BILL OF LADING

BOL Number: 69540411

SHIP FROM

Name: Gym Precision

Address: 29 VISTA AVE,,

City/State/Zip: SAN MATEO, CA, 94403

Rick P: (650) 548-1225 Ext.

Stop Notes:

Carrier: R and L Carriers

Pro #:

BAR CODE SPACE

Pick up date: 10/14/2026

Trailer #: Seal #:

SHIP TO

Name: AT HOME FITNESS

Address: 14647 S 50TH ST STE 110
Ste 110

City/State/Zip: PHOENIX, AZ, 85044

keith rose P: (602) 403-1065 Ext.

Stop Notes:

REFERENCE INFORMATION

Reference Name	Value
Carrier Pickup Number	113316560

THIRD PARTY FREIGHT CHARGES BILL TO

Echo Global Logistics
600 W. Chicago Avenue, Suite 725
Chicago, IL 60654

Freight Charge Terms:

Prepaid [X]

Collect [ ]

3rd Party [X]

Carrier Acct #:

Quote ID:

Special Instructions:

Please call Rick 650-548-1225 to schedule Pick up
See Shipper and Consignee Instructions

ECHO is not liable for any accessorial charges unless pre-approved by Echo or noted on this bill of lading.

Shipper Instructions

Pickup #:
Loc Type: Business
Special Services:
Lift Gate Pickup, California State Fee

Consignee Instructions

Delivery #: Reyez
Loc Type: Business
Special Services:

LTL or Partial Only:

# of Pallets: 1 Pallet Type: Skid Spots: 1 Stackable: Yes

Pallet Dimensions: L: W: H:

CARRIER INFORMATION

HANDLING UNIT		PACKAGE			HM	OD	COMMODITY DESCRIPTION	LTL Only	
QTY	TYPE	QTY	TYPE	WEIGHT	(X)	(X)	Commodities requiring special or additional care or attention in handling or stowing must be so marked and packaged as t	NMFC#	CLASS
1	Pallets	0		207 lb			3G Cardio EM-X , Length: 48, Width: 48, Height: 31	15520-04	175
1		0		207 lb			GRAND TOTAL		

Where the rate is dependent on value, shippers are required to state specifically in writing the agreed or declared value of the property as follows: "The agreed or declared value of the property is specifically stated by the shipper to be not exceeding _____ per _____."

COD Amount: $ _____

Fee Terms: **Collect:** [ ] **Prepaid:** [ ]

Customer check acceptable: [ ]

NOTE Liability Limitation for loss or damage in this shipment may be applicable. See 49 U.S.C. ■ 14706(c)(1)(A) and (B).

RECEIVED, subject to individually determined rates or contacts that have been agreed upon in writing between the carrier and shipper, if applicable, otherwise to the rates, classifications and rules that have been established by the carrier and are available to the shipper, on request, and to all applicable state and federal regulations.

The carrier shall not make delivery of this shipment without payment of freight and all other lawful charges. (Section 7)

_____ **Shipper Signature**

SHIPPER SIGNATURE / DATE

This is to certify that the above-named materials are properly classified, described, packaged, marked, and labeled and are in proper condition for transportation according to the applicable regulations of the Department of Transportation.

Shipper: _____ Date: _____

Trailer Loaded:

[ ] By Shipper
[ ] By Driver

Freight Counted:

[ ] By Shipper
[ ] By Driver/pallets said to contain
[ ] By Driver/Pieces

CARRIER SIGNATURE / PICKUP DATE

Carrier acknowledges receipt of packages and required placards. Carrier certifies emergency response information was made available and/or carrier has the Department of Transportation emergency response guidebok or equivalent documentation in the vehicle.

Carrier: _____ Date: _____