



**RETURN BIDS TO:**

**RETOURNER LES SOUMISSIONS À:**

Travaux publics et Services gouvernementaux  
Canada  
Voir dans le document/  
See herein  
NA  
Québec  
NA

**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**

<b>Title - Sujet</b> Fitness equipment	
<b>Solicitation No. - N° de l'invitation</b> W3380-21GG08/A	<b>Date</b> 2021-06-23
<b>Client Reference No. - N° de référence du client</b> W3380-21GG08	
<b>GETS Reference No. - N° de référence de SEAG</b> PW-\$MTA-280-16222	
<b>File No. - N° de dossier</b> MTA-1-44070 (280)	<b>CCC No./N° CCC - FMS No./N° VME</b>
<b>Solicitation Closes - L'invitation prend fin</b> <b>at - à 02:00 PM</b> Eastern Daylight Saving Time EDT <b>on - le 2021-07-21</b> Heure Avancée de l'Est HAE	
<b>F.O.B. - F.A.B.</b> Specified Herein - Précisé dans les présentes <b>Plant-Usine:</b> <input type="checkbox"/> <b>Destination:</b> <input type="checkbox"/> <b>Other-Autre:</b> <input checked="" type="checkbox"/>	
<b>Address Enquiries to: - Adresser toutes questions à:</b> Bruno André Pomet	<b>Buyer Id - Id de l'acheteur</b> mta280
<b>Telephone No. - N° de téléphone</b> (514) 702-9582 ( )	<b>FAX No. - N° de FAX</b> ( ) -
<b>Destination - of Goods, Services, and Construction:</b> <b>Destination - des biens, services et construction:</b> MINISTERE DE LA DEFENSE NATIONALE H103 25 Chemin Grand-Bernier Sud Garnison St-Jean ST JEAN RICHELIEU Québec J0J1R0 Canada	

**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**

Travaux publics et Services gouvernementaux Canada  
Place Bonaventure, portail Sud-Oue  
800, rue de La Gauchetière Ouest  
7e étage, suite 7300  
Montréal  
Québec  
H5A 1L6

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

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## PART 1 - GENERAL INFORMATION

### 1.1 Requirement

The requirement is detailed under Article 6.2 of the resulting contract clauses.

### 1.2 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 from receipt of the results of the bid solicitation process. The debriefing may be in writing, by telephone or in person.

### 1.3 epost Connect service

"This bid solicitation allows bidders to use the epost Connect service provided by Canada Post Corporation to transmit their bid electronically. Bidders must refer to Part 2 entitled Bidder Instructions, and Part 3 entitled Bid Preparation Instructions, of the bid solicitation, for further information."

## PART 2 - BIDDER INSTRUCTIONS

### 2.1 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](#) (2020-05-28) Standard Instructions - Goods or Services - Competitive Requirements, are incorporated by reference into and form part of the bid solicitation.

Subsection 5.4 of [2003](#), Standard Instructions - Goods or Services - Competitive Requirements, is amended as follows:

Delete: 60 days  
Insert: 120 days

#### 2.1.1 SACC Manual Clauses

[B1000T](#) (2014-06-26), Condition of material – Bid  
[B3000T](#) (2006-06-16), Equivalent Products

## 2.2 Submission of Bids

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

### 2.2.1 Epost Connect

Bidders choosing to submit using epost Connect must send an email requesting to open an epost Connect conversation to the following address:

[TPSGC.RQReceptionSoumissions-QRSupplyTendersReception.PWGSC@tpsgc-pwgsc.gc.ca](mailto:TPSGC.RQReceptionSoumissions-QRSupplyTendersReception.PWGSC@tpsgc-pwgsc.gc.ca)

Note: **Bids will not be accepted if emailed directly to this email address.** This email address is to be used to open an epost Connect conversation, as detailed in Standard Instructions [2003 \(https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual/1/2003/active\)](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual/1/2003/active), or to send bids through an epost Connect message if the bidder is using its own licensing agreement for epost Connect.

It is the Bidder's responsibility to ensure the request for opening an epost Connect conversation is sent to the email address above at least six days before the solicitation closing date.

[Steps to follow for the Bid Submission to Bid Receiving Unit \(BRU\) using epost Connect \(https://buyandsell.gc.ca/steps-to-follow-for-the-bid-submission-to-bid-receiving-unit-bru-using-epost-connect \)](https://buyandsell.gc.ca/steps-to-follow-for-the-bid-submission-to-bid-receiving-unit-bru-using-epost-connect)

### 2.2.2 Facsimile

Facsimile number: 418-566-6168.

2.2.3 Bids transmitted by hardcopy to PWGSC will not be accepted.

## 2.3 Enquiries - Bid Solicitation

All enquiries must be submitted in writing to the Contracting Authority no later than five (5) 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.

## **2.4 Applicable Laws**

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

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.

## **2.5 Bid Challenge and Recourse Mechanisms**

(a) Several mechanisms are available to potential suppliers to challenge aspects of the procurement process up to and including contract award.

(b) Canada encourages suppliers to first bring their concerns to the attention of the Contracting Buy and Sell website, Bid Challenge and Recourse Mechanisms contains information on potential complaint bodies such as:

Office of the Procurement Ombudsman (OPO)  
Canadian International Trade Tribunal (CITT)

(c) Suppliers should note that there are strict deadlines for filing complaints, and the time periods vary depending on the complaint body in question. Suppliers should therefore act quickly when they want to challenge any aspect of the procurement process.

## **PART 3 - BID PREPARATION INSTRUCTIONS**

### **3.1 Bid Preparation Instructions**

If the Bidder chooses to submit its bid electronically, Canada requests that the Bidder submits its bid in accordance with section 08 of the 2003 standard instructions. The epost Connect system has a limit of 1GB per single message posted and a limit of 20GB per conversation.

The bid must be gathered per section and separated as follows:

Section I: Technical Bid  
Section II: Financial Bid  
Section III: Certifications

Bids transmitted by hardcopy will not be accepted.

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

#### **3.1.1 Electronic Payment of Invoices – Bid**

If you are willing to accept payment of invoices by Electronic Payment Instruments, complete Annex “C” Electronic Payment Instruments, to identify which ones are accepted.

If Annex “C” Electronic Payment Instruments is not completed, it will be considered as if Electronic Payment Instruments are not being accepted for payment of invoices.

Acceptance of Electronic Payment Instruments will not be considered as an evaluation criterion.

#### **3.1.2 Exchange Rate Fluctuation**

[C3011T](#) (2013-11-06), Exchange Rate Fluctuation

#### **3.1.3 SACC Manual Clauses**

##### **Section III: Certifications**

Bidders must submit the certifications and additional information required under Part 5.

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## PART 4 - EVALUATION PROCEDURES AND BASIS OF SELECTION

### 4.1 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.

#### 4.1.1 Financial Evaluation

The evaluation will be made for each category.  
Canada reserves the right to award up to 3 contracts (one per category).  
The bidder may provide prices for only one category.  
**The bidder must provide a price for each item of a same category.**  
A bidder can obtain a contract for one or both category.

#### The total amount of the financial evaluation:

##### Category 1 : Metabolic training

Sum of : prices of items 1 to 17, delivery and installation listed in Appendix "B"- Basis of payment.

##### Category 2 : Free weights

Sum of: prices of items 18 to 69, delivery and installation listed in Appendix "B"- Basis of payment.

