

RETURN BIDS TO:
RETOURNER LES SOUMISSIONS À:
Bid Receiving Public Works and Government
Services Canada/Réception des soumissions Travaux
publics et Services gouvernementaux Canada
1713 Bedford Row
Halifax, N.S./Halifax, (N.É.)
B3J 1T3
Bid Fax: (902) 496-5016

SOLICITATION AMENDMENT
MODIFICATION DE L'INVITATION

The referenced document is hereby revised; unless otherwise
indicated, all other terms and conditions of the Solicitation
remain the same.

Ce document est par la présente révisé; sauf indication contraire,
les modalités de l'invitation demeurent les mêmes.

Comments - Commentaires

Vendor/Firm Name and Address
Raison sociale et adresse du
fournisseur/de l'entrepreneur

Issuing Office - Bureau de distribution
Acquisitions
1713 Bedford Row
Halifax, N.S./Halifax, (N.É.)
B3J 3C9

Title - Sujet FITNESS EQUIPMENT	
Solicitation No. - N° de l'invitation E0225-131391/A	Amendment No. - N° modif. 005
Client Reference No. - N° de référence du client E0225-13-1391	Date 2012-11-14
GETS Reference No. - N° de référence de SEAG PW-\$HAL-309-8773	
File No. - N° de dossier HAL-2-69191 (309)	CCC No./N° CCC - FMS No./N° VME
Solicitation Closes - L'invitation prend fin at - à 02:00 PM on - le 2012-11-22	Time Zone Fuseau horaire Atlantic Daylight Saving Time ADT
F.O.B. - F.A.B. Plant-Usine: <input type="checkbox"/> Destination: <input checked="" type="checkbox"/> Other-Autre: <input type="checkbox"/>	
Address Enquiries to: - Adresser toutes questions à: MacNeil, Blaine A.	Buyer Id - Id de l'acheteur hal309
Telephone No. - N° de téléphone (902) 496-5180 ()	FAX No. - N° de FAX (902) 496-5016
Destination - of Goods, Services, and Construction: Destination - des biens, services et construction:	

Instructions: See Herein

Instructions: Voir aux présentes

Delivery Required - Livraison exigée	Delivery Offered - Livraison proposée
Vendor/Firm Name and Address Raison sociale et adresse du fournisseur/de l'entrepreneur	
Telephone No. - N° de téléphone Facsimile No. - N° de télécopieur	
Name and title of person authorized to sign on behalf of Vendor/Firm (type or print) Nom et titre de la personne autorisée à signer au nom du fournisseur/ de l'entrepreneur (taper ou écrire en caractères d'imprimerie)	
Signature	Date

Amendement n ° 5

1. L'exigence a été révisée comme attaché avec cinq (5) prix anticipés (A, B, C, D, E).
2. RAPPEL que la référence croisée (annexe B) doit être rempli pour chaque article proposé.
3. Il ya deux quais de chargement, chacune avec une table élévatrice à ciseaux. La salle de fitness est situé à l'étage principal. Il ya un large couloir qui mène de quais de chargement à l'espace fitness. Sinon, il ya un homme porte avec accès direct depuis la salle de fitness de l'extérieur du bâtiment.
4. Les soumissionnaires sont tenus de fournir deux (2) exemplaires de leur soumission technique avec la documentation connexe, comme indiqué dans l'invitation.

Il est également très fortement conseillé aux soumissionnaires de fournir une simple liste d'articles offerts en détail par numéro d'article et le nom de produit spécifique.

Tous les autres termes et conditions demeurent inchangées.

General Requirements for All Equipment:

1. Delivery and installation at 80 Garland Avenue, Dartmouth, N.S.
2. Set up of equipment including sorting and recycling of shipping materials within 24 hours of delivery.
3. Provision of one hard copy and one electronic copy of any owners' manuals, operating instructions, and warranties.

Cardiovascular Equipment:**1 Treadmill**

- 1.1 Full commercial (no restrictions on daily hours related to usage or warranty).
- 1.2 Motor: 3 HP or greater continuous duty motor.
- 1.3 Electrical: 120 volt
- 1.4 Speed: Speed range of 0.5mph (or less) to 12mph (minimum 'max' speed) increasing in increments of .1mph or less.
- 1.5 Incline: 0 to 15% grade minimum, in 0.5% increments or less.
- 1.6 Running Surface: 20 inches x 60 inches minimum area.
- 1.7 Programs: Minimum of 7 preset programs, in addition to Quick Start mode.
- 1.8 Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.
- 1.9 Maximum User Weight: Minimum 350 lbs.
- 1.10 Emergency Stop Controls: mandatory.
- 1.11 Display: Digital display console indicating calories, heart rate, distance, incline, pace, elapsed time, and speed.
- 1.12 Accessories: water bottle holder, reading material holder, communications device holder, and portable music holder.
- 1.13 Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.

