

**RETURN BIDS TO:
RETOURNER LES SOUMISSIONS À:**
**Bid Receiving Public Works and Government
Services Canada/Réception des
soumissions\Travaux publics et Services
gouvernementaux Canada**
**Building S-111
CFB Petawawa
Petawawa
Ontario
K8H 2X3
Bid Fax: (613) 687-6656**

**REQUEST FOR PROPOSAL
DEMANDE DE PROPOSITION**

**Proposal To: Public Works and Government
Services Canada**

We hereby offer to sell to Her Majesty the Queen in right of Canada, in accordance with the terms and conditions set out herein, referred to herein or attached hereto, the goods, services, and construction listed herein and on any attached sheets at the price(s) set out therefor.

**Proposition aux: Travaux Publics et Services
Gouvernementaux Canada**

Nous offrons par la présente de vendre à Sa Majesté la Reine du chef du Canada, aux conditions énoncées ou incluses par référence dans la présente et aux annexes ci-jointes, les biens, services et construction énumérés ici sur toute feuille ci-annexée, au(x) prix indiqué(s).

Comments - Commentaires

Title - Sujet FITNESS EQUIPMENT	
Solicitation No. - N° de l'invitation W0107-15CL59/A	Date 2014-10-29
Client Reference No. - N° de référence du client W0107-15CL59	
GETS Reference No. - N° de référence de SEAG PW-\$PET-903-1285	
File No. - N° de dossier PET-4-41025 (903)	CCC No./N° CCC - FMS No./N° VME
Solicitation Closes - L'invitation prend fin at - à 02:00 PM on - le 2014-12-09	Time Zone Fuseau horaire Eastern Standard Time EST
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: Harrington, Mary-Lou	Buyer Id - Id de l'acheteur pet903
Telephone No. - N° de téléphone (613) 687-0789 ()	FAX No. - N° de FAX (613) 687-6656
Destination - of Goods, Services, and Construction: Destination - des biens, services et construction: Specified Herein Précisé dans les présentes	

Instructions: See Herein

Instructions: Voir aux présentes

Vendor/Firm Name and Address

**Raison sociale et adresse du
fournisseur/de l'entrepreneur**

Issuing Office - Bureau de distribution

Public Works and Government Services Canada Supply and
Services Operation
Petawawa Procurement
Building S-111
CFB Petawawa
Petawawa
Ontario
K8H 2X3

Delivery Required - Livraison exigée See Herein	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	

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TITLE – FITNESS EQUIPMENT, GARRISON PETAWAWA

PART 1 - GENERAL INFORMATION

1. Requirement

Request for Proposal (RFP) to provide all supervision, labour, materials, tools, equipment and transportation to supply and install Fitness Equipment as per the attached Statement of Work for 450 Sqn, Garrison Petawawa.

2. Debriefings

Bidders may request a debriefing on the results of the bid solicitation process. Bidders should make the request to the Contracting Authority within 15 working days of receipt of the results of the bid solicitation process. The debriefing may be in writing, by telephone or in person.

3. Trade Agreements

"The requirement is subject to the provisions of the North American Free Trade Agreement (NAFTA), and the Agreement on Internal Trade (AIT)."

PART 2 - BIDDER INSTRUCTIONS

1. Standard Instructions, Clauses and Conditions

All instructions, clauses and conditions identified in the bid solicitation by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (<https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual>) issued by Public Works and Government Services Canada.

Bidders who submit a bid agree to be bound by the instructions, clauses and conditions of the bid solicitation and accept the clauses and conditions of the resulting contract.

The 2003 (2014-09-25) Standard Instructions - Goods or Services - Competitive Requirements, are incorporated by reference into and form part of the bid solicitation.

1.1 SACC Manual Clauses

B1000T (2007-11-30) Condition of Material

2. Submission of Bids

Bids must be submitted only to Public Works and Government Services Canada (PWGSC) Bid Receiving Unit by the date, time and place indicated on page 1 of the bid solicitation.

3. Enquiries - Bid Solicitation

All enquiries must be submitted in writing to the Contracting Authority no later than ten (10) calendar days before the bid closing date. Enquiries received after that time may not be answered.

Bidders should reference as accurately as possible the numbered item of the bid solicitation to which the enquiry relates. Care should be taken by bidders to explain each question in sufficient detail in order to enable Canada to provide an accurate answer. Technical enquiries that are of a proprietary nature must be clearly marked "proprietary" at each relevant item. Items identified as "proprietary" will be treated as such except where Canada determines that the enquiry is not of a proprietary nature. Canada may edit the question(s) or may request that the Bidder do so, so that the proprietary nature of the question(s) is eliminated, and the enquiry can be answered to all bidders. Enquiries not submitted in a form that can be distributed to all bidders may not be answered by Canada.

4. Applicable Laws

Any resulting contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in Ontario.

