

SECTION VII.

**TECHNICAL
SPECIFICATIONS**

Technical Specifications for Strength & Conditioning Equipment

Bidders must indicate whether the goods and equipment offered are "Compliant" or "Non-Compliant" to the corresponding specifications prescribed by BCDA using this form.

PROCUREMENT FOR THE SUPPLY, DELIVERY, AND INSTALLATION OF STRENGTH & CONDITIONING EQUIPMENT FOR THE NATIONAL ACADEMY OF SPORTS (NAS) – PHASE 1 AT NEW CLARK CITY					
TECHNICAL SPECIFICATIONS COMPLIANCE FORM					
NO.	QTY.	UNIT	SPECIFICATIONS	COMPLIANCE	
				Compliant	Non-compliant
STRENGTH & CONDITIONING EQUIPMENT					
F.1	2	units	High-power Treadmill (regular commercial treadmill)		
			Weight: at least 193kg (425lbs) Max User Weight: 400lbs (181kg) Running surface width: at least 22" Motor: at least 4hp (8.0hp Peak) AC motor Speed Range (mph): at least 0.5 - 14mph (0.8 - 23 km/h) in 0.1 increments Step Up Height: at least 6" Handrails: at least 16" Incline: at least 10% Rollers: at least 2.5 inch / 6.4 centimeter diameter, precision-crowned, front and back Contact heart rate: Yes Telemetry: Yes Lower Side Rail material: at least Plastic End caps: at least Plastic Console: LED Display, membrane buttons, 4 numbers of workout, displays Speed Time Distance HR Calories Incline Resistance Manufacturer's Warranty: Minimum 2 years		
F.2	1	units	MANUAL CURVED TREADMILL		
			Weight: at least 177 lbs/80 kg Max User Weight: up to 350 lb / 158.8 kg Steel Frame & Handrails + Corrosion-resistant Hardware Motor-free treadmill / indoor running machine Built-in handle and transport wheels Manufacturer's Warranty: Minimum 2 years		
F.3	2	units	INDOOR CYCLING BIKE		
			Max User Weight: 330lbs (150kg) Frame: Steel Pedals: Dual-sided SPD & toe cage Handlebar Design: Ergo-formed, multi position, soft PVC w/vertical & horizontal adjustments Frame: Steel Accessory Holder: Dual, integrated on handlebar Transport Wheels: At least 2 Drive System: Poly-V belt Resistance System: Magnetic Via Lever Flywheel: Rear, aluminum, evenly-weighted		

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F.4	1	units	SKI ERGOMETER		
			Monitor - PM5 Power Requirement - Takes two D cell batteries. SkiErg provides operating power when machine is in use. Frame - Aluminum Machine Weight - SkiErg: 46 lb (20.9 kg), Floor stand: 35 lb (16 kg) Manufacturer's Warranty: Minimum 2 years		
F.5	2	units	ROWING ERGOMETER		
			Overall Length - 96 in (244 cm) Width - 24 in (61 cm) Seat Height With standard legs - 14 in (36 cm) or with tall legs 20 in (51 cm) Monorail Length - 54 in (137 cm) Chain or Cord - Nickel-plated steel chain Chain/Cord Housing - Partially enclosed Monitor - PM5 Power Requirement - Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life. Manufacturer's Warranty: Minimum 2 years		
F.6	2	units	ASSAULT BIKE		
			LCD- Hi Contrast w/Improved Readability Comp Mode Rest and Work LEDs Bluetooth Sport Seat Elite All-metal Design Pedals Single Hand position Handlebars Aluminum Seat Post Enhanced commercial Frame Max User Weight - 350 lbs		
F.7	2	units	AIR POWERED FUNCTIONAL TRAINER		
			Height Arms up: up to 101" Resistance/Handle: up to 50lbs (22kg) Cable length- both handles together: up to 70" / 1778 mm Cable length- single handle: up to 140" / 3556 mm Manufacturer's Warranty: Minimum 2 years		
F.8	2	units	FUNCTIONAL TRAINER ACCESSORIES		

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STRENGTH & CONDITIONING EQUIPMENT					
			Lat/Back Strap: 2' long from handles to d-ring 4' from handle to handle Ankle Cinch Strap: 4 1/2" wide nylon and thick neoprene padding, with a steel D-ring to accommodate up to a 44" waist Chop Bar: 3', made of a knurled lightweight Aluminum tubing Thigh Cinch Strap: made of 4 1/2" wide nylon and thick neoprene padding Resistance/Handle: up to 50lbs (22kg) Triceps Rope: 3' long x 1" - 1.5 "diameter Polypropylene rope Manufacturer's Warranty: Minimum 2 years		
F.9	2	units	ATHELETIC POWER RACK		
			Machine Weight: up to 515lb (234kg) Max User Weight: up to 350lb (159kg) Max Training Weight: up to 675lb (306kg) Manufacturer's Warranty: Minimum 2 years		
F.10	3	units	MULTI-ADJUSTABLE BENCH		
			Machine Weight: up to 125 lbs (57 kg) Vertical height from floor to Seat Pad: up to 17" (43.2 cm) at the flat position Max User Weight: up to 350lb (159kg) Max User Weight: up to 500 lbs (227 kg) Manufacturer's Warranty: Minimum 12 months		
F.11	2	units	FLAT OLYMPIC BENCH WITH WEIGHT STORAGE		
			Machine Weight: up to 150 lbs (68 kg) Max User Weight: 500 lbs (227 kg) Manufacturer's Warranty: Minimum 12 months		
F.12	2	sets	RUBBER DUMBBELL SET WITH URETHANE HANDLES AND RETURN RACK		
			2.5kg-25kg (2.5kg increments) / 10 pairs Includes dumbbell rack Manufacturer's Warranty: Minimum 12 months		
F.13	1	unit	ADJUSTABLE PULLEY OUTRIGGER		
			Weight: up to 720 lbs (327 kg) Weight in stack: 190lbs (95kg) Weight in stack: up to 190lbs (95kg) Cushioning: Contoured cushions utilize a molded foam for superior comfort and durability Hand Grips: Grips retained with aluminum collars, preventing them from slipping during use; Hand grips are a durable urethane composite		