##### Category 3 : Accessories

Sum of: prices of items 70 to 133, delivery and installation listed in Appendix "B"- Basis of payment.

#### 4.1.1.1 Financial Evaluation

1. Bidders must submit firm prices, customs duties and excise taxes included, and Applicable Taxes excluded.
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. Bidders must provide prices Delivered Duty Paid (DDP) Saint-Jean-sur-Richelieu (Quebec) Incoterms 2010 for shipments from a commercial contractor. Bids will be assessed on an DDP basis.

### 4.2 Basis of Selection - Mandatory Technical Criteria

*SACC Manual* Clause A0069T (2007-05-25) Basis of Selection

**Note:** Canada may issue a single solicitation containing more than one Product Category. Canada will assess bids and award contracts on a per category basis. For administrative purposes, in the event a same bidder wins more than one category, Canada may issue a single contract containing the categories won by the same bidder.

Canada reserves the right to award up to 3 contracts.

## **PART 5 – CERTIFICATIONS AND ADDITIONAL INFORMATION**

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

The certifications provided by Bidders to Canada are subject to verification by Canada at all times. Unless specified otherwise, Canada will declare a bid non-responsive, or will declare a contractor in default 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 will render the bid non-responsive or constitute a default under the Contract.

### **5.1 Certifications Required with the Bid**

Bidders must submit the following duly completed certifications as part of their bid.

#### **5.1.1 Integrity Provisions - Declaration of Convicted Offences**

In accordance with the Integrity Provisions of the Standard Instructions, all bidders must provide with their bid, **if applicable**, the declaration form available on the [Forms for the Integrity Regime](http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html) website (<http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html>), to be given further consideration in the procurement process.

### **5.2 Certifications Precedent to Contract Award and Additional Information**

The certifications and additional information listed below should be submitted with the bid, but may be submitted afterwards. If any of these required certifications or additional information is not completed and submitted as requested, the Contracting Authority will inform the Bidder of a time frame within which to provide the information. Failure to provide the certifications or the additional information listed below within the time frame provided will render the bid non-responsive.

#### **5.2.1 Integrity Provisions – Required Documentation**

In accordance with the section titled Information to be provided when bidding, contracting or entering into a real property agreement of the [Ineligibility and Suspension Policy](http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html) (<http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html>), the Bidder must provide the required documentation, as applicable, to be given further consideration in the procurement process.

#### **5.2.2 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" list available at the bottom of the page of the [Employment and Social Development Canada \(ESDC\) - Labour's](https://www.canada.ca/en/employment-social-development/programs/employment-equity/federal-contractor-program.html#) website (<https://www.canada.ca/en/employment-social-development/programs/employment-equity/federal-contractor-program.html#>).

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**

The following clauses and conditions apply to and form part of any contract resulting from the bid solicitation.

### **6.1 Security Requirements**

**6.1.1** There is no security requirement applicable to the Contract.

### **6.2 Requirement**

The Contractor must provide the items detailed under the "Requirement" at Annex "A".

### **6.3 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.

#### **6.3.1 General Conditions**

[2010A](#) (2020-05-28), General Conditions - Goods (Medium Complexity), apply to and form part of the Contract.

### **6.4 Term of Contract**

#### **6.4.1 Period of the Contract**

The period of the Contract is from date of Contract to \_\_\_\_\_ inclusive. (will be indicated at contract award)

*(The end date will be calculated as follows: six (6) months after the date of delivery.)*

#### **6.4.2 Delivery Date**

Delivery and installation of the equipment must be performed only from September 15, 2021.

#### **6.4.3 Delivery Points**

Delivery of the requirement will be made to delivery point(s) specified at Annex "A" of the Contract.

Solicitation No. - N° de l'invitation  
W3380-21GG108/A  
Client Ref. No. - N° de réf. du client  
W3380-21GG08

Amd. No. - N° de la modif.  
File No. - N° du dossier  
MTA-1-44070

Buyer ID - Id de l'acheteur  
MTA 280  
CCC No./N° CCC - FMS No./N° VME

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## 6.5 Authorities

### 6.5.1 Contracting Authority

The Contracting Authority for the Contract is:

Name: Bruno Andre Pommet  
Title: Supply specialist  
Public Works and Government Services Canada  
Acquisitions Branch  
Telephone: 514 702 9582  
E-mail address: BrunoAndre.Pommet@tpsgc-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.

### 6.5.2 Technical Authority

The Technical Authority for the Contract is:

Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_-\_\_\_-\_\_\_\_  
Facsimile: \_\_\_-\_\_\_-\_\_\_\_  
E-mail: \_\_\_\_\_.

The Technical Authority named above 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 Technical Authority, however the Technical 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.

### 6.5.3 Contractor's Representative

Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_-\_\_\_-\_\_\_\_  
Facsimile: \_\_\_-\_\_\_-\_\_\_\_  
E-mail: \_\_\_\_\_.

## 6.6 Payment

### 6.6.1 Basis of Payment - Firm Lot Prices

In consideration of the Contractor satisfactorily completing all of its obligations under the Contract, the Contractor will be paid a firm lot price, as specified in Annex "B" for a cost of \$ \_\_\_\_\_ (*will be indicated at contract award*). Customs duties are included and Applicable Taxes are extra.

Canada will not pay the Contractor for any design changes, modifications or interpretations of the Work, unless they have been approved, in writing, by the Contracting Authority before their incorporation into the Work.

### 6.6.2 Paiement unique

SACC Manual clause [H1000C](#) (2008-05-12) Single Payment

### 6.6.3 SACC Manual Clauses

SACC Manual clause [C2000C](#) (2007-11-30) Taxes - Foreign-based Contractor

### 6.6.4 Electronic Payment of Invoices – Contract

The Contractor accepts to be paid using any of the following Electronic Payment Instrument(s):

- a. Visa Acquisition Card;
- b. MasterCard Acquisition Card;
- c. Direct Deposit (Domestic and International);
- d. Electronic Data Interchange (EDI);
- e. Wire Transfer (International Only);
- f. Large Value Transfer System (LVTS) (Over \$25M)

## 6.7 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.

## 6.8 Certifications and Additional Information

### 6.8.1 Compliance

Unless specified otherwise, the continuous compliance with the certifications provided by the Contractor in its bid or precedent to contract award, and the ongoing cooperation in providing additional information are conditions of the Contract and failure to comply will constitute the Contractor in default. Certifications are subject to verification by Canada during the entire period of the Contract.

### 6.9 Applicable Laws

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

### 6.10 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](#) (2020-05-28), General Conditions - Goods (Medium Complexity),
- (c) Annex A, Requirement;
- (d) Annex B, Basis of payment
- (e) the Contractor's bid dated \_\_\_\_\_

### 6.11 SACC Manual Clauses

*SACC Manual* clause [A2000C](#) (2006-06-16), Foreign Nationals (Canadian Contractor)

*SACC Manual* clause [A2001C](#) (2006-06-16), Foreign Nationals (Foreign Contractor)

*SACC Manual* clause [A9062C](#) (2011-05-16) Canadian Forces Site Regulations

*SACC Manual* clause [D0018C](#), (2007-11-30) Delivery and Unloading

*SACC Manual* clause [G1005C](#) (2016-01-28) Insurance - No Specific Requirement

### 6.12 Dispute Resolution

(a) The parties agree to maintain open and honest communication about the Work throughout and after the performance of the contract.