Bidders may, at their discretion, substitute the applicable laws of a Canadian province or territory of their choice without affecting the validity of their bid, by deleting the name of the Canadian province or territory specified and inserting the name of the Canadian province or territory of their choice. If no change is made, it acknowledges that the applicable laws specified are acceptable to the bidders.

PART 3 - BID PREPARATION INSTRUCTIONS

1. Bid Preparation Instructions

Canada requests that bidders provide their bid in separately bound sections as follows:

- Section I: Technical Bid (one hard copy)
- Section II: Financial Bid (one hard copy)
- Section III: Certifications (one hard copy)
- Section IV: Additional Information (one hard copy)

Prices must appear in the financial bid only. No prices must be indicated in any other section of the bid.

Canada requests that bidders follow the format instructions described below in the preparation of their bid:

- (a) use 8.5 x 11 inch (216 mm x 279 mm) paper;
- (b) use a numbering system that corresponds to the bid solicitation.

In April 2006, Canada issued a policy directing federal departments and agencies to take the necessary steps to incorporate environmental considerations into the procurement process [Policy on Green Procurement](http://www.tpsgc-pwgsc.gc.ca/ecologisation-greening/achats-on-green-procurement) ([http://www.tpsgc-pwgsc.gc.ca/ecologisation-greening/achats-](http://www.tpsgc-pwgsc.gc.ca/ecologisation-greening/achats-on-green-procurement)

procurement/politique-policy-eng.html). To assist Canada in reaching its objectives, bidders should:

- 1) use 8.5 x 11 inch (216 mm x 279 mm) paper containing fibre certified as originating from a sustainably-managed forest and containing minimum 30% recycled content; and
- 2) use an environmentally-preferable format including black and white printing instead of colour printing, printing double sided/duplex, using staples or clips instead of cerlox, duotangs or binders.

Section I: Technical Bid

In their technical bid, bidders should explain and demonstrate how they propose to meet the requirements and how they will carry out the Work.

Section II: Financial Bid

Bidders must submit their financial bid in accordance with the Basis of Payment. The total amount of Applicable Taxes must be shown separately.

1.1 Exchange Rate Fluctuation

C3011T (2013-11-06), Exchange Rate Fluctuation

Section III: Certifications

Bidders must submit the certifications required under Part 5.

Section IV: Additional Certifications

1. Additional Information

Canada requests that bidders submit the following information:

1.1 Delivery

While delivery is requested on or before January 31, 2014, the best delivery that could be offered is as follows:

_____ days after award of contract.

Deliveries offered after February 28, 2015 will render your bid non-compliant.

1.2 Literature/Catalogues/Samples Required

When requested by the Contracting Authority, Bidders must provide detailed specifications for all items proposed to verify that they are compliant with the specifications.

1.3 Supplier Contacts

Name and telephone number of the person responsible for:

General Enquiries

Name: _____

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Telephone No: _____

Facsimile No: _____

E-mail address: _____

Delivery follow-up

Name: _____

Telephone No: _____

Facsimile No: _____

E-mail address: _____

PART 4 - EVALUATION PROCEDURES AND BASIS OF SELECTION

1. Evaluation Procedures

- (a) Bids will be assessed in accordance with the entire requirement of the bid solicitation including the technical and financial evaluation criteria.
- (b) An evaluation team composed of representatives of Canada will evaluate the bids.

1.1 Technical Evaluation

All bids must be completed in full and provide all the information required in the bid solicitation to enable full and complete evaluation.

1.1.1 Mandatory Technical Criteria

- a) It is a mandatory requirement that only proposals submitted on the Request for Proposal documents as distributed by the Government Electronic Tendering Service (buyandsell.gc.ca) will be accepted for evaluation.
- b) It is mandatory that the items be technically compliant as per the descriptions.

1.2 Financial Evaluation

- 1. The price of the bid will be evaluated as follows:
 - a. Canadian-based bidders must submit firm prices, Canadian customs duties and excise taxes included, and Applicable Taxes excluded.
 - b. foreign-based bidders must submit firm prices, Canadian customs duties, excise taxes and Applicable Taxes excluded. Canadian customs duties and excise taxes payable by Canada will be added, for evaluation purposes only, to the prices submitted by foreign-based bidders.

-
2. Unless the bid solicitation specifically requires bids to be submitted in Canadian currency, bids submitted in foreign currency will be converted to Canadian currency for evaluation purposes. The rate given by the Bank of Canada in effect on the bid solicitation closing date, or on another date specified in the bid solicitation, will be applied as a conversion factor to the bids submitted in foreign currency.
 3. Although Canada reserves the right to award the Contract either on an FOB plant or FOB destination, Canada requests that bidders provide prices FOB their plant or shipping point and FOB destination. Bids will be assessed on an FOB destination basis.
 4. For the purpose of the bid solicitation, bidders with an address in Canada are considered Canadian-based bidders and bidders with an address outside of Canada are considered foreign-based bidders.

