

**GVSU RFP 216-28 New Equipment List Specifications**

**FREE WEIGHT ROOM**

	Item Description	Acceptable Make/Model Of Equipment	Qty	Unit
		Cybox 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
38	85 lbs		2	set
39	90 lbs		2	set
40	95 lbs		2	set



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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

#### CARDIO EQUIPMENT

	Item Description	Acceptable Make/Model Of Equipment	Qty	Unit
1	Treadmills(Want 19 total in bid. Of 19, below is the breakdown)		19	ea
	(9) Traditional console	Cybox 790T, Precor TRM835, Matrix T5x, Life Fitness 97T, Technogym 900	9	ea
	(8) Have personal viewing screens/touch screens	Cybox 770T, Precor TRM885, Matrix T7xe, Life Fitness Discover SE Tablet 19", Technogym 900 Unity	8	ea
	(2) Accessable machines	Technogym Run MD Inclusive, Cybox 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, Cybox Arc Trainer	4	ea
4	Total Body Cross Trainers (ARC Trainers)	Cybox 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, Cybox 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, Cybox 770R, Life Fitness Discover SE Tablet 19", Technogym 700 Unity	3	ea
8	Upper Body Ergometer		1	ea
	(1) Self Powered	Technogym "Top" 700 Unity, Life Fitness Scifit Pro1000Sport, Matrix Crankcycle, other accessable options	1	ea
9	Octane Lateral X	Octane Lateral X	1	ea
10	Jacob's Ladder 1	Jacob's Ladder 1	2	ea

#### FUNCTIONAL TRAINING EQUIPMENT

	Item Description	Acceptable Make/Model Of Equipment	Qty	Unit
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
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
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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

**SPIN ROOM**

	Item Description	Acceptable Make/Model Of Equipment	Qty	Unit
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