(b) The parties agree to consult and co-operate with each other in the furtherance of the contract and promptly notify the other party or parties and attempt to resolve problems or differences that may arise.

(c) If the parties cannot resolve a dispute through consultation and cooperation, the parties agree to consult a neutral third party offering alternative dispute resolution services to attempt to address the dispute.

(d) Options of alternative dispute resolution services can be found on Canada's Buy and Sell website under the heading "Dispute Resolution".

## ANNEX "A"- Requirement

### 1.OBJECTIVE

Acquire all the fitness equipment required for the garrison's new sports complex. The equipment is divided into three major categories: metabolic training equipment, free weights and accessories.

The fitness equipment is used intensively by more than 6,000 recruits every year, as well as by approximately 500 members who use the sports facilities of the Saint-Jean Garrison on a daily basis. The equipment is expected to be used eight hours a day, five days a week. The clientele using the equipment is mixed and includes people with weight problems, people with physical impairments (injuries, various disabilities), and top athletes.

### 2.Mandatory technical specifications

#### TECHNICAL CRITERIA

##### 1. Metabolic training

	Items required	Technical criteria
1	Medball – 10 lbs	<ul style="list-style-type: none"><li>• The Medball must be 14" in diameter.</li><li>• The Medball must be made of vinyl and scratch resistant.</li><li>• The Medball must be filled with sand.</li></ul>
2	Medball – 14 lbs	<ul style="list-style-type: none"><li>• The Medball must be 14" in diameter.</li><li>• The Medball must be made of vinyl and scratch resistant.</li><li>• The Medball must be filled with sand.</li></ul>
3	Medball – 20 lbs	<ul style="list-style-type: none"><li>• The Medball must be 14" in diameter.</li><li>• The Medball must be made of vinyl and scratch resistant.</li><li>• The Medball must be filled with sand.</li></ul>
4	Medball storage accessories	<ul style="list-style-type: none"><li>• The storage accessory must be able to store 15 Medballs.</li><li>• The storage accessory must be on rollers for easy movement.</li><li>• The storage accessory must have a straight backing so that it can be positioned against a wall.</li><li>• The storage accessory must have a minimum of three tiers and a maximum of four.</li></ul>
5	Slamball – 10 lbs	<ul style="list-style-type: none"><li>• Must be between 8" and 11" in diameter.</li><li>• Must be made of rubber.</li></ul>

**TECHNICAL CRITERIA**  
**1. Metabolic training**

	Items required	Technical criteria
6	Slamball – 15 lbs	<ul style="list-style-type: none"> <li>• Must be between 8” and 11” in diameter.</li> <li>• Must be made of rubber.</li> </ul>
7	Slamball – 20 lbs	<ul style="list-style-type: none"> <li>• Must be between 8” and 11” in diameter.</li> <li>• Must be made of rubber.</li> </ul>
8	Slamball – 30 lbs	<ul style="list-style-type: none"> <li>• Must be between 8” and 11” in diameter.</li> <li>• Must be made of rubber.</li> </ul>
9	Ropes	<ul style="list-style-type: none"> <li>• The rope must be 50 feet long.</li> <li>• The rope must be 1.5” in diameter.</li> <li>• The rope must be made of plastic fibre to resist impact and frequent use.</li> </ul>
10	Rope storage accessory	<ul style="list-style-type: none"> <li>• The rope storage accessory must be on wheels.</li> <li>• The rope storage accessory must be able to hold a minimum of 10 ropes.</li> </ul>
11	TRX	<ul style="list-style-type: none"> <li>• The system must include two (2) adjustable nylon bands with handles.</li> <li>• The carabiner must be able to support a minimum weight of 1,000 lbs.</li> </ul>
12	Plyometric boxes – Wood	<ul style="list-style-type: none"> <li>• The plyometric box must be made of wood.</li> <li>• The plyometric box must allow for use at three different heights: <ul style="list-style-type: none"> <li>- Height of 20 inches</li> <li>- Height of 24 inches</li> <li>- Height of 30 inches</li> </ul> </li> </ul>
13	Plyometric boxes – Foam (set)	<ul style="list-style-type: none"> <li>• The plyometric box must be made of foam.</li> <li>• A set comes with four (4) platforms varying in height: <ul style="list-style-type: none"> <li>- One 6-inch platform</li> <li>- One 12-inch platform</li> <li>- One 20-inch platform</li> <li>- One 24-inch platform</li> </ul> </li> <li>• It must be possible to assemble the various platforms together to increase the height.</li> </ul>
14	Prowler	<ul style="list-style-type: none"> <li>• The load capacity must be able to support up to 500 lbs.</li> <li>• The handles must be moveable.</li> </ul>
15	Dummy	<ul style="list-style-type: none"> <li>• The “whole body” dummy must have a human shape.</li> <li>• The dummy must weigh between 150 lbs and 185 lbs.</li> </ul>

