

Appendix-I

Sr.No	Name of Item	TECHNICAL FEATURES:	Qty.
1	Motorized Treadmill	<ul style="list-style-type: none"> • Motor Power: 3.0-5.0 HP AC Continues / 5-8 HP Peak. Motor should be noiseless • Speed range : 0 to 20 km/hr • Running belt area: min 60”(L) X 21”(W) inches • Recommended maximum user weight: up to 150 kgs. • Console: Digital display. It should display heart rate, elevation, time, distance, speed and calories. • Heart rate control with hand grip pulse sensor. Programs: minimum 15 programs including 1 manual Inclination: 0% to 20%. • Elevation type: Automatic. • Quick speed and elevation buttons on console. Belt: High density 2-ply urethane. • Shock absorption: 6-8 point deck suspension/Anti sock. • MP3 socket and two inbuilt high fidelity speakers • Safety key stop • Wheels for transportation 	3
2	Elliptical trainer	<ul style="list-style-type: none"> • Programmable magnetic resistance system • Strides- min 20 inches long stride for workout • Resistance Level : minimum 16 Levels • Flywheel : 10-15 kg precision balanced • Display readouts: Time, Distance, RPM, Speed, Level, Calories, Pulse and Programs- (Minimum 15) Programs, including 1 Manual, 4 HRC. • Pedals: self-balancing, close spacing, enlarge, impact-absorbing, gentle movements. • Console: Digital display, it should display time, distance, RPM, calories, speed, pulse. • User Weight: up to 140 Kgs. • Mode/set option: Time, distance, calories and pulse can be set as per user requirements. • Transportation: should have Transportation wheels for movement. • Step up height: min 12 inches easy step up height. • Frame structure: Arched support frame for maximum durability and stability. • Accessory holder: should have accessory holder. • Should be rust proof. 	2

3	4 station Multi Gym Unit	<ul style="list-style-type: none"> • Frame Structure: Combination of high tensile strength steel, continuous welded factory assembled weight frame. • Tubes size Minimum 100 mm x 50 mm and tube, Gauge: 3.0 mm weight stack: 200 X 4 =800 lbs (Minimum) • Weight plates; PVC weight plates, Fiber protective weight stack enclosure. • Weight Guide Rods: 20 mm (minimum) chrome plated solid steel, Highly polished rods with weight selector pin • Pulley Size: 115 mm Grips; • Hand Grips: High density foam rubber hand grips. • All frames Structures Electro Statically powder coated to ensure Maximum Corrosion and chip Resistance. • Should be rust proof. 	1
4	Recumbent bike	<ul style="list-style-type: none"> • Maximum 350 Watts • Resistance Level: 16 levels. Resistance system: Electro Magnetic Resistance. • Should be programmable with preset facility,. • Drive system: Centre Design Drive, Super Silent poly- V belt driven • Fly Wheel with Precision Balanced. • Seat with sliding adjustment. • Centre of gravity: Low COG combined with balanced frame prevents rocking. • In- Built Hand Grip pulse sensor provided with handle grip enable to the cardio monitoring on board. • Display: LCD • User weight: minimum 120 Kgs. • Transportation wheels for easy movement. • Should have Accessory holder. • Rating: Commercial. • Frame Structure: Sturdy and stable steel frame construction/arched support frame for maximum durability and stability. • Frame finishing: proprietary two coat powder process. • Should be rust proof. 	1
5	Seated Leg Press	<ul style="list-style-type: none"> • Weight plates-200 lbs. • Frames should be of high tensile strength steel, • All frames structures electro statically powder coated to ensure maximum corrosion and chip resistance. 	1

6	Leg curl	<ul style="list-style-type: none"> • Frame: High tensile strength steel, continuous welded, factory assembled weight frame. • Weight Guide Rods: 25 mm, Chrome plated steel, highly polished for smooth movements. • Pulley: Fiber glass reinforced nylon pulleys with high quality bearing. • Cable: 05mm diameter. • Cushioning: Top grade 2" foam high density cushioning. • Rust proof: Electro statically applied powder coated. • Weight plate: Rubberized weight plate make noiseless work out. • Weight Stack: 60 kg minimum. • User Weight: 120 Kgs. 	1
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