chair is comfortable.

Other Options We Tested

This product is one we tested and found impressive. Though it fell a bit short of our standards, we think it's still worth considering.

Material

Saunas are traditionally constructed of wood, usually rot-resistant varieties like cedar or hemlock. Many solid wood saunas have preassembled roof and wall sections and clasp construction to streamline the assembly process. That's the case for our top pick based on testing, the Dynamic Barcelona Infrared Sauna. It's made of hemlock, and we assembled it in less than one hour.

If you're looking for a temporary or portable sauna that you can easily store and move as needed, then a solid wood sauna is out of the picture. If you need something lightweight and super quick to assemble, sauna booths or blankets are made with heat-insulating material. Some options, like the SereneLife SLISAU35BK Full Size Portable Steam Sauna, have a plastic frame that is covered by a light, flexible sauna shell. When you're not using the sauna, it can be disassembled and stored.

Safety Features

While it's important to pick a home sauna that is easy to use, safety should be your top consideration. Be sure that you choose a model with simple, straightforward controls so you can set the heat and timer settings to match your needs. During testing, the Sunlighten (our best splurge) especially stood out for its easy-to-use touchscreen controls and various pre-programmed sauna settings.

Remember that you should never disregard the manufacturer's instructions for use, especially the maximum time limit for a sauna session. "Sauna usage should be limited to 5 to 10 minutes for beginners and no more than 20 minutes per session for all individuals," advises Dr. Green. Setting a timer can help you to avoid accidentally prolonging your sauna session. Dr. Green adds that individuals who suffer from cardiovascular or kidney disease should first consult with their physician before using a sauna.

Pay special attention to the electrical requirements, ensuring that your home sauna is wired correctly or plugged into the proper electrical outlet. Mock emphasizes that the installation of a sauna should be performed by a professional for the sake of safety.

Care and Maintenance

Home saunas generally have simple requirements for cleaning and maintenance. Still, you should review the manufacturer's instructions for care to ensure that you don't wind up with odors, bacteria, or mold in your sauna.

Portable steam saunas, in particular, need to be ventilated after use to prevent a buildup of moisture. That's the case for the <u>SereneLife</u> SLISAU35BK Full Size Portable Steam Sauna, which has a zippered

infrared or traditional-style steam saunas, as well. Be sure to wipe down the walls, seating, and floor of your sauna to keep the interior fresh and hygienic.

Installation

It's important to note that many home saunas require hardwired electrical connections—making it a home improvement project, not an accessory. "The cost of installation varies based on sauna size, brand, type and location, but for both steam and infrared saunas you can expect to pay anywhere between \$300 and \$900 for a professional electrician," says electrical expert Dan Mock.

In the case of plug-in saunas, you should still confirm that you have an available outlet with the appropriate voltage to handle the load of the sauna. In addition to electrical requirements, consider requirements related to venting. Indoor steam saunas are equipped with a vent to release heat and moisture, so you'll usually need at least several inches of clearance from the sauna to the ceiling or wall. Some indoor saunas lack an integrated floor, so in that case, you'll need to consider whether the floor under your sauna can stand up to exposure to heat and moisture.

Standout Features

Built-in Speakers

Many people enjoy listening to podcasts, audiobooks, music, or nature noises during a sauna session. By choosing a sauna with built-in speakers, you can enjoy your favorite audio tracks through the sauna speakers rather than relying on your phone or sweat-resistant headphones or earbuds.

The splurge-worthy <u>Sunlighten mPulse Smart Sauna Aspire</u> includes built-in speakers and is also equipped with a 10-inch touchscreen tablet. You can use the device to access streaming services and adjust the volume or lighting within the sauna. During testing, we found the features to work seamlessly and to be a major upgrade to the sauna experience.

Adaptable Lighting

Most installed saunas include lighting for the sake of visibility inside the sauna booth. But some models have adaptable LED lighting that can be adjusted for reading or relaxing. In addition, chromatherapy is another type of adaptable lighting you'll see in saunas. It includes a spectrum of light colors, giving you the option to adjust the ambiance of the sauna lighting, and it reportedly offers some health benefits. You'll typically find chromatherapy lighting in infrared saunas, like the Hemlock Infrared Sauna. The chromatherapy light mounted to the top of the sauna offers seven

Best Overall

Dynamic BarcelonaInfrared Sauna



PHOTO: AMAZON

\$1,900 AT WAYFAIR

VIEW ON NURTUREMOBILITY.C...

