

6. Technical Specification for Lot F

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

REBIDDING FOR THE SUPPLY, DELIVERY AND INSTALLATION OF GOODS (FURNITURE AND EQUIPMENT) FOR THE NATIONAL ACADEMY OF SPORTS (NAS) – PHASE 1 AT NEW CLARK CITY					
TECHNICAL SPECIFICATIONS COMPLIANCE FORM					
LOT NO.	ITEMS	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: Yes, 3		

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STRENGTH & CONDITIONING EQUIPMENT					
			Drive System: Poly-V belt Resistance System: Magnetic Via Lever Flywheel: Rear, aluminum, evenly-weighted		
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		

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STRENGTH & CONDITIONING EQUIPMENT					
			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		
			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)		

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STRENGTH & CONDITIONING EQUIPMENT					
			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 Customizable logo (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 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)		

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STRENGTH & CONDITIONING EQUIPMENT					
			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 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		
			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.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		

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STRENGTH & CONDITIONING EQUIPMENT					
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		
			Materials: Hard foam Length: 20in Width 24.6in Height 30in 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		
			Recovery Ball, Massage Roller, Foam Roller, Gym Ball, Yoga Mats (1 piece of each) 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		

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<i>STRENGTH & CONDITIONING EQUIPMENT</i>					

Bidder's Authorized Representative

Signature over Printed Name

Principal Bidder / Supplier