**TECHNICAL CRITERIA**  
**1. Metabolic training**

	Items required	Technical criteria
16	Flipping tire	<ul style="list-style-type: none"> <li>The flipping tire must weigh between 120 lbs and 140 lbs.</li> <li>The tire must have a vinyl coating or any other system for protecting floor surfaces.</li> <li>The tire must have a minimum of six handles on the tread surface and a minimum of two handles on each sidewall of the tire.</li> </ul>
17	Flipping tire	<ul style="list-style-type: none"> <li>The flipping tire must weigh between 170 lbs and 180 lbs.</li> <li>The tire must have a vinyl coating or any other system for protecting floor surfaces.</li> <li>The tire must have a minimum of six handles on the tread surface and a minimum of two handles on each sidewall of the tire.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
18	Power rack ROGUE RML-690C power rack 3.0 <b>OR</b> equivalent	<ul style="list-style-type: none"> <li>Rack must be between 75 and 80 inches long</li> <li>Rack must have a depth of 45 to 50 inches</li> <li>Rack must be between 85 and 95 inches high</li> <li>Size of uprights: 3 inches by 3 inches</li> <li>Must be made of 11-gauge steel</li> <li>Must have spaces between the holes for Westside style adjustments</li> </ul>
19	Pulley accessory ROGUE Monster lat pull down/low row (rack mounted) <b>OR</b> equivalent	<ul style="list-style-type: none"> <li>Size of uprights: 3 inches by 3 inches</li> <li>Must be made of 11-gauge steel</li> <li>Must be usable vertically and horizontally</li> <li>Stacked weight up to 300 pounds</li> <li>Must have an integrated bench</li> <li>Must be compatible with the squat rack, item #18</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
20	Rig multipurpose station	<ul style="list-style-type: none"> <li>• Uprights: 3 inch by 3 inch</li> <li>• Minimum of 11-gauge steel</li> <li>• Concrete floor anchors must be included with the machine</li> <li>• The length of the machine must be between 20 feet and 24 feet.</li> <li>• The structure must be usable by a minimum of 12 people simultaneously.</li> </ul>
21	Wall ball target	<ul style="list-style-type: none"> <li>• Must be compatible with the proposed rig (item #20)</li> </ul>
22	Dip station	<ul style="list-style-type: none"> <li>• Must be compatible with the proposed rig (item #20)</li> </ul>
23	Rope attachment anchor	<ul style="list-style-type: none"> <li>• Must be compatible with the proposed rig (item #20)</li> </ul>
24	Safety arms (pair)	<ul style="list-style-type: none"> <li>• Must be compatible with the proposed rig (item #20)</li> </ul> <p><b>*** Note</b>  <i>Make sure the item does not come with the proposed rig (item #20); otherwise, adjust the required quantities (12 pairs required in total)</i></p>
25	Small rig with monkey bars	<ul style="list-style-type: none"> <li>• Dimensions of rig: <ul style="list-style-type: none"> <li>- Width: between 120 cm and 140 cm</li> <li>- Length: between 120 and 140 cm</li> <li>- Height: between 260 cm and 290 cm</li> </ul> </li> <li>• The colour must be identical or coordinated with the functional racks requested previously, item #18.</li> </ul>
26	Bar – 45 lbs	<ul style="list-style-type: none"> <li>• Handle diameter: between 28 and 29 mm</li> <li>• Bar length: Between 84 inches and 87 inches</li> <li>• Needle bearing required</li> <li>• The bar must have central knurling</li> <li>• Traction resistance: Minimum of 190,000 PSI</li> </ul>
27	Bar – 10 kg	<ul style="list-style-type: none"> <li>• Bar diameter: between 25 mm and 29 mm</li> <li>• The bar must fit on standard racks.</li> </ul>
28	Hexbar	<ul style="list-style-type: none"> <li>• The hexbar must have two pairs of handles, varying in height, on each end.</li> </ul>
29	Multigrip bar	<ul style="list-style-type: none"> <li>• The multigrip bar must be compatible with standard racks, items #25 and #18.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
30	Safety squat bar	<ul style="list-style-type: none"> <li>The safety squat bar must be compatible with standard racks, items #25 and #18.</li> <li>The safety squat bar must have padding.</li> </ul>
31	Bumper plates – 45 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> </ul>
32	Bumper plates – 25 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> </ul>
33	Bumper plates – 10 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> </ul>
34	Metal plates – 45 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> <li>The plates must be machined.</li> <li>The plates must be compatible with standard Olympic bars.</li> </ul>
35	Metal plates – 5 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> <li>The plates must be machined.</li> <li>The plates must be compatible with standard Olympic bars.</li> </ul>
36	Metal plates – 2.5 lbs (pairs)	<ul style="list-style-type: none"> <li>Opening for the bar (central hole): 2 inches</li> <li>The plates must be machined.</li> <li>The plates must be compatible with standard Olympic bars.</li> </ul>
37	Plate storage – Vertical on wheels	<ul style="list-style-type: none"> <li>The storage accessory must be on wheels.</li> <li>The storage accessory must be able to support a minimum of 500 lbs.</li> </ul>
38	Plate storage – Horizontal on wheels (tree)	<ul style="list-style-type: none"> <li>The storage accessory must be on wheels.</li> <li>The storage accessory must be able to support a minimum of 800 lbs.</li> </ul>
39	Safety collars (pairs)	<ul style="list-style-type: none"> <li>Polycarbonate</li> <li>The collars must have a hinged locking system.</li> </ul>
40	Olympic bar storage accessory	<ul style="list-style-type: none"> <li>The storage accessory must allow for storage of a minimum of nine (9) bars that are 2 inches in diameter.</li> <li>The storage accessory must allow for vertical storage of the bars.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
41	Set of dumbbells: 5 to 50 lbs	<ul style="list-style-type: none"> <li>• The dumbbells must be made of urethane or rubber.</li> <li>• Bar diameter must be between 31 mm and 34 mm.</li> <li>• The set of dumbbells must include: <ul style="list-style-type: none"> <li>- Pair of dumbbells – 5 lbs</li> <li>- Pair of dumbbells – 10 lbs</li> <li>- Pair of dumbbells – 15 lbs</li> <li>- Pair of dumbbells – 20 lbs</li> <li>- Pair of dumbbells – 25 lbs</li> <li>- Pair of dumbbells – 30 lbs</li> <li>- Pair of dumbbells – 35 lbs</li> <li>- Pair of dumbbells – 40 lbs</li> <li>- Pair of dumbbells – 45 lbs</li> <li>- Pair of dumbbells – 50 lbs</li> </ul> </li> </ul>
42	Set of dumbbells: 55 to 75 lbs	<ul style="list-style-type: none"> <li>• The dumbbells must be made of urethane or rubber.</li> <li>• Bar diameter must be between 31 mm and 34 mm.</li> <li>• The set of dumbbells must include: <ul style="list-style-type: none"> <li>- Pair of dumbbells – 55 lbs</li> <li>- Pair of dumbbells – 60 lbs</li> <li>- Pair of dumbbells – 65 lbs</li> <li>- Pair of dumbbells – 70 lbs</li> <li>- Pair of dumbbells – 75 lbs</li> </ul> </li> </ul>
43	Set of dumbbells: 55 to 100 lbs	<ul style="list-style-type: none"> <li>• The dumbbells must be made of urethane or rubber.</li> <li>• Bar diameter must be between 31 mm and 34 mm.</li> <li>• The set of dumbbells must include: <ul style="list-style-type: none"> <li>- Pair of dumbbells – 55 lbs</li> <li>- Pair of dumbbells – 60 lbs</li> <li>- Pair of dumbbells – 65 lbs</li> <li>- Pair of dumbbells – 70 lbs</li> <li>- Pair of dumbbells – 75 lbs</li> <li>- Pair of dumbbells – 80 lbs</li> <li>- Pair of dumbbells – 85 lbs</li> <li>- Pair of dumbbells – 90 lbs</li> <li>- Pair of dumbbells – 95 lbs</li> <li>- Pair of dumbbells – 100 lbs</li> </ul> </li> </ul>
44	Storage rack for dumbbells – 2 tiers	<ul style="list-style-type: none"> <li>• The storage rack must be able to support a minimum of 1,550 lbs.</li> <li>• The storage rack must have a storage capacity accommodating a minimum of 20 dumbbells.</li> <li>• Must be compatible with hex dumbbells.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
45	Storage rack for dumbbells – 3 tiers	<ul style="list-style-type: none"> <li>The storage rack must be able to support a minimum of 2,000 lbs.</li> <li>The storage rack must have a storage capacity accommodating a minimum of 30 dumbbells.</li> <li>Must be compatible with hex dumbbells.</li> </ul>
46	Hex dumbbell 10 lbs (pairs)	<ul style="list-style-type: none"> <li>The dumbbells must be rubber coated.</li> <li>The dumbbell heads must be hexagonal in shape.</li> <li>Depending on the weight of the required dumbbell, the handle must have a diameter between 25 mm and 35 mm.</li> </ul>
47	Hex dumbbell 15 lbs (pairs)	<ul style="list-style-type: none"> <li>The dumbbells must be rubber coated.</li> <li>The dumbbell heads must be hexagonal in shape.</li> <li>Depending on the weight of the required dumbbell, the handle must have a diameter between 25 mm and 35 mm.</li> </ul>
48	Hex dumbbell 20 lbs (pairs)	<ul style="list-style-type: none"> <li>The dumbbells must be rubber coated.</li> <li>The dumbbell heads must be hexagonal in shape.</li> <li>Depending on the weight of the required dumbbell, the handle must have a diameter between 25 mm and 35 mm.</li> </ul>
49	Hex dumbbell 25 lbs (pairs)	<ul style="list-style-type: none"> <li>The dumbbells must be rubber coated.</li> <li>The dumbbell heads must be hexagonal in shape.</li> <li>Depending on the weight of the required dumbbell, the handle must have a diameter between 25 mm and 35 mm.</li> </ul>
50	Hex dumbbell 30 lbs (pairs)	<ul style="list-style-type: none"> <li>The dumbbells must be rubber coated.</li> <li>The dumbbell heads must be hexagonal in shape.</li> <li>Depending on the weight of the required dumbbell, the handle must have a diameter between 25 mm and 35 mm.</li> </ul>
51	Barbell – 20 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>
52	Barbell – 30 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>
53	Barbell – 40 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>
54	Barbell – 50 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>
55	Barbell – 60 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>
56	Barbell – 70 lbs	<ul style="list-style-type: none"> <li>The bar must have an impact-resistant rubber or urethane head.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
57	Set of barbells: 20 to 110 lbs	<ul style="list-style-type: none"> <li>• The barbell set must include: <ul style="list-style-type: none"> <li>- 1 fixed bar – 20 lbs</li> <li>- 1 fixed bar – 30 lbs</li> <li>- 1 fixed bar – 40 lbs</li> <li>- 1 fixed bar – 50 lbs</li> <li>- 1 fixed bar – 60 lbs</li> <li>- 1 fixed bar – 70 lbs</li> <li>- 1 fixed bar – 80 lbs</li> <li>- 1 fixed bar – 90 lbs</li> <li>- 1 fixed bar – 100 lbs</li> <li>- 1 fixed bar – 110 lbs</li> </ul> </li> </ul>
58	Storage rack for standard barbells	<ul style="list-style-type: none"> <li>• The storage rack must support the total weight of the barbell set (item #57), i.e., a minimum weight of 650 lbs.</li> <li>• The storage rack must be compatible with and allow for the storage of barbells (item #57).</li> </ul>
59	Kettlebell – 18 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
60	Kettlebell – 26 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
61	Kettlebell – 35 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
62	Kettlebell – 44 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
63	Kettlebell – 53 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
64	Kettlebell – 62 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
65	Kettlebell – 70 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>
66	Kettlebell – 80 lbs	<ul style="list-style-type: none"> <li>• The kettlebells must be made of steel or cast iron.</li> <li>• The kettlebells must be colour coded based on the various weights.</li> </ul>

