



COLLEGE MUSCLE MOVERS

PRODUCTS FOR A SMOOTH MOVE



WELCOME!

When we began in 2007, our goal was simple: Provide Professionally Trained Student-Athlete Movers to businesses and consumers. Today we're providing more than just labor, and want to make sure you have an awesome moving experience!

We're thrilled you're interested in hiring us as your mover, and look forward to helping you.

You'll find a variety of products in this catalog aimed at protecting your possessions and improving the efficiency of your move.

Best of luck with you move and thank you for considering College Muscle Movers, your business is truly appreciated!

Happy Moving,

Jerad Poling
Founder & CEO





MUSCLEBOX TOTES

An efficient way to pack up those small miscellaneous items is to use our MuscleBox packing system. They work great for packing, stack perfectly in our trucks, and are clean durable and secure.

How much is your time worth? By using our MuscleBoxes you save space in the moving truck, help protect your packed items and save time and energy collecting and disposing of flimsy cardboard boxes. Choose one of these convenient moving packages and save money on your next move!

Contact us for additional weeks and larger quantities.

Individual Pricing 3.75 / Week



Place order: 1-800-818-8449



We'll deliver them for free!



Pack the MuscleBox Totes



We'll pick them up for free!



MUSCLEBOX™

1 BEDROOM BUNDLE - 25 TOTES

Perfect for a small apartment or home. Great for miscellaneous items, kitchen food & cosmetics.

Price 79.00 / 1 Week



MUSCLEBOX™

2 BEDROOM BUNDLE - 35 TOTES

Great if you're up grading from an apartment to a home where more space is necessary for kitchen & bathroom items.

Price 109.00 / 1 Week



MUSCLEBOX™

3 BEDROOM BUNDLE - 50 TOTES

Give a few to the kids, and still have enough to pack up the kitchen and bathroom.

Price 149.00 / 1 Week



MOVING EQUIPMENT

Dollies are an important tools in the moving process. They improve efficiency, and move large bulky items with ease. Our appliance dollies work great for very heavy items like gun safes and appliances. Our 2 Wheel Dollies work well for boxes and our MuscleBox Totes.



Order Today!
1-800-818-8449



APPLIANCE DOLLY

Use an appliance dolly to move large awkward bulky items like gun safes & appliances.

Price 15.00 / Dolly



2 WHEEL DOLLY

Our 2 Wheel Dolly works great for boxes, MuscleBoxes and other home & office furnishings.

Price 10.00 / Dolly



4 WHEEL DOLLY

Works great in apartment buildings, office buildings, and for moving very heavy items. Order 2 for optimal efficiency.

Price 5.00 / Dolly



PREVENT DAMAGE

Shrink wrap, blankets and floor protection are necessary supplies on any move. Shrink wrap helps hold blankets in place, and protect from scratches, while holding the blankets in place to prevent any major damage.



Order Today!
1-800-818-8449



WHITE OPAQUE STRETCH WRAP

High quality 80 gauge stretch wrap. It helps hold blankets in place & protects from scratches & nicks. Highly recommended.

Price 30.00 / Roll
Price 15.00 / Shrink Wrap Service



PROFESSIONAL MOVING BLANKETS

Heavy duty, clean moving blankets made specifically for professional movers. Rent them & reduce damage and scratches.

Price 2.00 / Blanket
10 Blanket Minimum



FLOOR PROTECTION

Just had your floors re-done or worried about dirt in your new home? Use floor protection to reduce cleaning time.

Price 1.00 / 3 Cubic Feet (3ft x 1ft)



BOXES

When the MuscleBox system doesn't fit your packing needs, we have high quality corrugated cardboard boxes. Great for long-term storage and cross country moving.



Order Today!

1-800-818-8449



SMALL BOX -- 16 X 12 X 12

Perfect for books, small kitchen appliances and dishes.

Price 1.99 / Box



MEDIUM BOX -- 18 X 18 X 16

Great for miscellaneous items, kitchen and bath items.

Price 2.99 / Box



LARGE BOX -- 18 X 18 X 24

Works well for pictures, garage items, blankets and bedding.

Price 3.99 / Box



PACKING SUPPLIES

Even if you don't use our Muscle Movers to pack your items, you can buy packing supplies from us! We stock more than is shown here - if you don't see something you need just ask!



Order Today!
1-800-818-8449



BUBBLE WRAP

A necessary packing supply on any move. Used to wrap glass, and other breakables. Recommended with our glass and dish packs.

Price 35.00 / 12"x175' Bubble Wrap in Dispenser



PACKING PAPER

Used in place of bubble wrap, or with it, a great method for packing breakable, but less than fragile items.

Price 20.00 / 200 sheets



HIGH QUALITY PACKING TAPE

Use our high quality packing tape - with free use of tape gun include - to tape up your boxes, and wardrobe boxes.

Price 3.00 / Roll



PACKING SUPPLIES

Everyone needs help packing, and we've got you covered! Packing tape and speciality boxes will help you get your important belongings safely to their new home.



Order Today!
1-800-818-8449



DISH PACK KIT

Properly packing dishes requires a dish pack kit to save space and insure your dishes don't break.

Price 12.00 / Dish Pack Kit



GLASS PACK KIT

Like dishes, glasses must be packed properly to protect against damage during transit.

Pulvinar 12.00 / Glass Pack Kit



FILE STORAGE BOXES

Find yourself with more paperwork than you know what to do with? File it away with our handy file storage boxes.

Price 4.00 / File Storage Box



SPECIALITY ITEMS



Order Today!
1-800-818-8449



FLAT SCREEN TELEVISION BOX

Did you throw away your television box, only to wish you kept it for moving day? We have you covered.

Price 40.00 / Television Box Rental



WARDROBE BOXES

Besides the messy, inefficient method of garbage bags, or suitcases, how do you move clothes? Rent our wardrobe boxes!

Price 15.00 / Wardrobe Box Rental



BASKET TRUCKS

Saves time by combining many little items into one basket that can maneuvered easily. Great for apartment complexes.

Price 15.00 / Basket Rental



SPECIALITY ITEMS CONTINUED



Order Today!
1-800-818-8449



SHARPIE MARKERS

It's easy to forget what was packed inside each box. Don't risk it! Use our Sharpie markers to keep track of your belongings.

Price 3.00 / Sharpie



TRASH BAGS

Find our trash bags helpful as you clean your old home in preparation for your move. 1.5 ml thick and 33 gallon capacity.

Price 1.50 / Bag
Price 5.00 / Pack of 5



PARTS BAGS

Nuts and bolts can get lost easily during a move. Use our parts bags to easily keep track of tiny parts used for beds, dressers, and other household items.

Price 1.00 / Bag
Price 4.00 / Pack of 5



JUNK REMOVAL

Other junk removal companies will charge an arm and a leg to come to your residence to remove your unwanted water heater, or old couch. Your garbage company won't take it. What do you do? Use our junk removal service! We're already on-site which allows us to give you an awesome price at half the cost of most major junk removal companies. Some restrictions apply. See our office for more details.



Order Today!
1-800-818-8449



SINGLE ITEM

Everyone has an ugly couch or college futon that needs to be trashed. We can take it away and help you free up some space.

Price 49.00 / Single Item Removal



SINGLE ITEM + MISCELLANEOUS

Microwaves, electronics, lamps and televisions are expensive to dispose of. We'll take it away for a fraction of the cost!

Price 79.00



A FEW BULKY ITEMS

You can't put an old mattress in the garbage, and what about that old armoire? That won't fit either! We'll haul it for cheap!

Price 109.00