




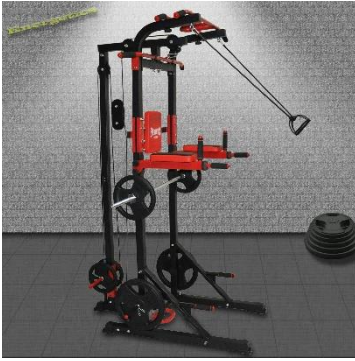













A. TECHNICAL SPECIFICATIONS



No	Item	Description	Quantity	Reference Picture
1	Treadmill	<p>Treadmill foldable - 22 km / h & 99 programs, LCD display - exercise bike electrically 150 kg loadable - fitness machine 3 HP motor: Foldable exercise bike: foldable walking surface. 99 programs & incline: 99 different training programs and incline adjustable in 22 levels. Ideal for beginners, adults, or seniors. Up to 22 km / h. LCD display: Electric treadmill equipped with a modern 7-inch LCD screen. Display of speed, distance, time & pulse as well as setting of training program and music volume. Pulse sensors & safety key: Pulse sensors integrated in the handles of the home trainer. For optimal control over heart rate. Safety key for interrupting your run in the event of a fall.</p>	4.00	
2	Stationary vertical Bicycle	<p>Ergometer vertical exercise bike, with 13 kg flywheel mass, load capacity up to 180 kg, with fully adjustable resistance adjustment system, indoor bike with LCD data monitoring</p>	4.00	
3	Stationary horizontal Bicycle	<p>Ergometer horizontal exercise bike, with 8 kg flywheel mass, load capacity up to 115 kg, with fully adjustable resistance adjustment system, indoor bike with LCD data monitoring</p>	4.00	

4	Rowing Machine	<p>Rowing machine; with magnetic braking system; Bluetooth, foldable, 8 resistance levels, flywheel mass 8kg, ball bearing rowing seat. Training: incl. Large and tilt-adjustable LCD computer for information to total rowing strokes, calorie consumption, impact frequency, stroke frequency of the current training session, time, pulse and distance Details: Ball bearing and comfortable rowing seat with high-quality aluminium roller rail / user weight up to 150 kg / dimensions approx. 190 x 51 x 77 cm (L x W x H) / Folded dimensions approx. 95 x 51 x 122 cm (L x W x H)</p>	2.00	
5	Battle Rope	<p>Battle Rope with Attachment Strap, 100% Poly Dacron 9/12/15 Metres, Diameter 38/50, Ideal for CrossFit, Strength Training, Cardio Training</p>	2.00	
6	Power Rack	<p>Advanced Power Tower/Power Rack, Multifunctional Power Station for Versatile Training, Lat Pull Up Bar Dip Station, Home Gym, Pull Up Bar Dip Station, Height Adjustable; 1 compact device, 7 varied workouts: to train pull-ups, push-ups, dips, triceps training, abdominal training, back training and sit-ups/crunches; Comfort during training: foam coated brackets for sit-ups, non-slip coated handles for push-ups and pull-ups, soft padded, adjustable arm rests and backrest; Dimensions of the assembled power station (W x D x H): approx. 86 x 123 x 193 - 228 cm (adjustable to 7 heights) - Materials: steel, PU, foam - for users up to 150 kg weight - Colour: black-red; Built-in 4 hooks for sling/suspension training - Full body training station: abdomen, back, shoulders, arms, chest, buttocks and legs are required depending on your workout</p>	4.00	

7	Dumb, - Barbell Set	2-in-1 Dumbbell & Barbell Set 30 kg, 4 x 1.25 kg, 4 x 1.5 kg, 4 x 2.0 kg, 4 x 2.5 kg Weights, 2 x Handlebars, Plastic Weight Plates for Weight Sports,	4.00	
8	Weight Bench	Foldable weight bench 1080 with barbell set with three bar weights 30/60/90 kg	4.00	
9	Kettlebell Set	Kettlebell Weight Set: 4-20 kg Cast Iron Kettlebell for Strength Training and Cross Training, Swing Barbell Suitable for Tearing and Pushing	4.00	
10	Floor Mat	Extra Thick 2 cm Floor Protection Mat Fitness 60 x 60 cm Protective Mats Puzzle Floor Mat Underlay Mat for Gym and Fitness Equipment Fitness Mat Gym Mat Sports Mat Training Mat	150.00 m2	