2 Elliptical / Cross Trainer with Arms

- 2.1 Full commercial (no restrictions on daily hours related to usage or warranty).
- 2.2 Power: self generating.
- 2.3 Incline: 20 levels minimum.
- 2.4 Resistance: 20 resistance levels minimum or 900 Watts minimum.
- 2.5 Programs: Minimum of 6 preset programs, in addition to Quick Start mode.
- 2.6 Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.
- 2.7 Dual action moving arms.
- 2.8 Maximum User Weight: Minimum 350 lbs.

- 2.9 Emergency Stop Controls: mandatory.
- 2.10 Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time.
- 2.11 Accessories: water bottle holder, reading material holder, communications devices holder, and portable music holder.
- 2.12 Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.

3 Upright Exercise Bike

- 3.1 Full commercial (no restrictions on daily hours related to usage or warranty).
- 3.2 Power: self-powered.
- 3.3 Drive Train: belt driven.
- 3.4 Resistance: minimum of 10 resistance levels.
- 3.5 Programs: Minimum of 10 preset programs, in addition to Quick Start mode.
- 3.6 Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.
- 3.7 Maximum User Weight: Minimum 350 lbs.
- 3.8 Seat: ergonomic seat, adjustable for height.
- 3.9 Pedals: extra wide pedals to accommodate wide range of shoe sizes.
- 3.10 Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time.
- 3.11 Accessories: water bottle holder, reading material holder, communication devices holder, and portable music holder.
- 3.12 Warranty: On site service for 7 years on frame, 2 years all parts, 1 year on all other labour including computer display, 6 months on wear items.

4 Spinning Cycle

- 4.1 Full commercial (no restrictions on daily hours related to usage or warranty).
- 4.2 Drive Train: maintenance free belt drive.
- 4.3 Flywheel: minimum 38 lb.
- 4.4 Resistance: levels provide infinite variability throughout mechanical range.
- 4.5 Handlebars: multi-position and easy to use adjustments.
- 4.6 Seat: move forward and backward, as well as vertically.
- 4.7 Transport wheels for easy storage and relocation.
- 4.8 Standard toe clip and strap pedals.
- 4.9 Levelling feet for stability and floor protection.
- 4.10 Minimum of one bottle cage, holding up to one litre size bottle.
- 4.11 Stretch pads providing a non-slip surface.
- 4.12 Maximum User Weight: minimum 300 pounds.
- 4.13 Able to provide an additional seat post with extra-wide saddle as an option.

4.14 Warranty: On site service for 7 years on frame, 2 years all parts including mechanical and electrical components, 1 year on all labour, 6 months on wear items.

5 Rowing Ergometer:

- 5.1 Full commercial (no restrictions on daily hours related to usage or warranty).
- 5.2 Computer monitor: programmable performance monitor.
- 5.3 Flywheel: designed to minimize noise.
- 5.4 Damper: controls to adjust feel of pull.
- 5.5 Rail: aluminum with stainless steel track for seat.
- 5.6 Foot rests: flexible with adjustments for length and width of shoe.
- 5.7 Transport wheels for easy storage and relocation.
- 5.8 Warranty: On site service for 2 years on frame, 2 years on monitor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.

6 Adaptive Motion Trainer:

- 6.1 Full commercial (no restrictions on daily hours related to usage or warranty). Full commercial (no restrictions on daily hours related to usage or warranty).
- 6.2 Adjustable Stride Length: natural adjusting stride length from 0 to 27 inches.
- 6.3 Power: self generating.
- 6.4 Resistance: 20 resistance levels minimum.
- 6.5 Programs: Minimum of 4 preset programs, in addition to Quick Start mode.
- 6.6 Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.
- 6.7 Dual action moving arms.
- 6.8 Maximum User Weight: Minimum 350 lbs.
- 6.9 Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time.
- 6.10 Accessories: water bottle holder, reading material holder, communications devices holder, and portable music holder.
- 6.11 Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.