**TECHNICAL CRITERIA**  
**2. Free weights**

	Items required	Technical criteria
67	Kettlebell – 88 lbs	<ul style="list-style-type: none"> <li>The kettlebells must be made of steel or cast iron.</li> <li>The kettlebells must be colour coded based on the various weights.</li> </ul>
68	Kettlebell – 97 lbs	<ul style="list-style-type: none"> <li>The kettlebells must be made of steel or cast iron.</li> <li>The kettlebells must be colour coded based on the various weights.</li> </ul>
69	Kettlebell storage accessories 3 tiers	<ul style="list-style-type: none"> <li>The storage accessory must be able to support a minimum of 1,000 lbs per tier.</li> <li>The storage accessory must have a minimum of three tiers.</li> <li>The storage accessory must accommodate a minimum of 32 kettlebells per tier.</li> <li>The storage accessory must allow for the storage of kettlebells in pairs (two deep).</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
70	Stability ball – 55 cm	<ul style="list-style-type: none"> <li>Ball must have a diameter of 55 cm.</li> </ul>
71	Stability ball – 65cm	<ul style="list-style-type: none"> <li>Ball must have a diameter of 65 cm.</li> </ul>
72	Jump rope	<ul style="list-style-type: none"> <li>The rope must be covered by a sleeve to ensure durability.</li> <li>The rope must be 9 feet long with a PVC cable.</li> </ul>
73	Bodyblade	<ul style="list-style-type: none"> <li>The Bodyblade is the Bodyblade Classic.</li> </ul> <p><b>*** Note</b>  <i>Only the Bodyblade is required. DVDs or other promotional items that come along with it are not necessary.</i></p>
74	Lacrosse ball	<ul style="list-style-type: none"> <li>This item is standard in nature, no specific characteristics required.</li> </ul>
75	DynaDisc balance cushion	<ul style="list-style-type: none"> <li>Size: must be between 25 cm and 35 cm in diameter.</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
76	Balance pad	<ul style="list-style-type: none"> <li>Dimension required: 18 to 20 inches by 15 to 17 inches</li> <li>The pad must be a minimum of 2 to 2.5 inches thick.</li> </ul>
77	Gliders	<ul style="list-style-type: none"> <li>Gliders must be able to be used on the following surfaces: hardwood floor, carpet or rubberized floor.</li> </ul>
78	Ankle strap	<ul style="list-style-type: none"> <li>The strap must be padded.</li> </ul>
79	Squat pad	<ul style="list-style-type: none"> <li>Between 17 and 20 inches long.</li> <li>Between 3 and 3.5 inches in diameter at the extremities and a thinner section in the centre between 2 and 2.5 inches in diameter.</li> </ul>
80	Step kit (1 platform and 4 risers)	<ul style="list-style-type: none"> <li>The platforms must be 4 inches in height.</li> <li>The risers must be 2 inches in height.</li> </ul>
81	Fat grip	<ul style="list-style-type: none"> <li>Fat grips must be adaptable to dumbbells, Olympic bars 29 mm in diameter and thinner fixed bars.</li> </ul>
82	Power Web hand exerciser – Ultra Light	<ul style="list-style-type: none"> <li>Resistance: ultra light</li> <li>Colour: beige</li> </ul>
83	Power Web hand exerciser – Light	<ul style="list-style-type: none"> <li>Resistance: light</li> <li>Colour: yellow</li> </ul>
84	Power Web hand exerciser – Medium	<ul style="list-style-type: none"> <li>Resistance: medium</li> <li>Colour: red</li> </ul>
85	Power Web hand exerciser – Heavy	<ul style="list-style-type: none"> <li>Resistance: heavy</li> <li>Colour: green</li> </ul>
86	Power Web hand exerciser – X-heavy	<ul style="list-style-type: none"> <li>Resistance: X-heavy</li> <li>Colour: blue</li> </ul>
87	Power Web hand exerciser – XX-heavy	<ul style="list-style-type: none"> <li>Resistance: XX-heavy</li> <li>Colour: black</li> </ul>
88	Mats for stretching	<ul style="list-style-type: none"> <li>Mats must have an antibacterial coating.</li> <li>The mats must be 10 by 10 feet with a thickness between 1 and 1.5 inches.</li> </ul>
89	Agility ladder	<ul style="list-style-type: none"> <li>The agility ladder must be 10 to 12 feet in length.</li> <li>The spacing between the various segments must be a minimum of 10 inches and a maximum of 12 inches.</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
90	Plyometric hurdle	<ul style="list-style-type: none"> <li>The plyometric hurdles must be made of PVC.</li> <li>Required height: 6 inches</li> <li>Required width: 18 inches (standard)</li> </ul>
91	Plyometric hurdle, adjustable height	<ul style="list-style-type: none"> <li>The height must vary between 6 and 42 inches.</li> </ul>
92	Rubber turf base and speed pole	<ul style="list-style-type: none"> <li>Can be used indoors and outdoors.</li> <li>The base must include a system of springs.</li> <li>Pole height must be 5 to 6 feet.</li> </ul>
93	Gym timer	<ul style="list-style-type: none"> <li>LED display is required.</li> <li>The timer must come with a remote.</li> <li>The timer must come with pre-set interval programs <b>OR</b> allow for the creation and recording of personalized interval program.</li> </ul>
94	White board <u>on rollers</u>	<ul style="list-style-type: none"> <li>Must allow for use on both sides</li> <li>Must be on rollers.</li> <li>Must be dry erasable.</li> <li>Must include a tray for markers and erasers.</li> <li>60 by 48 inches in size</li> </ul>
95	<u>Wall-mounted</u> white board	<ul style="list-style-type: none"> <li>48 by 36 inches in size</li> <li>Must be magnetic.</li> <li>Must be dry erasable.</li> <li>Must include a tray for markers and erasers.</li> </ul>
96	Scale	<ul style="list-style-type: none"> <li>The scale must be digital.</li> <li>The display must provide weight readings in pounds and kilograms.</li> <li>The scale must have a vertical column.</li> </ul>
97	Cones	<ul style="list-style-type: none"> <li>Cones must be between 10 and 14 inches in height.</li> <li>Colour: orange</li> <li>Must be made of vinyl.</li> </ul>
98	Foam roller	<ul style="list-style-type: none"> <li>The foam roller must be between 5 and 7 inches in diameter.</li> </ul>
99	Foam roller storage accessory	<ul style="list-style-type: none"> <li>Must be on rollers.</li> <li>Must be able to accommodate 60 foam rollers.</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
