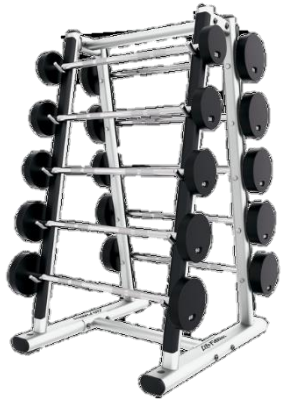


Project Number: 19.1859.8-002

A. TECHNICAL SPECIFICATIONS

GYM equipment				
Item No	Name of Product	Specifications	Quantity	Reference Picture (does not have to be equivalent)
1	Treadmill	Supply Treadmill, up to 22 km / h, 3 HP moto, 150 kg capacity, 99 different training programs and incline adjustable in 22 levels. Ideal for beginners, adults or seniors. Treadmill should be 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 integrated in the handles of the home trainer. Safety key for interrupting run in the event of a fall. Supplied to the delivery location <u>for both male and female halls</u> . Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	5	
2	CHIN/DIP assist	Supply, assemble, and install CHIN / DIP ASSIST device. Approximate dimensions (L*W*H - 132 cm*122 cm*210 cm), Compact, kneeling design saves space for a smaller dimensions in fitness facilities, Four pull-up/chin-up grip options, Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises, Dual-position dip handles (wide and narrow), Weight Stack Standard 95 kg. Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	1	

3	Dumbbell set	Supply a complete dumbbell set, over molded with heavy-duty rubber, have tapered handles, weight range .5 kg - 25 kg including all weights in the range available in market (2 Pcs of each weight). Supplied to the delivery location. Samples must be approved by the supervisor engineer in advance.	1	
4	Dumbbell rack	Supply and install Two-Tier dumbbells rack with the following specifications: holds 10 pairs of dumbbells at least dimensions (D x W x H) cm: 229 x 64 x 84 approx. weight: 125 kg approx. Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	2	
5	Olympic incline bench press	Supply and install Olympic incline bench press with the following specifications: dimensions (D x W x H) cm: 150 x 132 x 150 approx. Machine Weight: 100 kg approx. Max Capacity: 249 kg approx. standard with built-in spotter platform Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	1	
6	Olympic flat bench	Supply and install Olympic flat bench with the following specifications: dimensions (D x W x H) cm: 130 x 132 x 130 approx. Machine Weight: 75 kg approx. Max Capacity: 249 kg approx. Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	1	

7	Barbell Rack	Supply and install Barbell Rack with the following specifications: accommodates 10 fixed barbells Molded urethane guards the frame from paint chips and scratches Approx. dimensions (L x W x H) cm: 97 x 88 x 156 Machine Weight: 77 kg approx. Price includes supplying a complete barbell set according to the weight range specified by the supervisor engineer. Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	1	
8	Leg extension	Supply and install leg extension machine with the following specifications: Approx. Dimensions (L x W x H): 166 cm x 106 cm x 148 cm Live Area (L x W x H): 212 cm x 166 cm x 210 cm approx. Product Weight: 323 kg approx. Max User Weight: 136 kg approx Standard Weight Stack: 130 kg approx Heavy Weight Stack: 152 kg approx Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	1	
9	Pulldown machine	Supply and install pulldown machine with the following specifications: Cables: 7x19 strand construction, lubricated, nylon-coated cable Cushioning: Contoured cushions utilize a molded foam for comfort and durability Frame Description: 11-gauge steel frame ensures maximum structural integrity; Standard rubber feet protect base of the frame and prevent the machine from slipping; Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability Hand Grips: Grips retained with aluminum collars, preventing them from slipping during use, Hand grips are a durable urethane composite Instructional Placards: Easy-to-follow instructions illustrate proper use and muscles trained Pulleys: 4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon	1	

		pulleys feature sealed bearings Shrouds: Standard rear shrouds Weight Plates and Guide Rods: Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings 7/16" (11 mm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss approx. Dimensions (L x W x H): 115 cm x 138 cm x 242 cm Weight: 368 kg approx. Weight Stack Weight: 107 kg approx. Supplied to the delivery location. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.		
10	Stationary vertical Bicycle	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. Supplied to the delivery location <u>for both male and female halls</u>. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	4	
11	Gym mats	Supply high-quality mat, Polyurethane and rubber material, not less than 3 mm thickness, not less than 1.7*0.6 m size. Supplied to the delivery location for female hall. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	8	
12	Elliptical bike	Supply and install elliptical bikes, not less than 215*70*160 cm, oversized pedal, up to 180 kg capacity, Central fixed support handlebars and moving handles, self powered, heartrate monitoring. Supplied to the delivery location <u>for both male and female halls</u>. Assembled at delivery location or delivered completely assembled. Samples must be approved by the supervisor engineer in advance.	4	

B. Delivery

- Anbar/ Faluja

C. Remarks and Condition

- All standard accessories for all offered items should be provided.
- A Technician must be delegated from supplier to assemble, and recheck after maintenance time,

GENERAL REMARKS AND SPECIAL CONDITION

- Supplier must specify delivery time in bid form.
- Catalogues/picture with details and specifications must be provide with the tender submission by bidder for the needed items and GIZ will physically check and approve.
- All physical characteristics in the technical specification description are approximate not exact with minimum requirements.
- Supplying, loading, unloading, transportation is included.
- The supplier shall provide min. 1-year warranty.
- A Technician must be delegated from supplier to assemble and recheck after maintenance time.
- Reference picture are only to recognize and understand the items, not an indication for any model or brand.
- The supplier might be requested for physical checking of the items.