Strength Training Equipment:

- 1. Industrial / Commercial grade
- 2. Frames constructed with minimum 12 gauge steel, powder coated, industry standard colour (white or grey), solid one-piece frame comprised of heavy duty 3" x 3" tubing.
- 3. Bolts are a minimum of Grade 5 Zinc.
- 4. Padded / upholstered seats, back rests, arm rests in an industry standard colour (black). Extra protected wear guards in high use areas.

5. Seats, leg rests, and handles are adjusted easily.
6. Pulleys are to be minimum fibreglass reinforced nylon, fitted with pre-lubricated bearings.
7. Minimum 3/16" aircraft quality nylon coated cable or kevlar and polyamide belt.
8. Cam systems to match the relative strength.
9. Molded feet for floor protection.
10. Selectorized stack equipment must come with graphic instructions on equipment to show proper technique and muscle groups used.
11. Pull pins to be solid steel and spring loaded.

7 VKR / Chin Dip / Chin Up:

- 7.1 Multiple pull-up grip angles.
- .2 Contoured elbow pads.
- .3 Supported back pad.
- .4 Padded hand grips.
- .5 Stable footprint that does not require anchoring into the floor for safety.
- .6 Angled back pad to assist leg raise.
- .7 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

8 Multi-use bench:

- 8.1 Must be adjustable to a flat, an incline, or a straight position.
- 8.2 Must have an adjustable back rest to a minimum of five (5) positions.
- 8.3 Pull pins must be solid steel and spring loaded.
- 8.4 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

9 Utility Bench:

- 9.1 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

10 Power Rack / Cage:

- 10.1 Built in plate storage.
- 10.2 Chin-up bar 1.5" round and maximum 400 lb capacity.
- 10.3 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.
- 10.4 Size 48" W x 48" L x 79" H minimum.
- 10.5 Steel base 2" x 4".
- 10.6 Steel upper section 2.5" x 2.5"

11 45 Back Extension

- 11.1 Must have both neutral and pronated grip options
- 11.2 Must have handles with a rubber grip.
- 11.3 Instructional placards.
- 11.4 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

12 Rubberized Dumbbells:

- 12.1 SDS design construction
- 12.2 Cannot spin or loosen.
- 12.3 One piece solid cast steel head design encased in rubber.
- 12.4 Rubber should be minimum 6 mm and odourless.
- 12.5 Rubber should not crack or fade.
- 12.6 Available from 5 to 120 lbs. In 5 lb increments.
- 12.7 Colour: black
- 12.8 Warranty: 2 years against breakage.

13 Barbells:

- 13.1 Must be a maximum of 54 inches and fit in the barbell rack.
- 13.2 20 to 100 lbs pro-style fixed.
- 13.3 Warranty: 2 years against breakage.

14 Olympic Plates:

- 14.1 Material: Urethane (IGX-U) or rubber.
- 14.2 Shape: Round
- 14.3 Grip: Ergonomic
- 14.4 Olympic size hole to fit Olympic size bar.
- 14.5 Olympic size weights in increments of 2.5 lbs, 5, 10, 25, 35, and 45 lbs.
- 14.6 Plates clearly marked with specific weight increments.
- 14.7 Include handle holds or places for fingers to fit for ease of carrying, removing from Olympic bars and safety.
- 14.8 Warranty: 2 years against breakage.

15 Olympic Bars:

- 15.1 True Olympic size bar in 46 to 48 inch lengths.
- 15.2 Knurled gripping system.
- 15.3 Maintenance free bearings.

- 15.4 Bar diameter: 30 to 32 mm.
- 15.5 Lifetime Warranty against manufacturing defects.
- *15.6 This requirement includes five (5) TOTAL pairs of Olympic Spring Collars

16 Speed Bag Platform and Support:

- 16.1 Platform: Minimum 30 inches diameter, 1.75 inches thickness.
- 16.2 Materials: Maple Hardwood.
- 16.3 Support: Minimum 24 inch range for adjustment.

17 Speed Bag:

- 17.1 Leather construction with a bladder inside (PD).
- 17.2 Balanced bag for accurate rebounds.
- 17.3 Seams: Fully leather-welted and bound.
- 17.4 Leather laced closure and reinforced triple-welted leather hanger.
- 17.5 Dimensions: 11 inches x 8 inches.

