

Recreation Center Expansion Project
Equipment Bid Package

Item	Item Description	Acceptable Make/Model Of Equipment	Add. Qty	Unit
FREE WEIGHT ROOM		Cybex Olympic Weight line, Hammer Strength Olympic line, Technogym Pure Strength Line, Matrix Magnum Series, Roger's Athletic Line		
1	Olympic Flat Bench w/ storage	We do not want breaker benches	7	ea
2	Olympic Incline Bench preferred w/ storage	We do not want breaker benches	5	ea
3	Olympic Decline Bench preferred w/ storage	We do not want breaker benches	2	ea
4	3 Way Olympic Bench	If your line does not have this, we will accept another flat bench	1	ea
5	Leg Press		1	ea
6	Standalone Olympic Platforms		4	ea
7	GV Graphics in Platforms	Need to be approved GV logo	4	ea
8	Power Racks w/o platforms		2	ea
9	Bumper Plates	Black in color for all weights		
10	10 lbs		8	set
11	25 lbs		8	set
12	35 lbs		8	set
13	45 lbs		8	set
14	Bumper Plate Rack		4	ea
15	Smith Machine		1	ea
16	Hax Squat Machine		1	ea
17	Pressing Chair		1	ea
18	Adj. Incline Bench		2	ea
19	Dip/Leg Raise/Chin Machine		2	ea
20	Fixed Barbell Set (20lbs-110lbs)		1	set
21	Fixed Barbell Rack		1	ea
22	Dumbbells	Perferred ones that look similar to our current inventory (Troy Rubber Encased)		
23	10 lbs		3	set
24	12 lbs		1	set
25	15 lbs		1	set
26	20 lbs		1	set
27	25 lbs		1	set
28	30 lbs		2	set
29	35 lbs		1	set
30	45 lbs		1	set
31	50 lbs		2	set
32	55 lbs		2	set
33	60 lbs		2	set
34	65 lbs		3	set
35	70 lbs		3	set
36	75 lbs		3	set
37	80 lbs		2	set

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38	85 lbs		2	set
39	90 lbs		2	set
40	95 lbs		2	set
41	100 lbs		1	set
42	105 lbs		1	set
43	110 lbs		1	set
44	115 lbs		1	set
45	120 lbs		1	set
46	125 lbs		1	set
47	130 lbs		1	set
48	Dumbbell Rack(holds 30 dumbbells each)		3	ea
49	Lock Jaw Collars	Lock Jaw	50	set
50	Squat Rack Pads for Bars		5	ea
51	Hex Bar		2	ea
52	Olympic Weight Bar (45lbs, 7 ft long)		23	ea
53	Olympic Plate w/3 hole grip(255lbs per each machine)	Perferred ones that look similar to our current inventory (Troy Rubber Encased)		
54	2.5 lbs		38	set
55	5 lbs		76	set
56	10 lbs		38	set
57	25 lbs		38	set
58	35 lbs		38	set
59	45 lbs		38	set
60	Plyo Boxes (set of 3)		1	set
61	Landmine		1	ea

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SELECTORIZE EQUIPMENT

1	Fly/Rear Delt Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
2	Leg Curl Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
3	Triceps Press Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
4	Shoulder Press Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
5	Seated Leg Press Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
6	Seated Leg Curl Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
7	Row/Rear Delt Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
8	Lateral Raise Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
9	Leg Extention Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
10	Glute Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
11	Chest Press Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
12	Calf Extention Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
13	Biceps Curl Machine	Life Fitness Signature Series, Cybex Total Access	1	ea

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14	Assisted Dip/Chin Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
15	Cable Motion Dual Adjustable Pulley Machine	Life Fitness Signature Series, Cybex Total Access	2	ea
16	Multi-Jungle Lat Pull	Life Fitness Signature Series, Cybex Total Access	1	ea
17	Hip Abduction Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
18	Hip Adduction Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
19	Leg Raise Machine	Life Fitness Signature Series, Cybex Total Access	1	ea
20	Adjustable Bench	See Free Weight Room Section on line 18	1	ea
21	Decline Bench	See Free Weight Room Section on line 18	1	ea

