

**PROCUREMENT OF STRENGTH AND CONDITIONING EQUIPMENT FOR THE  
NATIONAL ACADEMY OF SPORTS PHASE 2**

**BID BULLETIN NO. 2**

This Bid Bulletin clarifies technical specifications for Item No. 14 and Item No. 15 of the Strength and Conditioning Equipment and accordingly revises the schedule of bidding activities for this project, as follows:

**I. CLARIFICATIONS:**

Technical Specifications	
FROM	TO
<p>Item No. 14 Item - "Plate Loaded Chest Press Machine"</p> <ul style="list-style-type: none"> <li>Built-in step for ease of access to pull up bars</li> <li>Reolving posts for unrestricted movement in multiple planes</li> <li>Integrated storage hooks for machine attachment storage</li> <li>at least 185x107x234cm footprint</li> <li>at least 310lb per side weight stack</li> </ul>	<p>Item No. 14. - "Plate Loaded Chest Press Machine"</p> <ul style="list-style-type: none"> <li>Footprint: at least 183cm x 189 cm x 112cm</li> <li>Product Weight: at least 117.5kgs</li> <li>Weight Capacity: at least 300kgs</li> <li>Weight Storage Posts: 6</li> <li>Lying Backrest, not upright</li> <li>With Extended Footrest</li> <li>Adjustable Seat Depth</li> </ul> <p><b>Please see Annex A - Revised Technical Specifications</b></p>
<p>Item No. 15 - "Dual Adjustable Pulley"</p> <ul style="list-style-type: none"> <li>Built-in step for ease of access to pull up bars</li> <li><b>Revolving</b> posts for unrestricted movement in multiple planes</li> <li>Integrated storage hooks for machine attachment storage</li> <li>at least 185x107x234cm footprint</li> <li>at least 310 lbs per side weight stack</li> </ul>	<p>Item No. 15 - "Dual Adjustable Pulley"</p> <ul style="list-style-type: none"> <li>Built-in step for ease of access to pull up bars</li> <li><b>Revolving</b> posts for unrestricted movement in multiple planes</li> <li>Integrated storage hooks for machine attachment storage</li> <li>at least 185x107x234cm footprint</li> <li>at least 310 lbs per side weight stack</li> </ul>

### III. CHANGES IN THE BIDDING SCHEDULE

The schedule below accordingly amends the bidding schedule for previously posted in the PhilGEPS website, BCDA website, and BCDA premises:

Activity	FROM	TO
<b>Deadline of Submission and Receipt of Bids</b>	9:00 AM 14 November 2023	9:00 AM 20 November 2023
Opening of Bids	10:00 AM 14 November 2023	10:00 AM 20 November 2023
Bid Evaluation (TWG's detailed evaluation of the submitted bids)	15-20 November 2023	21-22 November 2023
Presentation of Detailed Bid Evaluation of the Proposals	10:00 AM 21 November 2023	10:00 AM 22 November 2023
Sending of Letters to the Bidder with LCB or succeeding LCB (if any)	22 November 2023	23 November 2023
Post Qualification on the Bidder with LCB or succeeding LCB (if any)	23 Nov - 03 Dec 2023	24 Nov - 03 Dec 2023

For clarity, please refer to the revised technical specifications compliance form as required for the submission of bids. (**Annex A**)

Amendments made herein shall be considered an integral part of the Bidding Documents.

Issued on 13 November 2023.

  
**RICHARD BRIAN M. CEPE**

Chairperson, Special Bids and Awards for National Academy of Sports

# Annex A

# Technical Specifications for Strength and Conditioning

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

<b>BIDDING FOR THE SUPPLY, DELIVERY, AND INSTALLATION OF STRENGTH AND CONDITIONING EQUIPMENT FOR THE NATIONAL ACADEMY OF SPORTS (NAS) - PHASE 2 AT NEW CLARK CITY</b>					
<b>TECHNICAL SPECIFICATIONS COMPLIANCE FORM</b>					
NO.	QTY	UNIT	SPECIFICATIONS	COMPLIANCE	
				Compliant	Non-compliant
<b><i>STRENGTH AND CONDITIONING</i></b>					
1	3	nos	<b>High-power Performance Treadmill</b>  Weight: at least 599 lbs / 271.7 kg  Max user weight: 500 lbs / 226.7 kg  Running surface: at least 22"/55 cm x 60"/152 cm  Motor: at least 5 HP AC Self-Cooling Max Drive  Speed range (mph): 1 to 12.0 MPH / 1.6 to 19.3 KPH  Step up height: at least 13" / 33.02 cm  Running Deck: Over-molded rubber slat belt with 62 individual slats  Incline range: 0% - 25% (-3% - 22% with Decline Kit)  Rollers: at least 58 mm diameter with shielded bearings  Contact heart rate: Yes  "Safety: with user present detection		