2. Basis of Selection

A bid must comply with the requirements of the bid solicitation and meet all mandatory technical evaluation criteria to be declared responsive. The responsive bid with the lowest evaluated price will be recommended for award of a contract.

PART 5 - CERTIFICATIONS

Bidders must provide the required certifications and associated information to be awarded a contract.

The certifications provided by bidders to Canada are subject to verification by Canada at all times. Canada will declare a bid non-responsive, or will declare a contractor in default in carrying out any of its obligations under the Contract, if any certification made by the Bidder is found to be untrue whether made knowingly or unknowingly, during the bid evaluation period or during the contract period.

The Contracting Authority will have the right to ask for additional information to verify the Bidder's certifications. Failure to comply and to cooperate with any request or requirement imposed by the Contracting Authority may render the bid non-responsive or constitute a default under the Contract.

1. Certifications Required Precedent to Contract Award

1.1 Integrity Provisions - Associated Information

By submitting a bid, the Bidder certifies that the Bidder and its Affiliates are in compliance with the provisions as stated in Section 01 Integrity Provisions - Bid of Standard Instructions [2003](#). The associated information required within the Integrity Provisions will assist Canada in confirming that the certifications are true.

1.2 Federal Contractors Program for Employment Equity - Bid Certification

By submitting a bid, the Bidder certifies that the Bidder, and any of the Bidder's members if the Bidder is a Joint Venture, is not named on the Federal Contractors Program (FCP) for employment equity "[FCP Limited Eligibility to Bid](http://www.labour.gc.ca/eng/standards_equity/eq/emp/fcp/list/inelig.shtml)" list (http://www.labour.gc.ca/eng/standards_equity/eq/emp/fcp/list/inelig.shtml) available from [Employment and Social Development Canada \(ESDC\) - Labour's website](#).

Canada will have the right to declare a bid non-responsive if the Bidder, or any member of the Bidder if the Bidder is a Joint Venture, appears on the "[FCP Limited Eligibility to Bid](#)" list at the time of contract award.

PART 6 - RESULTING CONTRACT CLAUSES

1. Security Requirement

There is no security requirement applicable to this Contract.

2. Requirement

Request for Proposal (RFP) to provide all supervision, labour, materials, tools, equipment and transportation to supply and install Fitness Equipment as per the attached Statement of Work for 450 Sqn, Garrison Petawawa.

3. Standard Clauses and Conditions

All clauses and conditions identified in the Contract by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (<https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual>) issued by Public Works and Government Services Canada.

3.1 General Conditions

[2010A \(2014-09-25\), General Conditions - Goods \(Medium Complexity\), apply to and form part of the Contract.](#)

Delete: 2010A (2014-09-25) 09-Warranty

Insert: 2010A (2014-09-25) Warranty: must provide manufacturer warranty documentation for the strength equipment and must be, at a minimum, warranty ON-SITE as follows: 10 years frame parts; 1 year weight stack plates and components, bearings, bushings, pulleys, seat adjustment; 90 days upholstery pads, hand grips, and rollers; 1 year all other parts including end caps, cables, selectors pins, shrouds; 1 year labour

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4. Term of Contract

4.1 Delivery Date

All the deliverables are required to be received on or before 31 January 2015.

5. Authorities

5.1 Contracting Authority

The Contracting Authority for the Contract is:

Name: Mary Lou Harrington
Title: Supply Specialist
Public Works and Government Services Canada
Acquisitions Branch
Directorate: Petawawa Procurement

Telephone: 613-687-0789
Facsimile: 613-687-6656
E-mail address: marylou.harrington@pwgsc.gc.ca

The Contracting Authority is responsible for the management of the Contract and any changes to the Contract must be authorized in writing by the Contracting Authority. The Contractor must not perform work in excess of or outside the scope of the Contract based on verbal or written requests or instructions from anybody other than the Contracting Authority.

5.2 Technical Authority (PWGSC will insert at Contract award)

The Project Authority for the Contract is:

Name: _____
Title: _____
Organization: _____
Address: _____

Telephone : _____
Facsimile: _____
E-mail address: _____

The Project Authority is the representative of the department or agency for whom the Work is being carried out under the Contract and is responsible for all matters concerning the technical content of the Work under the Contract. Technical matters may be discussed with the Project Authority, however the Project Authority has no authority to authorize changes to the scope of the Work. Changes to the scope of the Work can only be made through a contract amendment issued by the Contracting Authority.

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5.3 Contractor's Representative

Name: _____

Telephone No. _____

Facsimile No. _____

E-mail address: _____

6. Payment

6.1 Financial Limitation - Total

The total cost to Canada resulting from this Contract must not exceed the sum of \$(to be filled out by PWGSC) (*Applicable Taxes excluded*) unless otherwise authorized in writing by the Contracting Authority. The Offeror must not perform any work or services or supply any articles in response to call ups which would cause the total cost to Canada to exceed the said sum, unless an increase is so authorized.