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CARDIO EQUIPMENT

1	Treadmills(Want 19 total in bid. Of 19, below is the breakdown)		19	ea
	(9) Traditional console	Cybex 790T, Precor TRM835, Matrix T5x, Life Fitness 97T, Technogym 900	9	ea
	(8) Have personal viewing screens/touch screens	Cybex 770T, Precor TRM885, Matrix T7xe, Life Fitness Discover SE Tablet 19", Technogym 900 U	8	ea
	(2) Accessable machines	Technogym Run MD Inclusive, Cybex Total Access Treadmill, or other accessable options	2	ea
2	Woodway Treadmills	Woodway - Curve or 4Front	4	ea
3	Ellipticals (Want 20 total in bid. Of 20, below is the breakdown)		20	ea
	(10) Have personal viewing screens	Precor EFX 885 (5), Precor EFX 883 (5), Life Fitness Elevation Series 19" screens (10)	10	ea
	(6) Require no external power	Precor EFX 835 (3), Precor EFX 833 (3), Life Fitness Integrity Series CLSX traditional console (6)	6	ea
	(4) Ellipticals/Cross Trainers	Octane XTOne, Precor AMT, Technogym Excite +Vario, Cybex Arc Trainer	4	ea
4	Total Body Cross Trainers (ARC Trainers)	Cybex ARC Trainers	2	ea
5	Stairmasters Stepmills	Precor Stairmaster	2	ea
6	Upright Bikes		10	ea
	(10) Self Powered for all without tv's/personal viewing screens	Matrix UIX, Cybex 625C, Precor UBK 835, Life Fitness Integrity Series, Techno 700SP	10	ea
7	Recumbent Bikes		3	ea
	(3) Have personal viewing screens/tv's	Matrix R7xi, Precor RBK 885, Cybex 770R, Life Fitness Discover SE Tablet 19", Technogym 700 U	3	ea
8	Upper Body Ergometer		1	ea
	(1) Self Powered	Technogym "Top" 700 Unity, Life Fitness Scifit Pro1000Sport, Matrix Crankcycle, other accessab	1	ea
9	Octane Lateral X	Octane Lateral X	1	ea
10	Jacob's Ladder 2	Jacob's Ladder 2	2	ea

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FUNCTIONAL TRAINING EQUIPMENT

1	Plyo Boxes (5-7 sq ft)		1	set
2	Kettle Bells w/ rack		1	set
3	Medicine Balls (5lbs-25lbs) w/rack	Slam Balls - SPRI	1	set
4	FreeMotion Dual Cable Cross	FreeMotion Dual Cable Cross	1	ea
5	Adjustable Bench	Match other benches you are quoting	3	ea

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6	Dumbbells	Preferred to have a consistent look with free weight room		
7	5 lbs		2	set
8	10 lbs		2	set
9	12 lbs		2	set
10	15 lbs		2	set
11	20 lbs		2	set
12	25 lbs		2	set
13	30 lbs		2	set
14	35 lbs		2	set
15	40 lbs		2	set
16	45 lbs		2	set
17	50 lbs		2	set
18	55 lbs		2	set
19	60 lbs		2	set
20	Dumbbell Rack(holds 30 dumbbells each)		2	ea
21	Dip Station(floor mounted)	See Free Weight Room Section on line 19	1	ea
22	Surge 360	Surge 360	1	ea

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SPIN ROOM

1	Spin bikes	StarTrac 7190 SpinnerBlade Spin Bikes	5	ea
2	Krank Cycle	Krank Cycle	4	ea
3	Kettle Bells w/ rack		1	set
4	Medicine Balls (8 lb, 10lb, 15lb, 20lb) w/ rack for storage	Slam Balls - SPRI	4	set