

ANNEX A

SPEKIFIKASI TEKNIKAL SENARAI ALAT KELENGKAPAN BAGI FASA 3

Ser	Name of Equipment	Images/ Samples	Equipment Specifications	Qty
01	Weight Plate Urethane with bumpers.		User Requirement: Preferably adaptable to Hammer Strength Pro Bridge. Weight: Incremental weight from 20lbs to 60lbs.	25lbs – 8pcs 35lbs – 8pcs 45lbs – 8pcs 55lbs – 8pcs
02	Power Bars.		User Requirement: Shaft Diameter: Between 20MM to 30MM. Sleeve Material: High Strength steel with chrome plating. Bar Length: Between 5ft to 7ft.	4pcs

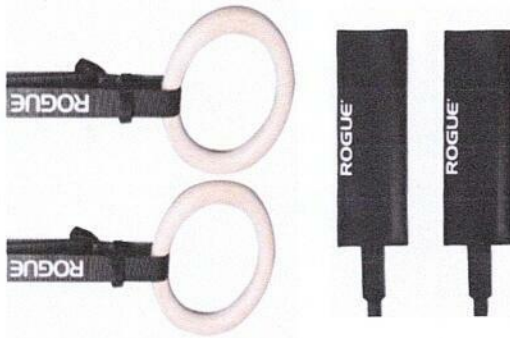


03	Training Bars.		User Requirement: Shaft Diameter: Between 20MM to 30MM. Sleeve Material: High Strength steel with chrome plating. Bar Length: Between 5ft to 7ft.	4pcs
04	12 Side Urethane Barbells/ Curl bars.		User Requirement: Shaft Diameter: Between 20MM to 30MM. Sleeve Material: High Strength steel with chrome plating. Bar Length: Between 5ft to 7ft.	2pcs
05	Heavy Punching Bag complete with stand.		User Requirement: 9" X 6" bag and stand. Adjustable height of bag platform. Dimension: 48" wide and 58" length	10 pcs

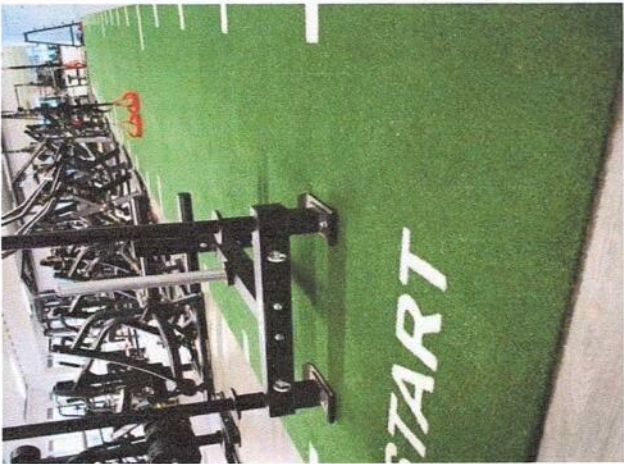


06	Manual Curve Treadmill.		User Requirement: Drive motor: non-motorized Speed range: 1-20mph but more faster speed range is preferable. User capacity: between 150kg to 200kg. Power: Manually Operated and non-electric.	10 pcs
07	Bar Catches (pair) HDA-HR-BP		User Requirement: Features: Provide safety spotter arms. Preferably adaptable to Hammer Strength Pro Bridge. Weight: Can withstand weight between 100kg to 200kg.	4 Sets
08	Power Pivot HAD-PP		User Requirement: Preferably adaptable to Hammer Strength Pro Bridge. Weight: Can withstand weight between 100kg to 200kg.	4pcs



09	Dip Handle		User Requirement: Preferably adaptable to Hammer Strength Pro Bridge. Weight: Can withstand weight between 100kg to 200kg.	4pcs
10	Gymnastics Wood Rings with ring straps complete set		User requirement: Rings material: wood or pvc. Rings size: Between 10cm to 15cm	4sets



11	Turf/ Sprint Track with Marking.		User Requirement: Turf Thickness: between 10mm to 15mm. Material: 100% Polyethylene. UV Stability: 6000hours or more. Back side of turf: Latex. Color: Preferable green. Sizes: Not less than 10m by 15m.	2pc
12	Strongman Sandbag		User Requirement: 25 LB 50 LB 100 LB 150 LB 200 LB 250 LB 300 LB 400 LB	10 pcs/ each



13	Fitness Sandbag		User Requirement: 40 LB 80 LB 160 LB 220 LB	10 pcs/ each
14	Body Opponent Bag		User Requirement: Height: 60" – 78" Mannequin Width: 30" Base Diameter: 24" Weight: 270 LB	5 pcs.
15	Ski Machine		User Requirement: Wall mount dimensions Width: 52 cm Depth: 40.6 cm Height: 216 cm Floor Stand dimensions Width: 60 cm Depth: 127 cm Height: 216 cm	10 pcs



16	Assault Bike.		Dimension Required: Length: between 50inch to 60inch Width: between 30inch to 40 inch Height: between 50 inch to 60 inch User Requirement: Footprint: between 40inch x 20inch/ 30inch x 10inch Materials: Steel texture.	10 pcs
17	Rower Machine.		Max. User Weight Required: Not less than 500lb max user weight. User requirement: Length: Not less than 90inch. Width: Not exceed 30 inch. Height: Standard leg – 14inch (seat) Monorail length: between 50inch to 60inch. Materials: Steel texture.	10 pcs
18	Treadmill		User Requirement: Speed Range: Between 1-20mph but higher speed range is preferable. Incline: Between 0-15% Power Req: Between 10-amp to 15-amp. Power Cord: Provided at the front of unit. Max. User Weight: Between 150kg to 200kg. Step Height: Between 20cm to 30cm.	10 pcs