6.2 Single Payment

Canada will pay the Contractor upon completion and delivery of the Work in accordance with the payment provisions of the Contract if:

- a. an accurate and complete invoice and any other documents required by the Contract have been submitted in accordance with the invoicing instructions provided in the Contract;
- b. all such documents have been verified by Canada;
- c. the Work delivered has been accepted by Canada.

7. Invoicing Instructions

1. The Contractor must submit invoices in accordance with the section entitled "Invoice Submission" of the general conditions. Invoices cannot be submitted until all work identified in the invoice is completed.

2. Invoices must be distributed as follows:

(a) The original and one (1) copy must be forwarded to the address shown on page 1 of the Contract for certification and payment.

8. Certifications

8.1

The continuous compliance with the certifications provided by the Contractor in its bid and the ongoing cooperation in providing associated information are conditions of the Contract. Certifications are subject to verification by Canada during the entire period of the Contract. If the Contractor does not comply with any certification, fails to provide the associated information, or if it is determined that any certification made by the Contractor in its bid is untrue, whether made knowingly or unknowingly, Canada has the right, pursuant to the default provision of the Contract, to terminate the Contract for default.

9. Applicable Laws

The Contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in Ontario.

10. Priority of Documents

If there is a discrepancy between the wording of any documents that appear on the list, the wording of the document that first appears on the list has priority over the wording of any document that subsequently appears on the list.

- (a) the Articles of Agreement;
- (b) the general conditions 2010A (2014-09-25) Goods Medium Complexity;;
- (c) Annex A, Statement of Requirement;
- (d) Annex B, Basis of Payment;
- (e) the Contractor's bid dated _____ (*insert date of bid*) (*If the bid was clarified or amended, insert at the time of contract award: " , as clarified on _____ " or " , as amended on _____ " and insert date(s) of clarification(s) or amendment(s)*)

11. Defence Contract

SACC Manual clause [A9006C](#) (2012-07-16) Defence Contract

12. SACC Manual Clauses

B7500C (2006-06-16)	Excess Goods
G1005C (2008-05-12)	Insurance

ANNEX A

STATEMENT OF WORK

450 TACTICAL HELICOPTER SQUADRON COMMERCIAL FITNESS EQUIPMENT REQUIREMENTS

1. Requirement

450 Tactical Helicopter Squadron (450 THS) has a requirement to purchase various pieces of cardio and strength equipment for the Squadron's Fitness Facility.

2. Background

In order to achieve high levels of operational effectiveness and readiness, Canadian Armed Forces (CAF) members are required to be physically fit and to be able to perform general military, common defence and security duties, as well as meet the demands of their military occupation. 450 THS must therefore provide commercial fitness training equipment for Squadron members in order to enable them to meet these objectives.

3. Objective

The objective of this Statement of Work is to secure a contract for the purchase of commercial fitness equipment to ensure that CAF members can maintain the fitness levels expected of them.

4. Scope

The Contractor must have the ability to deliver, unpack, and dispose of all packaging materials, set-up and test the equipment. The types of equipment and their specifications are listed in Annex B and C attached.

5. Tasks

In support of this contract, the supplier must do the following:

- a. five (5) working days prior to delivery, the Contractor must contact the Technical Authority (TA) to establish a mutually agreed upon delivery date and time;
- b. unpack the equipment as required. This includes, but is not limited to uncrating, unwrapping, removing from pallets/skids, and removing any type of protective wrap;

- c. remove from the premises, and properly dispose all of the above-mentioned crating, wrapping, pallets/skids, etc;
- d. set-up and ensure that all of the equipment delivered is in proper working order to the satisfaction of the Crown representative prior to considering the delivery complete;
- e. provide at least three French and English copies of all technical and operator manuals for each type of equipment delivered;
- f. must provide manufacturer warranty documentation for the strength equipment and must be, at a minimum, warrantied ON-SITE as follows: 10 years frame parts; 1 year weight stack plates and components, bearings, bushings, pulleys, seat adjustment; 90 days upholstery pads, hand grips, and rollers; 1 year all other parts including end caps, cables, selectors pins, shrouds; 1 year labour;
- g. all units must have standard protective foot covers to protect flooring as well as anchoring holes to immobilize certain sections of equipment when specified;
- h. all selectorized and plate-loaded units must have instructional placards with photographs of proper starting and finishing positions as well as point-form safety instructions; and
- i. frames must be made with minimum 11 gauge steel, must be powder coated in an industry standard colour (i.e. white; black or grey frame with black upholstery), solid one-piece frame construction comprised of 2x2 inches minimum.

6. Deliverables

All deliverables listed in Annex B must be delivered and installed at the destination address on or before 31 January 2015.

7. Delivery Information and Constraints

Equipment is to be delivered to 450 THS Building CC-128, Room 1360 in CFB Petawawa. Due to the physical characteristics of this building, as identified in the attached footprint at Annex C, dimensions listed in Annex B, are mandatory maximums as are equipment height requirements.

