Souris Regional School

15 Longworth Street, Souris, PE, C0A 2B0

AUXILIARY GYM

Any quotes on alternates must be accompanied by detailed specifications, product names, gauges, core densities, finish types, etc.

"Equal or Better Than Model", is to establish quality and construction standards comparisons only and is not meant to exclude any products for consideration.

All Bidders must be willing to provide an "on site" sample that is the same as or equal to the specified product.

All prices guaranteed through delivery (January 2015)

Delivery date: January 6, 2015

All prices DELIVERED, INSTALLED AND ASSEMBLED ON SITE.

Assembly and Installation complete by January 8, 2015

Contact: Sharon McIntosh

Telephone: 902-687-7130

	Item	Quantity	Description	Equal to or better than	Price per unit	Total
1	Power Rack	2	EXTREME MONKEY COMMERCIAL POWER RACK…Dimensions: (L) 77.4" (W)69 " (H) 96.1' with chin up bars, plate storage, pins for core/resistance training, pin adjusted safety bars	XTREME MONKEY COMMERCIAL POWER RACK		
2	Flat Bench	2	TORQUE OLYMPIC FLAT BENCH…Dimensions: (L) 53.9 " (W) 49.4 " (H) 49.4 " with plate storage	TORQUE OLYMPIC FLAT BENCH MOFB		
3	Flat Bench	2	ELEMENT FITNESS FLAT BENCH E500-860FB…Dimensions (L) 48 " (W) 25 " (H) 18 " with handle and wheels for transportation and rubber footing for floor protection	ELEMENT FITNESS FLAT BENCH E-500-860FB		
4	Leg Extension/Curl	1	ELEMENT FITNESS LEG EXTENSION/LEGCURL…Dimensions: (L) 48.5 " (W) 48 " (H) 60 " with 250 lb pin adjusted weight stack, solid steel cams, 1 1/2 " x 3 " 11 gauge steel oval tubing, and full length double shrouds	ELEMENT LEG EXTENSION/LEG CURL E-600-PL9019		
5	Leg Press	1	ELEMENT FITNESS 45 LEG PRESS E-600-IT7020 …Dimensions: (L) 86.6 " (W) 40 " (H) 58.8 " with industrial grade linear bearings, plate storage, maximum capacity 980 lbs	ELEMENT 45 LEG PRESS E-600-IT7020		
6	Bench	2	ELEMENT FITNESS COMMERCIAL BENCH E-500-824FID…Dimensions: (L) 53 " (W) 24 " (H) 54 " with 0 - 80 degree adjustment, pin seat adjustment, rubber feet for floor protection	ELEMENT FITNESS COMMERCIAL BENCH E-500-824FID		

7	4 Stack Multi-Station	1	ELEMENT FITNESS 4 STACK MULTI - STATION WITHOUT SHROUDS E-600-IT9327…Dimensions: (L) 132 " (W) 82.3 " (H) 91.8 " with 275 lb weight stacks, solid steel cams, 1 1/2 " x 3 " 11 gauge oval tubing construction, fully adjustable pulley columns	ELEMENT 4 STACK MULTI-STATION WITHOUT SHROUD E-600-IT9327		
8	Dumbbell Rack	2	BODYSOLID 2 TERI DUMBBELL RACK GDR60…Dimensions: (L) 62 " (W) 23 " (H) 32 " with heavy duty 2 " x 3" main frame tubing construction	BODYSOLID 2 TIER DUMBBELL RACK GDR60		
9	Treadmill	2	TRUE PS900 TREADMILL…Physical Specifications: Footprint (L) 82.5 " (W) 39.5 "…Running Surface: (L) 60 " (W) 22 "…Maximum User Weight: 350 lbs…Incline Range: 0 - 15 degrees…Front Transport Wheels…Drive Motor: True 4hp DC…Incline Motor: Elevation motor w/ 1000 lb thrust...Speed Sensor: Magnetic reed sensor...Power Source: 115 volt/15 amp dedicated (NEMA 5-15 power receptacle) 10 ' power cord 220v option available...Exercise Surface: Deck: Melamine laminated 1" medium density fiberboard...Belt: Multiply polyester belt with PVC surface...Rollers: 3 " diameter crowned rollers...Impact System: True soft system (neoprene shock absorbers)...Lubrication: True proprietary lubricant "Silax"...Frame: Roboticall welded heavy gauge steel...Pedestals: Roboticall welded heave gauge steel...Handrails: Flared protective dipped foam handrails...Console: Display type: 7" single window LCD...Communications: CSAFE power... Key type: Membrane/mechanical hinge...Command keys: Express, HRC cruise control...Data readouts: Speed, Incline, Elapsed time, Distance, Pace, Heart rate, Target heart rate, METs, Calories...Diagnostics: Yes...Heart Rate: Contact heart rate monitoring, wireless polar compatible, 1 Target HRC, HRC cruise control...Programming: Workouts: 6 Preset, 2 Custom...Fitness test Gerkin Protocol...Other Features: Safety: Safety clip equipped, extended handrails, large straddle covers	TRUE PS900 TREADMILL		
10	Hex Set	1	5 LB - 100 LB ORGANIC RUBBER HEX DUMBBELL SET…	5-100 lb Organic Rubber Hex Set		
11	Commercial Bumper	1	500 lb Commercial Bumper	5oo lb Commercial Bumper		
12	Preacher Curl	1	BODY SOLID PREACHER CURL BENCH BS-GPCB329…Dimensions: (L) 41 " (W) 31 " (H) 35 " fully adjustable with 2 " x 3 " steel tubing main frame	BODYSOLID PREACHER CURL BS-GPCB329		
13	AB Board	1	BODY SOLID PRO STYLE AB BOARD BS-GAB60…Dimensions: (L) 54 " (W) 24 " (H) 52 " fully adjustable with 2 " x 2 " steel tubing main frame	BODYSOLID PRO STYLE AB BOARD GAB60		