			Three emergency stops for safety (on console, center pod, and safety key)"		
			"Handrail design: Extended Handrails with Molded Rubber, Moisture-Resistant Grips"		
			Incline motor: Compression Elevation Motor with 1200 lbs. of thrust		
			"Console: At least White LED display		
			Quick-Touch Speed and Incline Keys for Interval Training, and Extended 5-minute pause"		
<b>2</b>	<b>2</b>	<b>nos</b>	<b>Manual Curved Treadmill</b>		
			Weight: At least 138KG		
			Max User weight: up to 150KG		
			Product size: at least 1840*900*1651 mm		
			Belt Type: Crawler-type (at least 62 Individual Slats)		
			Running Surface Dimensions: at least 1765*490 mm		
<b>3</b>	<b>3</b>	<b>nos</b>	<b>Indoor Cycling Bike</b>		
			Max User Weight: 350 lbs (158 kg)		
			Frame: Chrome-moly steel, mandrel-formed steel, TIG weld		
			Drive system: CarbonGlyde featuring Gates® Carbon Drive™ carbon fiber belt		
			Handlebar Design: Ergo-formed, multi position, soft PVC w/vertical & horizontal adjustments		
			Accessory Holder: Dual, integrated on handlebar		
			Transport Wheels: Yes, 2		
			Gear ratio: 5:1		
			Resistance System: Magnetic Eddy current with micro adjust resistance dial, & emergency push-to-stop.		

			Flywheel: at least 23 kg high-inertia, cast iron perimeter weighted.		
<b>4</b>	<b>2</b>	<b>nos</b>	<b>Ski Ergometer</b>		
			Monitor - 5" LCD Display w/8 readout windows		
			Power requirement - 4 C cell Batteries		
			Resistance: Magnetic and Air resistance system		
			Net weight: at least 66.5kgs/147lbs		
<b>5</b>	<b>2</b>	<b>nos</b>	<b>Rowing Machine</b>		
			Overall Length - at least 94 in (239 cm)		
			Width - at least 24 in (61 cm)		
			Seat Height - at least 17 in (43 cm)		
			Monorail Length - at least 53 in (135 cm)		
			Handlebar Strap - Belt		
			Handle - MultiGrip handlebar (Multiple hand positions)		
			Monitor - 7" backlit Dynamic Display LCD		
			Power Requirement - Generator powered		
<b>6</b>	<b>2</b>	<b>nos</b>	<b>Air Bike</b>		
			Console - LCD Tachometer Display		
			Resistance - Progressive Wind Resistance		
			Preset Programs - 9 presets: manual, intervals, targets		
			Wireless heart rate ready - Bluetooth® and ANT+		
			Oversized cushioned seat		
			Performance Fan: 26-Blades		
			Handle - MultiGrip handlebar (Multiple hand positions)		
			Max User Weight - 160kg /350 lbs		

			Moisture-repellent double-coated steel body construction		
<b>7</b>	<b>3</b>	<b>nos</b>	<b>Air-powered functional trainer</b>		
			Product dimension: at least 2500X1100X2400(mm)		
			Resistance range: 2kgs - 25kgs		
			Console: 5 LED Window Design		
			Resistance increment: 0.1kg		
<b>8</b>	<b>2</b>	<b>sets</b>	<b>Air-powered Functional Trainer Attachments</b>		
			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		
<b>9</b>	<b>3</b>	<b>nos</b>	<b>Power Cage</b>		
			at least 1700x1700x2280mm footprint and 162 kg total weight		
			8 plate holder posts and bar storage, pullup bars attached		
			j hook and spotter arms included, 3mm galvanized steel		
<b>10</b>	<b>3</b>	<b>nos</b>	<b>Adjustable Bench</b>		

			Flat and Incline Option		
			at least 1465x730x420mm, 45kg		
			Adjustable seat pad		
<b>11</b>	<b>2</b>	<b>nos</b>	<b>Olympic Bench Press</b>		
			4 plate storage posts		
			at least 1700x1700x1350mm, 81kg		
<b>12</b>	<b>2</b>	<b>sets</b>	<b>Polyurethane Customized Branding Dumbbells</b>		
			2.5kg-25kg, 1 pair each		
			Polyurethane Material for Durability, Urethane Handles for Anti-rust		
			NAS Logo on the Dumbbells		
			1 Return Rack		
<b>13</b>	<b>1</b>	<b>nos</b>	<b>Plate Loaded Shoulder Press Machine</b>		
			Starting Weight (one arm): at least 10kgs		
			Machine Weight: at least 171.5 kg /378.1 lbs		
			"Comfortable 60mm thick seats and padding with industrial vinyl,		
			thick plywood backing and 38mm foam core"		
			Converging press arms create the natural overhead pressing movement		
<b>14</b>	<b>1</b>	<b>nos</b>	<b>Plate Loaded Chest Press Machine</b>		
			Machine weight: at least 163 kg		
			Dimensions: at least 1937 x 1370 x 1717mm (L x W x H)		
			Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core		