ANNEX B - PRICING BASIS

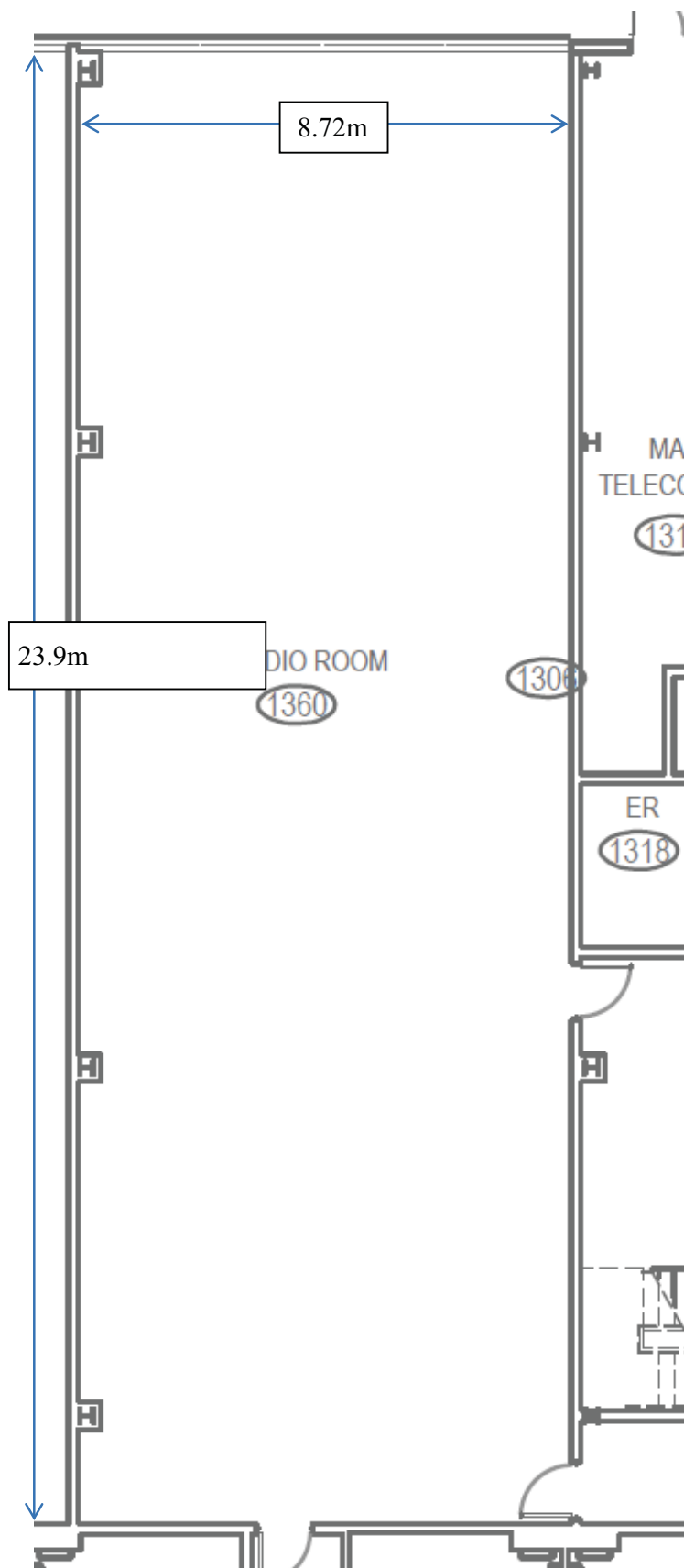
Item	Equipment	Detailed Description	Quantity	UOI	Unit Price	Total Price
1	Curve Treadmill	Self-propelled curved design treadmill - with LED display board, heart rate pick-up, 0 - 25% incline, running surface dimensions range 17" to 22" wide and 67" to 86" in length. User weight capacity 400 to 500 lb for running and 700 to 800 lb for walking.	1	EA		
2	Powered Treadmill	Equipment features: 3 - 4 HP peak duty AC induction motor. Rust-resistant steel frame. Emergency Stop, Auto Stop. 0 – 15 mph speed. -3% to 15% Decline-Incline. 22" X 60" running surface or higher. 19" or longer handrails. Console Features: Large LED or LCD Display, 20 – 30 preset programs. Tap Control, QuickStart Numeric Keypad. English and French console Language. Heart Rate Monitoring. Unlimited maximum workout time. 400 lb or higher max user weight. Electronic Readouts: Percent complete, Average heart rate, Average speed, Calories, Calories per hour, Calories per minute, Distance, Elevation gain, Goal, Heart rate, Incline/Decline, Language, Maximum heart rate, METS, Pace, Profile, Segment time, SmartRate®, Speed, Target heart rate, Time elapsed, Time in heart rate zone, Time remaining, Units, Watts, Workout summary.	3	EA		
3	Spin Bike	Zinc-plated or powder coated steel frame. 4'11" to 6'8" user size range. 350 lb or higher max user weight. Fully adjustable seat, seat post and handlebars. Magnetic brake resistance. Chain drive with forged steel crank. Integrated water bottle holders.	4	EA		
4	Rowers	Powder-coated frame. Air resistance system. 500 lb or higher frame capacity. MP4 monitor. Nickel plated chain. Padded handlebar. stainless-steel tracks. Rubber feet.	2	EA		
5	Recumbent Bike	Powder-coated steel frame. Well cushioned seat. Step-Through design. Dual sided pedals. Adjustable seat. Integrated transport wheels. Belt drive. 20 – 25 resistance levels. Touch heart rate monitoring. 350 lb or higher max user weight. Console features: LCD screen. Quickstart. Metric or standard unit selection. 10 – 20 preset programs. English and French languages. Total Distance, Distance Remaining, Target Distance, Total Calories Burned, Calories/Hr, Mets, Watts, Target, Time Elapsed, Time Remaining, Time in Zone, Segment, RPM, Heart Rate, Average Heart Rate, Max Heart Rate, Target Heart Rate.	1	EA		
6	Powered Elliptical	Upper-body moving handlebars. Touch screen console with; 20 -22 workouts, 13 – 40 degree incline range, 16 – 20 resistance levels, English and French languages. Accessories include; Water bottle holder.	3	EA		
7	Dumbbells + Rack	Dumbbell set complete with 2 tier rack: 10 pairs ranging from 5 – 50 Lbs. 2 tier dumbbell rack must hold 10 pairs of dumbbells. Construction: 2" X 4" rounded tube, heavy gauge steel with powder coat finish. One piece solid cast and steel head design encased in rubber. Two color end cap with easy to read weight markings. Durable rubber that will not crack or fade and prevents damage to floors and equipment. Grip handles.	1	SET		
8	Dumbbells + Rack	Dumbbell set complete with 2 tier rack: 10 pairs ranging from 55 - 100 Lbs. 2 tier dumbbell rack must hold 10 pairs of dumbbells. Construction: 2" X 4" rounded tube, heavy gauge steel with powder coat finish. One piece solid cast and steel head design encased in rubber. Two color end cap with easy to read weight markings. Durable rubber that will not crack or fade and prevents damage to floors and equipment. Grip handles.	1	SET		
9	Olympic Weight Plates	Olympic rubber bumper weight plate set, consisting pair(s) of 10lb, 15lb, 25lb, 35lb, 45lb bumper plates equaling a total of 1000lbs. 450Mm plate diameter. Stainless steel inserts. Large weight markings.	1	SET		
10	Olympic Weight Plates	Olympic cast iron plate weights. Consisting of, (4) 1.25lb, (8) 2.5lb, (8) 5lb, (6) 10lb and (8) 25lb. (325lbs total) Heavy duty black finish with silver weight markings.	1	SET		
11	Vertical Plate Storage Tree	Stores plates with an IWF standard 450mm diameter. 54" high	1	EA		
12	Olympic Bar	Olympic strait bar, 86 inches or longer. 16 inches or longer plate sleeves. Hard chrome finish with dual knurl mark hand grip areas.	3	EA		