100	Platform truck	<ul style="list-style-type: none"> <li>• Must have a metal platform on wheels.</li> <li>• Platform must be between 20 and 24 inches in width.</li> <li>• Platform must be between 45 and 50 inches in length.</li> <li>• Must have a minimum loading capacity of 2,000 lbs.</li> </ul>
101	Balance bench	<ul style="list-style-type: none"> <li>• Length of bench: 8 feet long (standard)</li> <li>• Must be made of wood.</li> <li>• The legs must be made of aluminum.</li> </ul>
102	Hip thrust bench	<ul style="list-style-type: none"> <li>• Must be on rollers.</li> <li>• Must have securing attachments on the lateral sides in order to add elastic bands.</li> </ul>
103	45° back extension	<ul style="list-style-type: none"> <li>• The bench must be able to support people weighing up to 400 lbs.</li> </ul>
104	Long incline bench	<ul style="list-style-type: none"> <li>• The incline must be adjustable.</li> <li>• The bench must come with a foot support.</li> </ul>
105	Decline bench	<ul style="list-style-type: none"> <li>• The decline bench must be adjustable.</li> <li>• The bench must be able to vary in angle between 15 and 25 degrees.</li> </ul>
106	Landmine	<ul style="list-style-type: none"> <li>• The device must have a triangular base (<i>see illustration below</i>).</li> <li>• Only one bar may fit in the base.</li> </ul> <div style="text-align: center;">  <p>Illustration of the required base shape</p> </div>
107	Weighted vest – 25 lbs	<ul style="list-style-type: none"> <li>• The vest must allow for complete free arm movement.</li> <li>• The vest <b><i>must not</i></b> require washing after each use.</li> </ul>
108	Weighted vest – 35 lbs	<ul style="list-style-type: none"> <li>• The vest must allow for complete free arm movement.</li> <li>• The vest <b><i>must not</i></b> require washing after each use.</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
109	Weighted vest – 45 lbs	<ul style="list-style-type: none"> <li>The vest must allow for complete free arm movement.</li> <li>The vest <b><i>must not</i></b> require washing after each use.</li> </ul>
110	Stand for weighted vests	<ul style="list-style-type: none"> <li>The stand must be able to accommodate 8 weighted vests.</li> <li>The stand must be on rollers for easy movement.</li> </ul>
111	Weighted backpack	<ul style="list-style-type: none"> <li>The backpack must have padded shoulder straps as well as padded waist adjustment straps.</li> <li>The backpack must come with weights.</li> <li>The weights included must allow for a possible total of 60 lbs.</li> </ul> <p><b>*** Note</b>  <i>This backpack will be used for forced military marches.</i></p>
112	Mini loop band 9" - Red – Light resistance	<ul style="list-style-type: none"> <li>The band must be made of latex.</li> <li>Band width: 2 inches</li> </ul>
113	Mini loop band 9" – Blue – Medium resistance	<ul style="list-style-type: none"> <li>The band must be made of latex.</li> <li>Band width: 2 inches</li> </ul>
114	Mini loop band 9" - Green – Heavy resistance	<ul style="list-style-type: none"> <li>The band must be made of latex.</li> <li>Band width: 2 inches</li> </ul>
115	Band – *** <b>Red</b>	<ul style="list-style-type: none"> <li>The band must have a resistance of 30 lbs.</li> <li>Size: <ul style="list-style-type: none"> <li>- Width: 1.10 to 1.40 cm</li> <li>- Length: 38 to 42 inches</li> </ul> </li> </ul> <p><b>*** Note</b>  <i>The item may be different in colour, depending on the supplier.</i></p>
116	Band – *** <b>Black</b>	<ul style="list-style-type: none"> <li>The band must have a resistance of 50 lbs.</li> <li>Size: <ul style="list-style-type: none"> <li>- Width: 1.8 to 2.2 cm</li> <li>- Length: 38 to 42 inches</li> </ul> </li> </ul> <p><b>*** Note</b>  <i>The item may be different in colour, depending on the supplier.</i></p>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
117	Band – *** <b>Purple</b>	<ul style="list-style-type: none"> <li>• The band must have a resistance between 65 and 70 lbs.</li> <li>• Size: <ul style="list-style-type: none"> <li>- Width: 2.6 to 3.4 cm</li> <li>- Length: 38 to 42 inches</li> </ul> </li> </ul> <p><b>*** Note</b>  <i>The item may be different in colour, depending on the supplier.</i></p>
118	Band – *** <b>Green</b>	<ul style="list-style-type: none"> <li>• The band must have a resistance between 100 and 110 lbs.</li> <li>• Size: <ul style="list-style-type: none"> <li>- Width: 4 to 5 cm</li> <li>- Length: 38 to 42 inches</li> </ul> </li> </ul> <p><b>*** Note</b>  <i>The item may be different in colour, depending on the supplier.</i></p>
119	TheraBand – Beige – Super light – 50 yards	<ul style="list-style-type: none"> <li>• The band must be 50 yards in length (standard).</li> <li>• The band must be 4 inches in width (standard).</li> <li>• The band must have “super light” resistance.</li> <li>• The band colour must be beige.</li> </ul>
120	TheraBand – Yellow – Light – 50 yards	<ul style="list-style-type: none"> <li>• The band must be 50 yards in length (standard).</li> <li>• The band must be 4 inches in width (standard).</li> <li>• The band must have “light” resistance.</li> <li>• The band colour must be yellow.</li> </ul>
121	TheraBand – Red – Medium – 50 yards	<ul style="list-style-type: none"> <li>• The band must be 50 yards in length (standard).</li> <li>• The band must be 4 inches in width (standard).</li> <li>• The band must have “medium” resistance.</li> <li>• The band colour must be red.</li> </ul>
122	TheraBand – Green – Heavy – 50 yards	<ul style="list-style-type: none"> <li>• The band must be 50 yards in length (standard).</li> <li>• The band must be 4 inches in width (standard).</li> <li>• The band must have “heavy” resistance.</li> <li>• The band colour must be green.</li> </ul>
123	TheraBand – Blue – Extra heavy – 50 yards	<ul style="list-style-type: none"> <li>• The band must be 50 yards in length (standard).</li> <li>• The band must be 4 inches in width (standard).</li> <li>• The band must have “extra heavy” resistance.</li> <li>• The band colour must be blue.</li> </ul>