VIEW ON FINDYOURBATH.COM

What We Like

- Chromatherapy lights
- Bluetooth function
- Simple set-up
- Easy-to-use controls

What We Don't Like

- May be too small for two people
- Unclear instructions

The Barcelona Sauna from Dynamic Saunas sets up quickly, puts out steady, consistent heat, and has simple controls for a convenient, relaxing sauna session. Those attributes make it the best home sauna we tested and our top recommendation for a one or two-person sauna.

walls) are easily identified and clasp together for quick, efficient assembly, which is a good thing because the included instructions were not very helpful.

The intuitive assembly is complemented by easy-to-use controls for functions like the timer, heat settings, and lights. No special wiring is needed, so as long as you have a 15-amp, 120-volt dedicated outlet, you can self-install this sauna. Regarding typical electrical requirements for home saunas, Mock says, "A dedicated outlet line from your main electrical panel is necessary for the installation of a home sauna, as this ensures no other household appliances are shared on the same circuit as the sauna."

In our testing, it took the Barcelona sauna 25 to 30 minutes to reach its maximum temperature of 140 degrees. We found the bench seat comfortable enough for shorter sauna sessions, but it likely wouldn't be comfortable for an hour or more. And while the sauna seat does fit two people, we found it to be better suited for one person—unless you don't mind sitting so close that you're touching the other person. That's not a major strike against this model since Dynamic Saunas does list this as a one to two-person model.

After using the sauna almost every day over the span of four weeks, we found that it reduces muscle soreness. While in the sauna, you can activate the chromatherapy lights using the included remote control. A Bluetooth connection allowed us to listen to music and podcasts, and there is also an auxiliary port for an MP3 player, but that feature seems dated. All things considered, this home sauna earns a 5 out of 5 rating for its ease of use, effectiveness, and value, making it the best home sauna for most people.

How It Performed Long-Term

After including weekly sauna sessions in our regimen for three months, we have noticed an improvement in both our relaxation levels and the level of pain in our joints. The sauna's integrated Bluetooth system is one of its most appealing features since it lets us enjoy music or podcasts as we unwind.

Although we have found the sauna experience to be quite comfortable, we do our best to stay away from the heaters because they can get rather hot. We use a solution of baking soda and water to clean the sauna once a week. To make the solution smell more pleasant and calming, we also add essential oils. We use a towel to assist us in cleaning the sauna since some of the slats are a little more difficult to clean than others.

Dimensions: 39 x 36 x 73 inches | Internal dimensions: 36 x 32 x 67 inches | Heating elements: Infrared | Extra features: MP3 port, Bluetooth, chromatherapy lights

WHAT TO BUY GARDENING & OUTDOOR REVIEWS

The 7 Best Home Saunas of 2024, Tested and Reviewed

Relax, rejuvenate, and glow



By ERICA PUISIS Updated on 01/03/24

Fact checked by JILLIAN DARA



The Spruce / Jennifer May

A home sauna is a popular way to relax and rejuvenate—and it can save you a trip to the gym or the spa. The prospective benefits of using a sauna range from softer skin and better sleep to reduced muscle and joint pain and less stress.

Board-certified NYC cosmetic dermatologist Dr. Michele Green attributes these benefits to the body's increased core temperature as a result of intentional heat exposure. For maximum benefit, she suggests three to four sauna sessions per week.

The best home saunas are comfortable to use and effective, although there are several types you can choose from. With that in mind, we researched and purchased seven different saunas and evaluated them at home for three months to determine their performance in realworld situations. Each sauna was evaluated based on how easy it was to assemble and use, its heat output, and the effectiveness or usability of features like adjustable lighting and integrated entertainment. We also took note of the cleaning requirements for the sauna and whether it comfortably accommodates as many people as the manufacturer claims.

What to Know Before You Get Started

There are four primary types of home saunas: infrared, steam, portable, and traditional.