18 Heavy Bag:

- 18.1 Leather construction.
- 18.2 Minimum weight 100lbs.
- 18.3 Dimensions: 16 inches diameter and 48 inches long.

19 Black Mat:

- 19.1 Must be 2 feet wide by 5 feet long and 1 inch thick.
- 19.2 Must be black.
- 19.3 Must have one handle to allow for hanging storage.
- 19.4 Must be filled with polyurethane marafoam #110.
- 19.5 Must be covered with a vinyl of a minimum of 20 ounces.

20 Dumbbell Racks:

- 20.1 Electro static, powder coated finish.
- 20.2 Bolts are a minimum of Grade 5 Zinc.
- 20.3 Minimum 11 gauge, tubular steel frame.
- 20.4 2 and 3 tier options.
- 20.5 Must accommodate specified rubberized dumbbells and standard sized dumbbells.
- 20.6 Warranty: 10 years against broken welds and manufacturing defects.

21 Barbell Rack:

- 21.1 Capacity: ten (10) straight barbells
- 21.2 Polymer or rubber protection on the rack to protect the bar.
- 21.3 Stable rack base.
- 21.4 Warranty: Minimum 10 years on frames (excluding paint finish). 2 years on component parts (bearings, spring pins). 1 year on pads, grips and unspecified parts.

22 Exercise Mat:

- 22.1 Minimum dimensions: 5 feet x 10 feet x 1.5 inches thick.
- 22.2 Minimum 4 sections for folding.
- 22.3 Include Velcro on two perpendicular sides.
- 22.4 Materials: polyurethane marafoam #110.
- 22.5 Cover: Minimum 20 oz. Vinyl.

23 Stability Ball:

- 23.1 Able to withstand 1000 lbs of static weight.
- 23.2 Include appropriate inflation tools (needle, hand pump).
- 23.3 Lifetime warranty against defects.

24 Weight Scale:

- 24.1 Stainless Steel mechanical medical grade (not digital)
- 24.2 Maximum User Weight: minimum 350 lbs.
- 24.3 Height Rod: minimum 78 inches.
- 24.4 Platform size: 10-13 inches wide x 14-17 inches long.

25 Preacher Curl Bench:

- 25.1 Commercial Grade
- 25.2 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

26 Weight Plate Tree:

- 26.1 Safe, upright design.
- 26.2 Holds Olympic type plates, has enough space to hold all increments of plate from 2.5 to 45 lbs (18 – 20 plates).
- 26.3 Minimum of 6 pegs.
- 26.4 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

27 Bosu Ball Trainer:

- 27.1 Must be a Bosu® balance trainer (or equivalent) for commercial use with a diameter of 21 to 23 inches.
- 27.2 Must have one side rubberized surface for balance training.
- 27.3 Must have one side half exercise ball for balance training.

28 Medicine Ball Rack:

- 28.1 Must hold ten (10) like med balls from 2 to 12 lbs.
- 28.2 Must have a 2-tier configuration for 5 med balls each.
- 28.3 Must have a powder coated steel stand.

29 Medicine Balls:

- 29.1 Must have a rubber textured surface for grip and handling.
- 29.2 Must provide bouncing.
- 29.3 Must be weather resistant.
- 29.4 Must be in increments of 2 to 34 lbs.

30 TRX Professional:

- 30.1 Must be made of 1.5 inches industrial grade webbing rated tensile strength to 1500 lbs.
- 30.2 Sewn with heavy gauge nylon thread.
- 30.3 Must be double stitched.
- 30.4 Must have adjustable non-slip CAM buckles rated to 1250 lbs each.
- 30.5 Grips and integrated foot cradles with neoprene padding.
- 30.6 Must have a sturdy carabiner with locking tooth for safety.
- 30.7 The system must be adjustable from 6 feet to 12 feet (for users of all sizes).
- 30.8 The kit must include the 65 minute basic training DVD and full colour 35 page workout guide.

31 Chin-up bar:

- 31.1 Must be constructed of heavy gauge steel.
- 31.2 Bar diameter: minimum 1.5 inches.
- 31.3 Bar length: minimum 48 inches.
- 31.4 Must include mounting hardware.

32 Olympic E-Z Curl bar:

- 32.1 True Olympic size bar in 46 inch to 48 inch lengths.
- 32.2 Knurled gripping system.