Item	Equipment	Detailed Description	Quantity	UOI	Unit Price	Total Price
13	Olympic Curl Bar	Olympic style chrome curl bar, special angled design. 47 inches or longer in length. 6 inches or longer collars. Knurl hand grips.	1	EA		
14	Olympic Triceps Bar	Olympic style chrome triceps bar. 6 inches or longer collars. Knurl hand grips.	1	EA		
15	Olympic Collars	Hex lock Olympic collars. Locking Snap-Latch Fast locking action. One-hand installation and removal. Solid nylon frame. Fits all Olympic barbell sleeves (2")	6	EA		
16	Gym Mats	2' X 6' X 1 inch, individual mats, soft foam with two handles.	25	EA		
17	Medicine Balls	4 – 15 Lbs Heavy duty Rubberized Medicine balls. 7 balls in a set. Easy grip rubber surface.	1	SET		
18	Medicine Ball Rack	Double sided vertical storage rack constructed of durable steel and can hold ten medicine balls of various sizes and weights.	1	EA		
19	Bosu Ball	Commercial Bosu balance trainer with foot pump.	2	EA		
20	Olympic Bench	Olympic Bench Press. Heavy gauge steel construction. Premium quality upholstery with protective top-coat finish. Rubber feet. 4 to 8 plate storage pins. 350 lbs or higher max user weight. Safety spotter arms. 4 or more padded J-cups or multiple adjustable j-cups.	1	EA		
21	Adjustable Flat Bench	Olympic flat-incline-decline adjustable bench. Heavy gauge steel construction. Premium quality upholstery with protective top-coat finish. . Can be adjusted to different positions from decline to upright, from -15° to +80° degrees. Powder coated steel frame. Durable Molded Foam Pads. Transport Wheels. Rubber feet.	3	EA		
22	Functional Trainer	9 station Commercial multi jungle system. Features: Easy step through design. Integrated scuff guards and rubber foot protectors. Round tube frame. Premium upholstery covers. Commercial quality hand grips. Unique one-handed Hi-Lo Station adjuster. Angled seat for proper alignment and low step height for easy entry and exit on Low Row Station. Integrated rock climbing holds. Includes the following stations: (2) Triceps Extension, (2) Hi-Lo Pulley, (2) Lat Pull down, (2) Low Row, (1) Cross Over Pull Up Station and (2) Base Cage. Accessories include: (2) Aluminum Lat Bar, (2) Aluminum Curl Bar, (2) Triceps Rope, (2) Padded Ankle Strap, (2) Single Handle and (2) Aluminum 2D Handle	1	EA		
23	Power Rack	Customizable power rack constructed with 3x3" 11-gauge steel uprights that feature Westside hole spacing, with 5/8" bolts and fasteners. Measuring 76"L X 49"W X 90"H. A pair of J-Cups, pin/pipe safeties, and a four-pack of band pegs included standard, as are eight convenient bumper plate storage posts. Includes both the 43" Fat/Skinny Pull-Up Bar and 43" Single Skinny Pull-Up Bar, multi grip crossmember and landmine accessories. Standard Height: 90". Does Not Need to be Bolted to Floor. Westside Hole Spacing: 1' through bench and clean pull zone, 2" above and below. Footprint: 80" x 53".	1	EA		
24	Olympic Bar Storage Stand	7 to 10 vertical bar storage stand. Holds 2" diameter Olympic bars.	1	EA		
25	Upright Bike	Equipment features: self-powered upright bike with integrated handheld heart rate. Powder-coated, rust-resistant steel frame. Comfortable padded seat. Convenient one-handed seat adjustment. dual-sided pedals. Belt drive system. 3-phase generator / eddy current resistance system that requires no backup battery in order to efficiently power the bike. 20 or more resistance levels. 350 lbs or higher max user weight. 1 or more water bottle holders. Integrated reading rack. Console features: Large LED screen with quickstart, motion controls, metric or standard unit selection, English and French language selections, unlimited maximum workout time. Preset Programs Manual, Variety, Cross Country, Random, Custom Resistance, Weight Loss, Interval 1:1 1:2 1:3 Heart Rate Control, Basic HRC, Performance Fitness Test, Hill Climb, Watts Control. Electronic Readouts Resistance Level Distance, RPM, Speed Calories Heart Rate Time Remaining, Time Elapsed Time in Zone, Segment Time Remaining, Average Speed, Calories / minute, Calories / hour, Watts, METS, Target HR, Average HR, % Complete Workout Profile Workout Summary	1	EA		