<p>11</p>	<p>Punch Bag</p>	<p>Adult Freestanding Punch Bag MMA Boxing Partner Boxing Trainer Heavy Duty Punch Bag with Suction Base; Kickboxing bag, standard for adults, Stand 69" / 175 cm high, bag diameter 10" / 26 cm; suitable for people with a body height of 1.20-1.85 m / 4-6'). Dampening system: dual TPU and Federex4 absorbing dampeners reach up to 360-degree shock absorption; Sturdy floor suction base, with 12 strong suction cups under the underside to stop the movement of the base. Weight: approx. 137 lbs when filled with sand, approx. 400 lbs; High-quality material: stainless steel tube holder enclosed in a multi-layered construction: 2mm thick PU leather, high density EPE foam, eco-friendly fabric. Tear-resistant, quick bounce force, safe against long-term impacts of kick and knocks.</p>	<p>3.00</p>	
<p>12</p>	<p>Wall Bars</p>	<p>Wall bars: double field and empty field, frame made of solid pine wood; rungs made of ash hardwood; rungs cross-section 3.3 x 4.3 cm; 1st + 3rd rung in front; Manufactured according to sports equipment standard; Ground surface; Painted with environmentally friendly water-based paint; Dimensions (HxW): 280 x 200 cm</p>	<p>6.00</p>	
<p>13</p>	<p>Pull Up Bar</p>	<p>Pull-up bar for hanging in wall bars; Product Features: Sturdy metal construction; Ash rung (Ø 3.5 cm) made of hardwood; Foldable; Measurements: 90 cm wide</p>	<p>4.00</p>	 <p>Abbildung zeigt Zubehör</p>

14	Sloping Board	<p>High-quality sloping board for hanging in wall bars; Product Features: Multiplex; foot restraint strap; Upholstery & Colours: Unupholstered with foam, more upholstered synthetic leather cover - natural colour; Dimensions (HxW): 200 x 40 cm</p>	4.00	
15	Stair climber	<p>Innovative 2-in-1 Stepper and Vertical Climber, Fitness, Climbing Movements, Hinged, Multi-functional with Anti-Slip Design and Folding System, Ideal for HIIT and Total Body Workout; dimension 93 x 73 x 213; Multifunctional display with showing calories and step counter.</p>	2.00	
16	Total core twister	<p>Health Gear Body Shaping Twisting Waist Machine, Twisting Waist Machine, Blue Body Shaping Twister Rotating Board Female Twister Sports Equipment for Training Legs and Waist Core Workout</p>	4.00	
17	Exercise Ball	<p>Exercise Ball Anti-Burst Sitting Ball 48 cm - 75 cm Fitness Ball with Ball Pump Pezziball for Yoga Pilates, Balance Exercise Core Training Maximum Load Capacity up to 300 kg</p>	6.00	

18	Fitness Trampoline	Fitness Trampoline , Foldable, Mute Environmental Protection Foot Cover, Indoor/Outdoor Trampoline and Cardio Sports for Children and Adults, Maximum Load is 150 kg	6.00	
19	Beverage Fridge	Beverage Refrigerator with Glass Door ; Capacity 360 litre; compact without freezer, environmentally friendly, Lockable glass door with self-closing mechanism; adjustable shelves, number of shelves 5; 230 volts and 180 watts; defrost system; free standing	2.00	
20	Dance Mirror	Dance Mirror , Mirror Wall for Fitness Sports and Ballet, Premium Glass, 150 x 200 cm. 5 mm thickness; suitable for damp locations; Crystal mirror with polished edges; delivery including fixings	4.00	
21	First Aid Kit/Professional Sport Management Case	Professional Sports Management Case including First Aid Kit , module pockets, sufficient dressing material (DIN 13157) + sports equipment (cooling spray, kinesio and sports tapes etc.) Contents – equipment according to DIN 13157 for first aid + perforated first aid book + an additional content according to sports physiological concept. Includes several pockets for storage; Sports Accessories: Emergency resuscitation aid; Kinesiology tape with instructions (English language); mixed sports tapes (3.8 cm x 10 m); finger tape (2 cm x 10 m) -> for supporting muscles and joints and for fixing bandages; instant cold compresses; cold-warm compresses; Self-adhesive cohesive pad for fixing cooling compresses; ice spray / cooling spray 300 ml and others; Hygiene features: wound	2.00	

		cleaning cloth, alcohol swab, antiseptic hygiene spray, wet wipes, spray plasters etc.		
--	--	----------------------------------------------------------------------------------------	--	--

B. WARRANTY & DOCUMENTS:

- Following issues required -> warranty according to law
- > Data sheets for technical equipment mandatory

C. GENERAL REMARKS AND SPECIAL CONDITION

- Following issues required -> prices should include load, unload and delivery of items
- > Delivery address is Youth Center in Heet city, Anbar Iraq