- 32.3 Bar diameter 30 to 32 mm.
- 32.4 With chrome finish.
- 32.5 Warranty: Lifetime against manufacturing defects.

Annex B Cross Reference

1 Treadmill

1.1	Full commercial (no restrictions on daily hours related to usage or warranty).	
1.2	Motor: 3 HP or greater continuous duty motor.	
1.3	Electrical: 120 volt	
1.4	Speed: Speed range of 0.5mph (or less) to 12mph (minimum 'max' speed) increasing in increments of .1mph or less.	
1.5	Incline: 0 to 15% grade minimum, in 0.5% increments or less.	
1.6	Running Surface: 20 inches x 60 inches minimum area.	
1.7	Programs: Minimum of 7 preset programs, in addition to Quick Start mode.	
1.8	Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.	
1.9	Maximum User Weight: Minimum 350 lbs.	
1.1	Emergency Stop Controls: mandatory.	
1.11	Display: Digital display console indicating calories, heart rate, distance, incline, pace, elapsed time, and speed.	
1.12	Accessories: water bottle holder, reading material holder, communications device holder, and portable music holder.	
1.13	Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.	

2 Elliptical / Cross Trainer with Arms

2.1	Full commercial (no restrictions on daily hours related to usage or warranty).	
2.2	Power: self generating.	
2.3	Incline: 20 levels minimum.	
2.4	Resistance: 20 resistance levels minimum or 900 Watts minimum.	
2.5	Programs: Minimum of 6 preset programs, in addition to Quick Start mode.	
2.6	Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.	
2.7	Dual action moving arms.	
2.8	Maximum User Weight: Minimum 350 lbs.	

- 2.9 Emergency Stop Controls: mandatory. _____
- 2.10 Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time. _____
- 2.11 Accessories: water bottle holder, reading material holder, communications devices holder, and portable music holder. _____
- 2.12 Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display. _____

3 Upright Exercise Bike

- 3.1 Full commercial (no restrictions on daily hours related to usage or warranty). _____
- 3.2 Power: self-powered. _____
- 3.3 Drive Train: belt driven. _____
- 3.4 Resistance: minimum of 10 resistance levels. _____
- 3.5 Programs: Minimum of 10 preset programs, in addition to Quick Start mode. _____
- 3.6 Heart Rate Monitor Control: by touch sensors and/or wireless telemetry. _____
- 3.7 Maximum User Weight: Minimum 350 lbs. _____
- 3.8 Seat: ergonomic seat, adjustable for height. _____
- 3.9 Pedals: extra wide pedals to accommodate wide range of shoe sizes. _____
- 3.10 Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time. _____
- 3.11 Accessories: water bottle holder, reading material holder, communication devices holder, and portable music holder. _____
- 3.12 Warranty: On site service for 7 years on frame, 2 years all parts, 1 year on all other labour including computer display, 6 months on wear items. _____

4 Spinning Cycle

- 4.1 Full commercial (no restrictions on daily hours related to usage or warranty). _____
- 4.2 Drive Train: maintenance free belt drive. _____
- 4.3 Flywheel: minimum 38 lb. _____

4.4	Resistance: levels provide infinite variability throughout mechanical range.	
4.5	Handlebars: multi-position and easy to use adjustments.	
4.6	Seat: move forward and backward, as well as vertically.	
4.7		
	Transport wheels for easy storage and relocation.	
4.8	Standard toe clip and strap pedals.	
4.9	Levelling feet for stability and floor protection.	
4.10	Minimum of one bottle cage, holding up to one litre size bottle.	
4.11	Stretch pads providing a non-slip surface.	
4.12	Maximum User Weight: minimum 300 pounds.	
4.13	Able to provide an additional seat post with extra-wide saddle as an option.	
4.14	Warranty: On site service for 7 years on frame, 2 years all parts including mechanical and electrical components, 1 year on all labour, 6 months on wear items.	

5 **Rowing Ergometer:**

5.1	Full commercial (no restrictions on daily hours related to usage or warranty).	
5.2	Computer monitor: programmable performance monitor.	
5.3	Flywheel: designed to minimize noise.	
5.4	Damper: controls to adjust feel of pull.	
5.5		
	Rail: aluminum with stainless steel track for seat.	
5.6	Foot rests: flexible with adjustments for length and width of shoe.	
5.7		
	Transport wheels for easy storage and relocation.	
5.8	Warranty: On site service for 2 years on frame, 2 years on monitor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.	