Item	Equipment	Detailed Description	Quantity	UOI	Unit Price	Total Price
26	All-in-one Functional Trainer	Single space, stand alone, multiple movements, functional trainer complete with variable chin up bar, dual weight stacks and dedicated accessories	1	EA		
27	Preacher Curl Bench	Seated preacher curl bench. 11 gauge powder coated steel frame. Premium quality upholstery with Beautyguard protective topcoat finish. Double-layer slipcover in appropriate high wear areas. Double stitching on all seams. Rubber feet installed. Safety spotter arms or j-cups installed. Adjustable seat to accommodate all range and sizes of users.	1	EA		
27	Ab bench	Adjustable heavy duty Decline/Flat abdominal bench, powder-coated steel frame with rubber feet. Made to with stand commercial use. Full length pad with thick foam rollers for maximum comfort. Can be modified to suit user needs .	1	EA		
28	Plyo Boxes	6", 12", 24" foam Plyoboxes. Ultra dense foam core with softer foam on all 6 sides. Covered with heavy duty vinyl. Large hook and loop strips on all 4 sides ensure the boxes will not slip when stacked.	1	SET		
29	Round Balance Board	Made from durable ABS plastic. Textured surface to prevent slipping. 3 adjustable levels of difficulty.	1	EA		
30	Sandbag Trainer	44lb Weighted conditioning Bag. Has a protective foam wall between the metal sand core and the ripstop vinyl.	1	EA		
31	Kettle bells	Round vinyl coated kettle bell , complete set of 13, ranging from 5lbs – 70lbs. Increasing weight by 5lb increments. Vinyl dipped to protect the floors & equipment. Solid steel construction. Oversized handles.	1	SET		
32	Stair Climber	Self-powered, low-maintenance design and extreme durability 31 levels of climbing speed tailor workouts with consistent resistance. Step Range 30-180, 5 steps-per-minute increments. 350 lb max user weight. U-shaped handrails encourage good posture and proper technique. Handrails are powder-coated steel tubing covered with sweat-resistant, molded vinyl. Console features Tap control, quickstart, motion control. Metric or Standard unit selection. 12 or more preset programs. English and French language selection. Electronic Readouts Resistance Level, Distance, Total Steps, Floors, Calories, Heart Rate Time Remaining, Time Elapsed, Time in Zone Segment, Time Remaining, Average Step Rate Calories / minute Calories / hour Watts METS Target HR Average HR % Complete Elevation Gain Workout Profile Workout Summary. Touch Heart rate monitoring. Integrated reading rack.	1	EA		
33	Mat	Rubber Slab Mat. 72' x 48' x ¾". Commercial quality.	1	EA		
34	Suspension Trainer System	Pro suspension training kit. Includes: Pro suspension trainer. Theft-Resistant Locking Carabiner. Ultra Durable Dupont "Kevlar" at High Wear Points. Revolutionary Low Profile Adjusters. Ergonomic and Durable Rubber Handles. Printed and Digital Setup Guide. Trainer Basic Tutorial. Expert Instruction on How to modify exercises. Suspension Anchor. Door Placard. Door Anchor. extender Strap. PRO Wrist Band. Mesh Carry Bag.	1	EA		
35	Aerobic Stepper	Secure, sturdy step, non-slip surfaces. 1 step and 8 risers. 43" L x 16" W x 4" H. Each set of risers will raise the height by 2" and comes with 2 sets of risers.	1	EA		
36	Speed Rope	Tangle free, flexible speed rope. Aluminum handles with bearings. Cable length: 9' 6".	1	EA		
37	Body Bar	Complete set of 12 weight body bars with vertical rack. One pair of each weight, ranging from 6lb – 27lb. Solid steel bar is encased in a cushioned foam providing a secure, comfortable grip. End caps are color-coded by weight.	1	SET		