			Converging press arms create the natural overhead pressing movement		
<b>15</b>	<b>1</b>	<b>nos</b>	<b>Dual Adjustable Pulley</b>		
			Built-in step for ease of access to pull up bars		
			Revolving posts for unrestricted movement in multiple planes		
			Integrated storage hooks for machine attachment storage		
			at least 185x107x234cm footprint		
			at least 310lb per side weight stack		
<b>16</b>	<b>1</b>	<b>nos</b>	<b>Plate Loaded Linear Hack Squat Machine</b>		
			Machine Weight: at least 235.5 kg / 519.2 lbs		
			Tubing: at least 3mm by 50 x 100mm square tubing, electro-welded to maximum integrity		
			Standard Weight Horns: 2		
			Max load capacity: 400kgs		
<b>17</b>	<b>10</b>	<b>sets</b>	<b>Olympic Tri-grip Bumper Plate Set</b>		
			2.5 5 10 15 20 25kg, 1 pair each, 3 handles per plate, rubber, 2" holes		
			Weight		
<b>18</b>	<b>3</b>	<b>nos</b>	<b>Weightlifting Platform</b>		
			at least 2" thickness		
			6 Gusset Corners		
			Band peg Attachment		
			Fit for 42" inner cage		
			Powder Coated		

			Wood platform included		
<b>19</b>	<b>14</b>	<b>sets</b>	<b>Olympic Bar</b>		
			2inch diameter for plate mounting, 7ft, bearing type, ceramic coated for anti-rust		
<b>20</b>	<b>2</b>	<b>nos</b>	<b>Open Hex Trap Bar</b>		
			Mountable to at least 4 plates per side, one side open for ease of movement		
<b>21</b>	<b>4</b>	<b>sets</b>	<b>Medicine Ball Set</b>		
			1pc each of 1 2 3 4 5kg		
			Hollow interior		
			Rubber Surface		
			Weight Label on Surface		
<b>22</b>	<b>3</b>	<b>sets</b>	<b>Slam Ball Set</b>		
			Vulcanized Rubber Material, Sand interior		
			5 10 15 20 25lb, 1 pc each		
			at least 10" diameter		
<b>23</b>	<b>4</b>	<b>nos</b>	<b>Suspension Trainer</b>		
			Double Carabiner strap lock, X-mount Included, Durable Nylon Straps		
<b>24</b>	<b>3</b>	<b>sets</b>	<b>Pro-grade Kettlebell Set with Return Rack</b>		
			Electroplated Anti-rust Steel Handle		
			Uniform size regardless of weight		
			33mm handle diameter, 280mm total height, 210cm ball diameter		

			1pair each 8 10 12 14 16 18 20 24 28 32 1pc each 22 26 30		
<b>25</b>	<b>3</b>	<b>nos</b>	<b>Foam Plyo Box</b>		
			Hard Foam, Tarpaulin Cover		
			at least 50.8cm x 60.96cm x 76.20cm		
<b>26</b>	<b>3</b>	<b>sets</b>	<b>Agility Kit</b>		
			Adjustable Hurdles 2 heights (at least 5 pcs), Agility Cones and poles (at least 8 cones and 4 poles), Agility Ladder (at least 8 squares)		
<b>27</b>	<b>10</b>	<b>sets</b>	<b>Recovery Kit</b>		
			7.75"-8" circumference, vulcanized rubber release ball; Massage Stick Roller; 33cm long dual surface foam roller; 65cm diameter gym ball; 6mm PVC yoga mat		
<b>28</b>	<b>3</b>	<b>sets</b>	<b>Resistance Loop Band Kit</b>		
			4 resistance levels (15lb, 25lb, 35lb, 45lb), 10 pieces each		
<b>29</b>	<b>2</b>	<b>nos</b>	<b>Multifunction Training Clock</b>		
			wall mounted		
			8-digit, at least 85cm x 16.5cm x 5.1cm with wall hooks		
			Clock, Boxing Timer, Shot Clock, Customizable Timer, MMA, Tabata		

**Bidder's Authorized Representative**

\_\_\_\_\_  
Signature Over Printed Name

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Principal Bidder/Supplier