6 **Adaptive Motion Trainer:**

6.1	Full commercial (no restrictions on daily hours related to usage or warranty). Full commercial (no restrictions on daily hours related to usage or warranty).	
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6.2	Adjustable Stride Length: natural adjusting stride length from 0 to 27 inches.	
6.3	Power: self generating.	
6.4	Resistance: 20 resistance levels minimum.	
6.5	Programs: Minimum of 4 preset programs, in addition to Quick Start mode.	
6.6	Heart Rate Monitor Control: by touch sensors and/or wireless telemetry.	
6.7	Dual action moving arms.	
6.8	Maximum User Weight: Minimum 350 lbs.	
6.9	Display: Digital display console indicating calories, heart rate, resistance, incline, pace/speed/strides per minute, and elapsed time.	
6.10	Accessories: water bottle holder, reading material holder, communications devices holder, and portable music holder.	
6.11	Warranty: On site service for 7 years on frame, 3 years on motor, 2 years all parts including mechanical and electrical components, 1 year on all other labour including computer display.	

Strength Training Equipment:

1	Industrial / Commercial grade	
2	Frames constructed with minimum 12 gauge steel, powder coated, industry standard colour (white or grey), solid one-piece frame comprised of heavy duty 3" x 3" tubing.	
3	Bolts are a minimum of Grade 5 Zinc.	
4	Padded / upholstered seats, back rests, arm rests in an industry standard colour (black). Extra protected wear guards in high use areas.	
5	Seats, leg rests, and handles are adjusted easily.	
6	Pulleys are to be minimum fibreglass reinforced nylon, fitted with pre-lubricated bearings.	
7	Minimum 3/16" aircraft quality nylon coated cable or kevlar and polyamide belt.	
8	Cam systems to match the relative strength.	
9	Molded feet for floor protection.	
10	Selectorized stack equipment must come with graphic instructions on equipment to show proper technique and muscle groups used.	
11	Pull pins to be solid steel and spring loaded.	

7 VKR / Chin Dip / Chin Up:

7.1	Multiple pull-up grip angles.	
7.2	Contoured elbow pads.	
7.3	Supported back pad.	
7.4	Padded hand grips.	
7.5	Stable footprint that does not require anchoring into the floor for safety.	
7.6	Angled back pad to assist leg raise.	
7.7	Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.	
8	Multi-use bench:	
8.1	Must be adjustable to a flat, an incline, or a straight position.	
8.2	Must have an adjustable back rest to a minimum of five (5) positions.	
8.3	Pull pins must be solid steel and spring loaded.	
8.4	Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.	
9	Utility Bench:	
9.1	Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.	
10	Power Rack / Cage:	
10.1	Built in plate storage.	
10.2	Chin-up bar 1.5" round and maximum 400 lb capacity.	
10.3	Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.	
10.4	Size 48" W x 48" L x 79" H minimum.	
10.5	Steel base 2" x 4".	
10.6	Steel upper section 2.5" x 2.5"	
11	45 Back Extension	

- 11.1 Must have both neutral and pronated grip options
- 11.2 Must have handles with a rubber grip.
- 11.3 Instructional placards.
- 11.4 Warranty: Minimum 10 years on frames (excluding paint finish), 2 years on component parts (bearings, spring pins), 1 year on pads, grips and unspecified parts.

12 Rubberized Dumbbells:

- 12.1 SDS design construction
- 12.2 Cannot spin or loosen.
- 12.3 One piece solid cast steel head design encased in rubber.
- 12.4 Rubber should be minimum 6 mm and odourless.
- 12.5 Rubber should not crack or fade.
- 12.6 Available from 5 to 120 lbs. In 5 lb increments.
- 12.7 Colour: black
- 12.8 Warranty: 2 years against breakage.

13 Barbells:

- 13.1 Must be a maximum of 54 inches and fit in the barbell rack.
- 13.2 20 to 100 lbs pro-style fixed.
- 13.3 Warranty: 2 years against breakage.

14 Olympic Plates

- 14.1 Material: Urethane (IGX-U) or rubber.
- 14.2 Shape: Round
- 14.3 Grip: Ergonomic
- 14.4 Olympic size hole to fit Olympic size bar.
- 14.5 Olympic size weights in increments of 2.5 lbs, 5, 10, 25, 35, and 45 lbs.
- 14.6 Plates clearly marked with specific weight increments.
- 14.7 Include handle holds or places for fingers to fit for ease of carrying, removing from Olympic bars and safety.
- 14.8 Warranty: 2 years against breakage.