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STRENGTH & CONDITIONING EQUIPMENT					
			Instructional Placards: Easy-to-follow instructions illustrate proper use and muscles trained Manufacturer's Warranty: Minimum 12 months		
F.14	1	unit	PLATE-LOADED LINEAR HACK SQUAT		
			Machine Weight: up to 410 lbs (186 kg) Starting Resistance: at least 60 lbs (27.2 kg) Standard Weight Horns: 2 Max User Weight: 300 lb (136 kg) Manufacturer's Warranty: Minimum 12 months		
F.15	10	sets	Olympic Bumper Plates		
			Black Bumper Plates 2pcs x 20kg; 15kg; 10kg; 5kg; 2.5kg, IWF Standards Manufacturer's Warranty: Minimum 12 months		
F.16	2	units	Olympic Weightlifting Platform		
			For serious weight training facility Platforms clearly define training areas. This is a standalone platform, for weightlifting athletes, for power training. offer stable training surface protect existing flooring and help to dampen sound Insert size varies by rack; 8cm thickness for outstanding durability and reduced noise Steel tube side frames and gusseted corners provide structural integrity and a finished look Manufacturer's Warranty: Minimum 12 months		
F.17	5	sets	Olympic Bar (for Men - 20kg)		
			22mm, chrome bushing, 20kg - with lock Manufacturer's Warranty: Minimum 12 months		
F.18	5	sets	Olympic Bar (for Women - 15kg)		
			22mm, chrome bushing, 15kg - with lock Manufacturer's Warranty: Minimum 12 months		
F.19	2	sets	Trap Bar		
			Olympic Chrome Trap bar with lock; dual handle with hexagonal frame Manufacturer's Warranty: Minimum 12 months		

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STRENGTH & CONDITIONING EQUIPMENT					
F.20	4	units	MEDICINE BALL		
			(1x1kg;2kg;3kg;4kg;5kg) Hollow interior for more bouncing and dropping Weight: 1kg-5kg (5pcs) Textured rubber surface for improved grip Oversized numbering for easy weight identification Manufacturer's Warranty: Minimum 12 months		
F.21	3	units	Slam Ball		
			Quality, durable construction to withstand years of heavy use No-bounce design makes it perfect for plyometric slam ball exercises Rubberized, textured surface to insure a superior grip 4 Weight Options: 5lbs, 10lbs, 15lbs, 20lbs at least 10" diameter Manufacturer's Warranty: Minimum 12 months		
F.22	4	units	Suspension Trainer		
			Features equalizer loop, locking loop, barrel lock adjusters, padded triangles, antimicrobial handles and adjustable foot cradles. Manufacturer's Warranty: Minimum 12 months		

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STRENGTH & CONDITIONING EQUIPMENT					
F.23	3	units	Kettlebell with Chrome Handle Set		
			60kg Total (1x 20kg; 16kg; 12kg; 8kg; 4kg) Black Rubber Cover Chrome Handles 5pcs total Manufacturer's Warranty: Minimum 12 months		
F.24	3	units	Plyo Box		
			Materials: Hard foam Length: 20in Width 24.6in Height 30in Manufacturer's Warranty: Minimum 12 months		
F.25	3	sets	Speed, Agility, Quickness Kit		
			Mini Hurdles (at least 5 pcs.), Cones (at least 20 pcs.), Ladder (at least 8 squares) Manufacturer's Warranty: Minimum 12 months		
F.26	10	sets	Recovery Kit		
			Recovery Ball, Massage Roller, Foam Roller, Gym Ball, Yoga Mats (1 piece of each) Manufacturer's Warranty: Minimum 12 months		
F.27	3	sets	Elastic Band Kit		
			mini bands (10), long elastic band (extralight - 3; light - 3; medium - 3; heavy - 3; extra heavy - 3) Manufacturer's Warranty: Minimum 12 months		
F.28	2	units	Wall-mounted Gym Timer		
			Digital wall-mounted electronically operated Manufacturer's Warranty: Minimum 12 months		

Bidder's Authorized Representative

Signature over Printed Name

Principal Bidder / Supplier