Item	Equipment	Detailed Description	Quantity	UOI	Unit Price	Total Price
38	Slide Board	10' Ultra slide board, adjusts down to 6.5'. Solid base with a Russian birch plywood core and high-pressure laminate finish to support the 1/8" high density polyethylene sliding surface. Angled, wooden deceleration ramps to change direction, non-skid bottom surface keeps the board stationary. Two nylon carry straps attached for easy transportation. Unit includes: Board and two pair of standard booties	1	EA		
39	Cross Box/ Rig	Rig constructed of heavy duty 3"x3", 11 gauge, powder coated steel vertical posts and top posts. 1" Bolts and Fasteners across the entire Rig. Repeating 4' - 6' - 4' sections. 9' tall uprights. •Pull-up Bar height is adjustable to 8', 7' 6" or 7'. Single bars can be substituted to accommodate taller athletes or add additional height for rings. (2) J-Cups with plastic inserts and backs are included per 4' rack section. A total of 8 Plate storage pins. (2) pairs of Safety spotter arms. Unit Must Be Bolted to the Floor	1	SET		
40	Utility Bench	Extra-wide 24" base, 3x3" 11 gauge steel tubing frame with standard bench pad . Footprint: 44"L x 24"W. Gussets installed for extra strength.	2	EA		
41	Slam Balls	heavy duty non-bounce slam balls. Weight ranging from 2kg – 10kg. Firm texture for easy grip.	1	SET		
42	Resistance Bands	Durable heavy resistance cord with nylon protective cover. Strap style handles on each end. Providing 25lb – 38lb of resistance. recommended for very fit, athletic individuals who have a stable core and weigh over 165 lbs.	1	SET		
43	Stability Ball	55 cm stability ball. Gymnastic ball is Latex free. Anti burst.	1	EA		
44	Weight Lifting Belt	Adjustable genuine leather power lifting belt with 10 precision-spaced holes. 10mm thickness. 4 inches wide. Single prong buckle. Measurements: 27" - 39"	1	EA		
45	Barbell Rack	10 Bar, upright frame design barbell rack with trays. Holds 5 bars on each side. Incorporates 10 barbell holders for organized storage. Heavy gauge steel construction with a powder coat finish. 2 Large trays with 3/4" rubber surface for collars. Rubber feet to prevent floor damage.	1	EA		
46	Barbells	Complete set of 10 barbells. Ranging from 20lbs – 110lbs. Patented Tri Grip handle gripping system with patented SDS construction. One piece solid cast and steel head design encased in rubber offers accurate weight and precision balance. Durable rubber is odorless, will not crack or fade and prevents damage to floors and equipment	1	SET		
47	Ab Power Wheel	14" wheel solidly constructed with foot pedals and extended foam cushioned axle to accomodate both hands and feet. Velcro toe fasteners and latex looped heel fasteners.	1	EA		

Annex C to
Statement of Work - 450 THS Commercial
Fitness Equipment Requirements



Cardio Room Dimensions:
23.9m x 8.72m