15 Olympic Bars:

- 15.1 True Olympic size bar in 46 to 48 inch lengths.

15.2	Knurled gripping system.	
15.3	Maintenance free bearings.	
15.4	Bar diameter: 30 to 32 mm.	
15.5	Lifetime Warranty against manufacturing defects.	
*15.6	This requirement includes five (5) TOTAL pairs of Olympic Spring Collars	
16	Speed Bag Platform and Support:	
16.1	Platform: Minimum 30 inches diameter, 1.75 inches thickness.	
16.2	Materials: Maple Hardwood.	
16.3	Support: Minimum 24 inch range for adjustment.	
17	Speed Bag:	
17.1	Leather construction with a bladder inside (PD).	
17.2	Balanced bag for accurate rebounds.	
17.3	Seams: Fully leather-welted and bound.	
17.4	Leather laced closure and reinforced triple-welted leather hanger.	
17.5	Dimensions: 11 inches x 8 inches.	
18	Heavy Bag:	
18.1	Leather construction.	
18.2	Minimum weight 100lbs.	
18.3	Dimensions: 16 inches diameter and 48 inches long.	
19	Black Mat:	
19.1	Must be 2 feet wide by 5 feet long and 1 inch thick.	
19.2	Must be black.	
19.3	Must have one handle to allow for hanging storage.	
19.4	Must be filled with polyurethane marafoam #110.	
19.5	Must be covered with a vinyl of a minimum of 20 ounces.	
20	Dumbbell Racks:	
20.1	Electro static, powder coated finish.	

20.2	Bolts are a minimum of Grade 5 Zinc.	<hr/>
20.3	Minimum 11 gauge, tubular steel frame.	<hr/>
20.4	2 and 3 tier options.	<hr/>
20.5	Must accommodate specified rubberized dumbbells and standard sized dumbbells.	<hr/>
20.6	Warranty: 10 years against broken welds and manufacturing defects.	<hr/>

21 **Barbell Rack:**

21.1	Capacity: ten (10) straight barbells	<hr/>
21.2	Polymer or rubber protection on the rack to protect the bar.	<hr/>
21.3	Stable rack base.	<hr/>
21.4	Warranty: Minimum 10 years on frames (excluding paint finish). 2 years on component parts (bearings, spring pins). 1 year on pads, grips and unspecified parts.	<hr/>

22 **Exercise Mat:**

22.1	Minimum dimensions: 5 feet x 10 feet x 1.5 inches thick.	<hr/>
22.2	Minimum 4 sections for folding.	<hr/>
22.3	Include Velcro on two perpendicular sides.	<hr/>
22.4	Materials: polyurethane marafoam #110.	<hr/>
22.5	Cover: Minimum 20 oz. Vinyl.	<hr/>

23 **Stability Ball:**

23.1	Able to withstand 1000 lbs of static weight.	<hr/>
23.2	Include appropriate inflation tools (needle, hand pump).	<hr/>
23.3	Lifetime warranty against defects.	<hr/>

24 **Weight Scale:**

24.1	Stainless Steel mechanical medical grade (not digital)	<hr/>
24.2	Maximum User Weight: minimum 350 lbs.	<hr/>
24.3	Height Rod: minimum 78 inches.	<hr/>
24.4	Platform size: 10-13 inches wide x 14-17 inches long.	<hr/>

25 **Preacher Curl Bench:**

25.1	Commercial Grade	<hr/>
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25.2 Warranty: Minimum 10 years on frames
(excluding paint finish), 2 years on component
parts (bearings, spring pins), 1 year on pads, grips
and unspecified parts.

26 Weight Plate Tree:

26.1 Safe, upright design.

26.2 Holds Olympic type plates, has enough space to
hold all increments of plate from 2.5 to 45 lbs (18 -
20 plates).

26.3 Minimum of 6 pegs.

26.4 Warranty: Minimum 10 years on frames
(excluding paint finish), 2 years on component
parts (bearings, spring pins), 1 year on pads, grips
and unspecified parts.