**TECHNICAL CRITERIA**  
**3. Accessories**

	Items required	Technical criteria
124	Adjustable bench	<ul style="list-style-type: none"> <li>The padding on the bench and back must be joined so that there is no space between the two.</li> <li>The adjustable bench must be on wheels to allow for easy movement.</li> <li>The bench must be height adjustable.</li> </ul>
125	Press down rope	<ul style="list-style-type: none"> <li>The rope must be made of materials that can support between 500 lbs and 800 lbs.</li> <li>The rope must have rubber ends.</li> </ul>
126	Seated row triangle	<ul style="list-style-type: none"> <li>Secured in standard manner.</li> <li>The triangle must be able to support a minimum of 500 lbs.</li> <li>Handles must be covered in rubber.</li> </ul>
127	Lat pulldown bar	<ul style="list-style-type: none"> <li>Length of 48 inches (standard).</li> <li>The bar <b><i>must not</i></b> have rubber ends.</li> </ul>
128	Metal handle for pulley	<ul style="list-style-type: none"> <li>The handles must be made of metal.</li> </ul>
129	Ankle pulley strap	<ul style="list-style-type: none"> <li>The straps must be padded for comfort.</li> </ul>
130	Storage unit for pulley accessories	<ul style="list-style-type: none"> <li>The storage unit must be able to accommodate: <ul style="list-style-type: none"> <li>- Pulley ropes</li> <li>- Seated row bars</li> <li>- Pull-up bars</li> </ul> </li> </ul>
131	War bar	<ul style="list-style-type: none"> <li>Bar between 60 and 72 inches in length.</li> <li>The bar weight must not exceed 5 lbs.</li> <li>Bar diameter must be between 20 mm and 30 mm.</li> </ul>
132	War bar storage	<ul style="list-style-type: none"> <li>The storage accessory must be a 55-gallon barrel.</li> <li>The barrel must be made of plastic.</li> <li>The barrel must be black in colour.</li> <li>The barrel must be able to accommodate a minimum of 30 war bars.</li> </ul>
133	Rollers for war bar storage	<ul style="list-style-type: none"> <li>Must be compatible with the proposed 55-gallon war bar storage barrel (item #132).</li> <li>The wheels must be made of a substance that will not damage the floors.</li> </ul>

### **3. DELIVERABLES**

- The contractor must deliver, upload and install the equipment in the location specified by the project manager or his/her representative.
- The contractor must respond to service calls within 72 hours.

### **4.DELIVERY**

The fitness equipment is to be delivered to the following address :

Department of National Defence  
Saint-Jean Garrison  
25 Chemin du Grand Bernier Sud  
Saint-Jean-sur-Richelieu, QC  
J0L 1R0

*\* The precise location at the garrison will be provided at delivery time.*

Notes :

Delivery and installation of the equipment must be performed only <u>from September 15, 2021.</u>
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The equipment must be delivered and installed between 8:00 a.m. and 12:00 p.m. or between 1:00 p.m. and 4:00 p.m., on business days.

**ANNEX "B"- BASIS OF PAYMENT**

**1. Metabolic training**

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
1	Medball – 10 lbs	16	_____ \$	_____ \$
2	Medball – 14 lbs	16	_____ \$	_____ \$
3	Medball – 20 lbs	16	_____ \$	_____ \$
4	Medball storage accessory	1	_____ \$	_____ \$
5	Slamball – 10 lbs	24	_____ \$	_____ \$
6	Slamball – 15 lbs	24	_____ \$	_____ \$
7	Slamball – 20 lbs	24	_____ \$	_____ \$
8	Slamball – 30 lbs	7	_____ \$	_____ \$
9	Ropes	28	_____ \$	_____ \$
10	Rope storage accessory	5	_____ \$	_____ \$
11	TRX	48	_____ \$	_____ \$
12	Plyometric boxes – Wood	20	_____ \$	_____ \$
13	Plyometric boxes – Foam (set)	2	_____ \$	_____ \$
14	Prowler	6	_____ \$	_____ \$
15	Dummy	6	_____ \$	_____ \$
16	Flipping tire Between 120 lbs and 140 lbs	1	_____ \$	_____ \$
17	Flipping tire Between 170 lbs and 180 lbs	1	_____ \$	_____ \$
	<b>Delivery</b> as described in Appendix A- Requirement, Section 4	Lot		_____ \$
	<b>Installation</b> as described in Appendix A- Requirement, Section 4	Lot		_____ \$

Notes:

-The bidder may provide prices for only one category.

**-The bidder must provide a price for each item of a same category.**

**2. Free weights**

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
18	ROGUE RML-690C power rack 3.0 <b>OR</b> equivalent	29	_____ \$	_____ \$
19	ROGUE Monster lat pull down/low row (rack mounted) <b>OR</b> equivalent	20	_____ \$	_____ \$
20	Rig multipurpose station	4	_____ \$	_____ \$
21	Wall ball target	16	_____ \$	_____ \$
22	Dip station	14	_____ \$	_____ \$
23	Rope attachment anchor	14	_____ \$	_____ \$
24	Safety arms (pair)	12	_____ \$	_____ \$
25	Small rig with monkey bars	1	_____ \$	_____ \$
26	Bar – 45 lbs	52	_____ \$	_____ \$
27	Bar – 10 kg	3	_____ \$	_____ \$
28	Hexbar	2	_____ \$	_____ \$
29	Multigrip bar	1	_____ \$	_____ \$
30	Safety squat bar	1	_____ \$	_____ \$
31	Bumper plates – 45 lbs (pairs)	114	_____ \$	_____ \$
32	Bumper plates – 25 lbs (pairs)	54	_____ \$	_____ \$
33	Bumper plates – 10 lbs (pairs)	40	_____ \$	_____ \$
34	Metal plates – 45 lbs (pairs)	24	_____ \$	_____ \$
35	Metal plates – 5 lbs (pairs)	62	_____ \$	_____ \$
36	Metal plates – 2.5 lbs (pairs)	62	_____ \$	_____ \$
37	Plate storage – Vertical on Wheels	4	_____ \$	_____ \$
38	Plate storage – Horizontal on Wheels (tree)	4	_____ \$	_____ \$
39	Safety collars (pairs)	114	_____ \$	_____ \$
40	Olympic bar storage accessory	3	_____ \$	_____ \$

**Annex "B"**  
**BASIS OF PAYMENT**

**2. Free weights (cont'd)**

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
41	Set of dumbbells: 5 to 50 lbs	1	_____ \$	_____ \$
42	Set of dumbbells: 55 to 75 lbs	1	_____ \$	_____ \$
43	Set of dumbbells: 55 to 100 lbs	2	_____ \$	_____ \$
44	Storage rack for dumbbells – 2 tiers	5	_____ \$	_____ \$
45	Storage rack for dumbbells – 3 tiers	3	_____ \$	_____ \$
46	Hex dumbbell 10 lbs (pairs)	15	_____ \$	_____ \$
47	Hex dumbbell 15 lbs (pairs)	15	_____ \$	_____ \$
48	Hex dumbbell 20 lbs (pairs)	12	_____ \$	_____ \$
49	Hex dumbbell 25 lbs (pairs)	12	_____ \$	_____ \$
50	Hex dumbbell 30 lbs (pairs)	10	_____ \$	_____ \$
51	Barbells – 20 lbs	6	_____ \$	_____ \$
52	Barbells – 30 lbs	6	_____ \$	_____ \$
53	Barbells – 40 lbs	6	_____ \$	_____ \$
54	Barbells – 50 lbs	6	_____ \$	_____ \$
55	Barbells – 60 lbs	6	_____ \$	_____ \$
56	Barbells – 70 lbs	6	_____ \$	_____ \$
57	Set of barbells: 20 to 100 lbs	1	_____ \$	_____ \$
58	Storage rack for standard barbells	1	_____ \$	_____ \$
59	Kettlebell – 18 lbs	12	_____ \$	_____ \$
60	Kettlebell – 26 lbs	18	_____ \$	_____ \$
61	Kettlebell – 35 lbs	22	_____ \$	_____ \$
62	Kettlebell – 44 lbs	22	_____ \$	_____ \$
63	Kettlebell – 53 lbs	12	_____ \$	_____ \$

