

**INDIAN MARITIME UNIVERSITY
KOLKATA CAMPUS**

No. IMU-KC/Sports Items /16-17

Dates: 16.02.2017

Sub: Quotation for procurement of Equipments for GYM modernization at IMU-KC

Sealed quotations are invited for procurement of following equipments for GYM modernisation at IMU-Kolkata Campus. The list of the equipments and specifications are as given below:

Cardio and warm-up section:

1. Trade mill- Manual, heavy duty with digital standard display—2 nos.
2. Gym cycle machine- -01no
(recumbent bike, suitable for cardio and warm up, with self powered and led display)
3. Cross trainer-2 nos
(elliptical trainer, suitable for cardio exercises and warm up)
4. Twister machine- 1nos.

Strength section:

5. Hack squat/leg press machine- 1no (slightly inclined , heavy duty , used for leg press)
6. bench press stand-1no
7. Leg curl/leg extension combine machine-1no(suitable for leg curl as well as leg extension, for growth or hamstring and quads)
8. Smith machine- 1no (suitable for leg squat and also access bench for other exercises)
9. Pec fly/rear delt machine-1no (ideal for both pec development and rear deltoids)
10. Seated chest press-1no (suitable for pec development and can access this machine seated only)
11. Preacher curl machine-1no (heavy duty, used for biceps)
12. Cable crossover machine-1no (strong. Heavy duty, weight stacks up to 250lbs approx, pull up bar included)

Bench and weights:

13. Dumbbell rack-1no(rack for keeping dumbbells ,4ft dumbbell rack 3rd tier option)
14. Climbing rope-1no
15. Adjustable bench (incline/decline)-2nos (transform into both incline and decline bench)
16. Flat bench-3nos (not movable, suitable for flat dumbbell press and others)
17. Olympics weight plates- 25kgx4, 20kgx4, 15kgx8, 10kgx6, 5kgx8, 2.5kgx8(rubber coated ,coloured plates)
18. Normal weight plates – 10kgx4, 7.5kgx2,5kgx4, 2.5kgx4, 1.2kgx4
19. Heavy duty Olympic bar- 1no(length-7ft)
20. olympic bar collar- 1pair (used for holding weights and prevent slipping from bar)
21. straight rod- 7ft x 2nos, 5ft x 2nos, 3ft x 3nos.
22. Weight machine -1no (manual)
23. Dumbbells- 3kg x2nos, 5kg x 4nos, 7.5kg x2nos, 10kg x 4nos, 12.5kg x 2nos, 15kg x 2nos, 17.5kg x 2nos, 20kg x 2nos, 25kg x 2nos, 30kg x 2nos (hexagonal rubber coated dumbbells)
25. Medicine ball- 1no (10kg)
26. Ab-Ball- 2nos
27. Foam roller- 1no
28. Yoga mat- 4nos

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29. Gym supporting belt-2nos (support spine during weightlifting and other exercise)
30. Battle rope- 1 pair(20ft)
31. Parallel bar-1 (for doing dips ,useful in chest and triceps growth)

• **General description and requirement:**

1. Primary frame to be constructed of 48mmx 96mm x3.2mm and 49.5mm x 49.5mm x 3.2mm Tata steel tubing and 50mm x 100mm x2.6mm &50mm x50mm x2.6mm CRC tubes.
2. All machines should be sand blasted, degreased and rust proofed before powder coating and baked at 150degrees. It should be chip resistant and long lasting.
3. Commercial grade fabric should be used for long life of the machine.
4. Cross linked sheets should be used for comfortable workout.
5. The chromed tubes should be used for with easy glide to eliminate metal to metal contact and provide friction free adjustments.
6. High tensile cap screws and bolts should be used for high durability of the machine.
7. Sealed ball bearing should be used on all exercise pivot mechanism. Pillar blocks and flange bearing should be made of maintenance free, non corrosive.Thermoplastic coating housing with excellent mechanical strength .
8. Self aligning linear bearing should be housed in fully enlarged pillar blocks.
9. Hi density rubber hand –grips with textured finished are to be used.
10. Fibre glass rein-forced nylon polish with double sealed bearings should provide friction free rotation.
11. PVC and rubber foot rest should be standard on all machines to ensure stationary placements on the exercise floor.
12. Steel weight stack/cast iron plates stack/PVC plates stacks should be used as per the requirements.
13. Guide rods should be free floating and chromed.
14. All selector pins should be chromed with ball detent to keep pins locked in position.
15. Air-craft quality galvanised steel cable with nylon coating, to be usedminimum breaking strength 3/16’’ diameter cable coated to 1/4’’ -4200lbs; 1/8’’ diameter cable coated to 3/16’’ -2000lbs.
16. All machines should be placed with instruction plates for correct operation and proper maintenance.

Terms & Conditions

1. The rates quoted should be comprehensive and inclusive of all taxes, delivery and installations charges.
2. Last date of submission of quotation is 09.03.2017.
3. The quotation is to be submitted in sealed envelope clearly subscribing "Quotation for procurement of Equipments for GYM modernization at IMU-KC" and deposit the same addressing to the Director at Indian Maritime University, Kolkata – 700 088.
4. The Equipments should be delivered and installed within 4 weeks from the date of issue Purchase Order. If the bidder fails to deliver and place any or all the Equipments or perform the service by the specified date, penalty at the rate of 1% per week of the total order value subject to the maximum of 10% of total order value will be deducted.
5. Delivery and installation of the above items should be made at IMU - Kolkata Campus at P-19, Taratala Road, Kolkata 700 088.
6. Minimum 2 years on site warranty should be given for the equipments. Calls should be attended within 24 hrs. in case of any break down.
7. 100% Payment will be made through Bank Transfer after successful installation, delivery and trial run of the equipments.


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