14	Elliptical	1	TRUE LC9E200- 2 WINDOW ELLIPTICAL…Physical Specifications: Footprint: (L) 61 " (W) 35 " Active Footprint: (L) 73" (W) 35"…Maximum user weight: 350 lbs…Workload range: 30 - 450 watts…Step up height: Footskate lowest position 10"…Portability: 2 Front transport wheels, 2 Rear removable transport handles...Drive System: Self Generating...Resistance Source: Hybrid self generating brake...Exercise Surface: Stride length: Fixed 21"...Footpad material: Soft step cushioned anti fatigue material removable for easy cleaning...Frame: Robotically welded steel...Handrails: Sweat resistant custom dipped material...Console: 2 window LCD...Key Type: Membrane...Data Readouts: Elapsed time, time remaining, distance RPM, heart rate, target heart rate, work level, watts, METs, calories...Message Center: 17 Character Alphanumeric...HRC: Yes,1... Programming: Workouts: 7 Preset...Special Programs: Mix 3	TRUE LC900E2W 2 WINDOW ELLIPTICAL		
15	Bosu	5	BOSU PRO COMMERCIAL BALL with extra heavy bladder, dual molded platform, non - skid / marking base	BOSU PRO COMMERCIAL		
16	Anti-Burst Ball	5	COMMERCIAL 65 CM ANTI-BURST BALL with 550 lb user rating			
17	Medicine Ball Rack	1	STRENGTH ARMOUR MEDICINE BALL RACK - 5 BALL TR201…Dimensions: (H) 55 " (W) 21 " with capacity to hold 8, 10 12, 16, 20 lb balls	STRENGTH MEDICINE BALL RACK - 5 BALL TR201		

18	Upright Bike	1	TRUE LC 900 UPRIGHT BIKE: Specifications…(L) 43 ", (W) 25 "…Maximum User Weight: 350 lbs…Resistance Levels: 30 Workload Levels…Truespeed fine control, bike simulation, conventional 10 watt increments…Workload Range: 40-400 watts…Front transport wheels, Programming: Workouts...10 - 19 preset, 3 - 5 custom, Drive System: 120 volt/15 amp with self generating option, dual stage drive system with poly v belts, one piece forged steel crank system with sealed bearings, hybrid self generating brake, Frame: Roboticall welded heavy duty tubular steel, weighted pedals with integrated ratcheting strap, protective dipped foam handlebars, ergonomic seat with 15 position settings, Console: 15 " touch screen (LC900-U15T), 2 window LCD (LC900-U2W)...elapsed time, time remaining, distance, distance remaining, pace (rpm), heart rate, target heart rate, workload level, watts, mets, calories, calories/hour, segment time remaining data readouts... Diagnostics: yes...Heart Rate: contact heart rate monitoring, wireless polar equipped	TRUE LC900 UPRIGHT BIKE		
19	Olympic Bar	6	XM 7' 1500 Lbs, 28 mm Olympic Bar			
20	Curl Bar	2	CAP 2" SOLID EZ CURL BAR with 2 Collars OB-47			
21	Hex Bar	1	OLYMPIC HEX BAR 56"			
22	Flex Tube	3	ELEMENT FLEX TUBE (5 Level Set)			
23	Olympic Swiss Bar	1	XTREME MONKEY COMMERCIAL SWISS BAR			
24	Olympic Plates	1	2870 lbs STANDARD OLYMPIC PLATES			