**Annex "B"**  
**BASIS OF PAYMENT**

**2. Free weights (cont'd)**

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
64	Kettlebell – 62 lbs	12	_____ \$	_____ \$
65	Kettlebell – 70 lbs	8	_____ \$	_____ \$
66	Kettlebell – 80 lbs	8	_____ \$	_____ \$
67	Kettlebell – 88 lbs	8	_____ \$	_____ \$
68	Kettlebell – 97 lbs	8	_____ \$	_____ \$
69	Kettlebell storage accessory – 3 tiers	4	_____ \$	_____ \$
	<b>Delivery</b> as described in Appendix A-Requirement, Section 4	Lot		_____ \$
	<b>Installation</b> as described in Appendix A-Requirement, Section 4	Lot		_____ \$

Notes:

-The bidder may provide prices for only one category.

**-The bidder must provided a price for each item of a same category.**

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### 3. Accessories

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
70	Stability ball – 55 cm	6	_____ \$	_____ \$
71	Stability ball – 65cm	6	_____ \$	_____ \$
72	Jump rope	10	_____ \$	_____ \$
73	Bodyblade	2	_____ \$	_____ \$
74	Lacrosse ball	20	_____ \$	_____ \$
75	DynaDisc balance cushion	10	_____ \$	_____ \$
76	Balance pad	2	_____ \$	_____ \$
77	Gliders	10	_____ \$	_____ \$
78	Ankle strap	10	_____ \$	_____ \$
79	Squat pad	7	_____ \$	_____ \$
80	Step kit	2	_____ \$	_____ \$
81	Fat grip	4	_____ \$	_____ \$
82	Power Web hand exerciser – Ultra light	1	_____ \$	_____ \$
83	Power Web hand exerciser – Light	1	_____ \$	_____ \$
84	Power Web hand exerciser – Medium	1	_____ \$	_____ \$
85	Power Web hand exerciser – Heavy	1	_____ \$	_____ \$

### Annex "B" BASIS OF PAYMENT

#### 3. Accessories (cont'd)

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
86	Power Web hand exerciser – X-heavy	1	_____ \$	_____ \$
87	Power Web hand exerciser – XX-heavy	1	_____ \$	_____ \$
88	Mats for stretching	3	_____ \$	_____ \$
89	Agility ladder	2	_____ \$	_____ \$
90	Plyometric hurdle	1	_____ \$	_____ \$
91	Plyometric hurdle, adjustable height	5	_____ \$	_____ \$
92	Rubber turf base and speed pole	8	_____ \$	_____ \$

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Amd. No. - N° de la modif.  
File No. - N° du dossier  
MTA-1-44070

Buyer ID - Id de l'acheteur  
MTA 280  
CCC No./N° CCC - FMS No./N° VME

93	Gym timer	5	_____ \$	_____ \$
94	White board on rollers	13	_____ \$	_____ \$
95	Wall-mounted white board	2	_____ \$	_____ \$
96	Scale	2	_____ \$	_____ \$
97	Cones	50	_____ \$	_____ \$
98	Foam roller	60	_____ \$	_____ \$
99	Foam roller storage accessory	1	_____ \$	_____ \$
100	Platform truck	10	_____ \$	_____ \$
101	Balance bench	4	_____ \$	_____ \$
102	Hip thrust bench	2	_____ \$	_____ \$
103	45-degree back extension	1	_____ \$	_____ \$
104	Long incline bench	1	_____ \$	_____ \$
105	Decline bench	1	_____ \$	_____ \$
106	Landmine	2	_____ \$	_____ \$
107	Weighted vest – 25 lbs	2	_____ \$	_____ \$
108	Weighted vest – 35 lbs	2	_____ \$	_____ \$
109	Weighted vest – 45 lbs	4	_____ \$	_____ \$

**Annex "B"**  
**BASIS OF PAYMENT**

**3. Accessories (cont'd)**

#	Items required	Quantity (A)	Unit price (B)	Total price (A) x (B)
110	Stand for weighted vests	1	_____ \$	_____ \$
111	Weighted backpack	1	_____ \$	_____ \$
112	Mini loop band 9" – Red – Light resistance	10	_____ \$	_____ \$
113	Mini loop band 9" – Blue – Medium resistance	10	_____ \$	_____ \$
114	Mini loop band 9" – Green – Heavy resistance	10	_____ \$	_____ \$
115	Bands – Red	52	_____ \$	_____ \$
116	Bands – Black	12	_____ \$	_____ \$

117	Bands – Purple	32	_____ \$	_____ \$
118	Bands – Green	18	_____ \$	_____ \$
119	TheraBand – Beige – Super light – 50 yards	1	_____ \$	_____ \$
120	TheraBand – Yellow – Light – 50 yards	1	_____ \$	_____ \$
121	TheraBand – Red – Medium – 50 yards	1	_____ \$	_____ \$
122	TheraBand – Green – Heavy – 50 yards	1	_____ \$	_____ \$
123	TheraBand – Blue – Extra heavy – 50 yards	1	_____ \$	_____ \$
124	Adjustable bench	50	_____ \$	_____ \$
125	Press down rope	22	_____ \$	_____ \$
126	Seated row triangle	22	_____ \$	_____ \$
127	Lat pulldown bar	20	_____ \$	_____ \$
128	Metal handle for pulley	6	_____ \$	_____ \$
129	Ankle pulley strap	8	_____ \$	_____ \$
130	Storage unit for pulley accessories	2	_____ \$	_____ \$
131	War bar	70	_____ \$	_____ \$
132	War bar storage accessory	2	_____ \$	_____ \$
133	Rollers for war bar storage	2	_____ \$	_____ \$
	<b>Delivery</b> as described in Appendix A-Requirement, Section 4	Lot		_____ \$
	<b>Installation</b> as described in Appendix A-Requirement, Section 4	Lot		_____ \$

Notes:

-The bidder may provide prices for only one category.

**-The bidder must provided a price for each item of a same category.**

Solicitation No. - N° de l'invitation  
W3380-21GG108/A  
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File No. - N° du dossier  
MTA-1-44070

Buyer ID - Id de l'acheteur  
MTA 280  
CCC No./N° CCC - FMS No./N° VME

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## **ANNEX "C"- ELECTRONIC PAYMENT INSTRUMENTS**

The Bidder accepts any of the following Electronic Payment Instrument(s):

- VISA Acquisition Card;
- MasterCard Acquisition Card;
- Direct Deposit (Domestic and International);
- Electronic Data Interchange (EDI);
- Wire Transfer (International Only);
- Large Value Transfer System (LVTS) (Over \$25M)

