



STRENGTH TECH, INC.

Correctional Recreation Products



Spring 2016

Weight Lifting Upholstery Supplies for
CORRECTIONAL
RECREATION

Welcome to our Spring 2016 brochure. We provide heavy duty upholstery supplies for **recovering weight lifting equipment** in prisons. Our durable, high quality Strength Tech VINYL and Strength Tech FOAM are used by hundreds of Correctional Institutions across the country.

Strength Tech is strongly committed to the field of correctional recreation. We have furnished local, state, and federal correctional institutions with weight lifting equipment and accessories for over twenty-five years. Our Strength Tech web site provides information on the issue of weight lifting in prisons and has been a major force in keeping weight lifting in many institutions. We have assisted several researchers, educators, writers, and reporters providing positive media coverage of correctional recreation. Our president, Gary Polson, has both lifted in and judged prison powerlifting meets. We look forward to working with you. If you have any questions about our products, how they are used, need samples, or if we can be of further assistance, please contact us.

Gary & Lora Polson



StrengthTech.com

Prices Subject to Change

Strength Tech, Inc.
P.O. Box 1381
Stillwater OK 74076

(800) 443-6543
(405) 377-7100
Fax (405) 377-9700

Shipping Charges will be prepaid and added to your invoice. We can provide shipping quotes in advance.

For the best protection of your outdoor weight lifting equipment, use our Strength Tech VINYL.

STRENGTH TECH, INC.

Correctional Recreation



Reupholstering Weight Equipment

- ★ Brighten up your rec yard
- ★ Our foam and vinyl will outlast any you have tried
- ★ Your current worn upholstery may be difficult to keep clean and sanitary

Detailed installation instructions, cleaning tips, and a list of suggested tools are furnished with each order. An abbreviated version of the installation instructions is provided at right. Full copies are available online at:
www.strengthtech.com/reup/reup.htm

Our heavy duty Strength Tech VINYL is designed for intense outdoor use as well as in indoor facilities. It is used daily in hundreds of local, state, and federal correctional facilities around the country.

Try our Strength Tech VINYL and FOAM in your facility. You will be glad you did.

A vinyl sample is attached below.

Upholstery Installation Tips

1. Remove upholstered board from the equipment. Consider repainting the equipment at this time.
2. Strip vinyl and foam off the board.
3. Evaluate condition of the board. Replace if necessary. Drill any required mounting holes in the new board. Install T-nuts if used. We drill a 9/32" or 5/16" hole as a pilot for ours.
4. Break (slightly round) corners of board with a hand file.
5. Sand edges of board using wooden block wrapped in sandpaper or use a similar sanding block.
6. Weatherize the board by applying Thompsons Water Sealant or similar product if desired. Allow to dry.
7. Paint the board black if desired or use a stain colored water sealant in step #6.
8. Cut a strip of vinyl (old vinyl you removed from the board will work fine) 3" wide and as long as the perimeter of the board. It can be in a few pieces if necessary.
9. Staple this vinyl strip around the edge of the board, overlapping both sides about 1 inch to help protect the new vinyl from the edge of the board.
10. Acquire pre-cut foam pads or cut foam to size with an electric carving knife or jig saw.
11. Secure foam to top surface of board with a spray-on tacky adhesive. Note, some units require putting mounting bolts through the board before you glue the foam down.
12. Cut vinyl to proper size to wrap around the foam and board. Vinyl is sized to overlap the back of the board about one and a half inches on all sides. It can be cut with a utility knife or industrial scissors.
13. Install vinyl with dull smooth side up. The shiny, reflective side goes against the foam.
14. Staple vinyl to back of board along one side.
15. Slightly stretch and staple the vinyl to the back of the board along the other side. Two people may be required to stretch and staple vinyl at the same time.
16. Tuck the corners on the ends similar to wrapping a Christmas package and staple them to the back of the board.
17. Reinstall the newly reupholstered board on the equipment.
18. Cover unused foam with a tarp or blanket and store it flat in a dry place (foam yellows in direct sunlight) and cleanup the area.
19. Admire your weightlifting equipment. It looks like new!

Strength Tech VINYL

Recover your weight lifting equipment with Strength Tech VINYL and your upholstery problems will be greatly reduced. It is tear resistant, abrasion resistant, sulfide stain (sweat) resistant, waterproof, ultraviolet light (sunlight) resistant, flame retardant and almost inmate resistant. This is the toughest, most durable weightlifting equipment upholstery available. You can cut it with a knife, but it absolutely will not tear. Strength Tech VINYL is especially great for use in outdoor prison rec yards. It comes in 61 inch wide rolls. One running yard (36" by 61") will cover about 1 and 1/3 bench presses. Samples furnished on request.

BLACK

#STVINYL B \$28/running yard
Wt. 2 lbs./yd

10% Discount
on
Full 50 Yard Rolls

GRAY

#STVINYL G \$28/running yard
Wt. 2 lbs./yd

Strength Tech FOAM

Our high density, virgin, blue, non-loaded Strength Tech FOAM will last through several recovering cycles. It is available in two thicknesses (1-1/4" and 2") in 12 X 48 inch pre-cut slabs that fit most bench presses, and in 40 X 72 inch sheets for cutting into miscellaneous sizes. Strength Tech FOAM can be cut with a utility knife, however we recommend cutting it with an electric carving knife (electric turkey knife) or jig saw. Samples furnished on request.

Use 1-1/4" foam on bench presses and other equipment you put your back against or sit on. Use 2" foam on leg curls and other equipment you put your stomach, chest, or face against.

1-1/4" Thickness

Slab - 12" X 48"
#STF125SL \$25 each

Sheet - 40" X 72"
#STF125SH \$125 each

2" Thickness

Slab - 12" X 48"
#STF200SL \$40 each

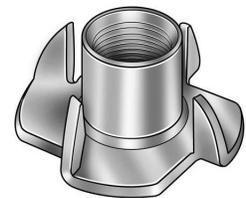
Sheet - 40" X 72"
#STF200SH \$200 each

Shipping estimates furnished on request.

T-NUTS

T-nuts are installed on top of the plywood (under the foam). Their four prongs stick deep into the plywood to prevent the nut from turning. Mounting bolts are installed from below (up through the equipment frame) instead of down through the plywood, resulting in a more reliable connection. Zinc plated for corrosion resistance. Size 1/4 NC. Samples furnished on request.

#STTNUT 20 cents each / \$15 per hundred



T-NUT

StrengthTech.com

We would like to thank our long time customers, some who have now been with us for approaching three decades, and welcome others to our brochure. Please take the opportunity to browse our web site and view our coverage of correctional recreation issues and our full set of helpful tips for installing and caring for our upholstery products.

StrengthTech.com

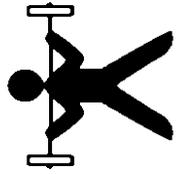
We enjoyed meeting many of you years ago at National Correctional Recreation Association Conferences and working with you to achieve the best solutions to your problems. We look forward to many years of continued association with the Correctional Recreation industry. Please call us if we can be of further assistance.

Gary & Lora Polson



Strength Tech, Inc.
P.O. Box 1381
Stillwater OK 74076

(800) 443-6543
(405) 377-7100
Fax (405) 377-9700



Strength Tech, Inc.



Strength Tech, Inc.
P.O Box 1381
Stillwater, OK 74076



Correctional Recreation