27 Bosu Ball Trainer:

27.1 Must be a Bosu® balance trainer (or equivalent)
for commercial use with a diameter of 21 to 23
inches.

27.2 Must have one side rubberized surface for
balance training.

27.3 Must have one side half exercise ball for balance
training.

28 Medicine Ball Rack:

28.1 Must hold ten (10) like med balls from 2 to 12 lbs.

28.2 Must have a 2-tier configuration for 5 med balls
each.

28.3 Must have a powder coated steel stand.

29 Medicine Balls:

29.1 Must have a rubber textured surface for grip and
handling.

29.2 Must provide bouncing.

29.3 Must be weather resistant.

29.4 Must be in increments of 2 to 34 lbs.

30 TRX Professional:

30.1 Must be made of 1.5 inches industrial grade
webbing rated tensile strength to 1500 lbs.

30.2	Sewn with heavy gauge nylon thread.	
30.3	Must be double stitched.	
30.4	Must have adjustable non-slip CAM buckles rated to 1250 lbs each.	
30.5	Grips and integrated foot cradles with neoprene padding.	
30.6	Must have a sturdy carabiner with locking tooth for safety.	
30.7	The system must be adjustable from 6 feet to 12 feet (for users of all sizes).	
30.8	The kit must include the 65 minute basic training DVD and full colour 35 page workout guide.	
31	Chin-up bar:	
31.1	Must be constructed of heavy gauge steel.	
31.2	Bar diameter: minimum 1.5 inches.	
31.3	Bar length: minimum 48 inches.	
31.4	Must include mounting hardware.	
32	Olympic E-Z Curl bar:	
32.1	True Olympic size bar in 46 inch to 48 inch lengths.	
32.2	Knurled gripping system.	
32.3	Bar diameter 30 to 32 mm.	
32.4	With chrome finish.	
32.5	Warranty: Lifetime against manufacturing defects.	

Item

	Quantity	Description	Unit Price	Extended Price
	Group A			
1	4	Treadmill	\$	\$
		Delivery		\$
		Total for A)		\$
	Group B			
2	3	Elliptical / Cross Trainer with Arms	\$	\$
		Delivery		\$
		Total for B)		\$
	Group C			
3	2	Upright Exercise Bike	\$	\$
4	2	Spinning Cycle	\$	\$
5	1	Rowing Ergometer	\$	\$
6	1	Adaptive Motion Trainer	\$	\$
		Delivery		\$
		Total for C)		\$
	Group D			
7	1	Chin Dip / Chin Up	\$	\$
8	3	Multi Use Bench	\$	\$
9	1	Utility Bench	\$	\$
10	1	Power Cage	\$	\$
11	1	45 Back Extension	\$	\$
		Delivery		\$
		Total for D)		\$
	Group E			
12	1	Rubber Encased Dumbbell Set - 5 to 50 lbs.	\$	\$
	1	Rubber Encased Dumbbell Set - 55 to 100 lbs.	\$	\$
13	1	Barbell Set	\$	\$
14	4	2.5 lb. Olympic Rubber plate	\$	\$
	4	5 lb. Olympic Rubber plate	\$	\$
	8	10 lb. Olympic Rubber plate	\$	\$
	4	25 lb. Olympic Rubber plate	\$	\$
	4	35 lb. Olympic Rubber plate	\$	\$
	12	45 lb. Olympic Rubber plate	\$	\$
15	3	Olympic Bar (incl. 5 X olympic spring collars)	\$	\$
16	1	Heavy Bag / Speed Bag Platform	\$	\$
17	1	Speed Bag	\$	\$
18	1	Heavy Bag	\$	\$
19	6	Black Mat	\$	\$
20	1	Dumbbell Rack	\$	\$

21	1	Barbell Rack	\$	\$
22	1	Exercise Mat	\$	\$
23	1	Stability Ball - 55 cm.	\$	\$
	1	Stability Ball - 65 cm.	\$	\$
	1	Stability Ball - 75 cm.	\$	\$
24	2	Weight Scale	\$	\$
25	1	Seated Preacher Curl	\$	\$
26	2	Weight Plate Tree	\$	\$
27	1	Bosu Ball Trainer	\$	\$
28	1	Medicine Ball Rack	\$	\$
29	1	Medicine Balls	\$	\$
30	1	TRX Professional	\$	\$
31	1	Chin-up Bar	\$	\$
32	1	Olympic E-Z Curl Bar	\$	\$
		Delivery		\$
		Total for E)		\$