



पनवेल महानगरपालिका

ता. पनवेल, जि. रायगड, पिन नं. ४१० २०६



कार्यालय : २७४५८०४०/४१/४२ फॅक्स नं. : ०२२-२७४५२२३३ Email : panvelcorporation@gmail.com

जा.क्र./पमपा/माव्य./१९२३/प्र.क्र. ६०/५०५/२०२३

दिनांक :- १४ / १२ / २०२३

जाहिर सूचना

पनवेल महानगरपालिका हद्दीत प्रभाग समितीनिहाय ४ महिला व्यायामशाळा उभारणेकामी जीम साधने पुरविणे व बसविणेकामी दर मागविणेबाबत इच्छुक व्यक्ती / संस्था यांचेमार्फत दर मागविणेत येत आहेत. सदरचे निविदा दर दिनांक १५/१२/२०२३ ते दिनांक २६/१२/२०२३ रोजी सायं ४.०० वाजेपर्यंत महानगरपालिकेच्या मालमत्ता विभागाकडे समक्ष सादर करावीत. सदर दिनांकानंतर प्राप्त झालेले दरपत्रके विचारात घेतले जाणार नाहीत.

पनवेल महानगरपालिका हद्दीत प्रभाग समितीनिहाय ४ महिला व्यायामशाळा उभारणेकामी जीम साधने पुरविणे व बसविणेकामी दर मागविणेबाबत.

LIST OF INDOOR GYM EQUIPMENTS

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
1.	LAT PULL DOWN: 1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame, Main Frame Back Side Bottom Support Frame, Seat Frame, should be bending design other side frames to ensure superior strength and to eliminate joint failure. 2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side. 3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 holes for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID, Main Pipe Top Closing cap's- Decent Design Size 120X120 PP/HDPE/MS. material.</p> <p>6) BEARINGS -For pulley 6203, 30204, lubricated high Grade 'ZZ' steel ball bearing.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44 mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) WIRE ROPE AND SPRING SNAP HOOK - 5 mm thick Nylon Coated Wire rope are used, Snap Hook size 7 X 70mm made of MS steel with chrome Plating snap hook attached with MS 25 DIA bar 80 mm long for wire rope insert and 3 hole for wire rope tightening, bar covered with 65mm long 35 OD and 25.5 ID PVC cap Used For LAT And V Rowing Handle,</p> <p>10)PULLEY – Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)FOAM ROLLER - Foam roller made up of Moulded Polyurethane Flexible Foam Roller, foam Roller Size 140 mm DIA 200 mm Long and both ends inside and outside are covered</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>with aluminum or mild steel chrome plated or PP caps using M10 Allen bolt.</p> <p>13)HARDWARES - All hardware's used are button heads bolts and Ny lock Nut made up of high tensile steel.</p> <p>14)HAND GRIPS AND CLOSING CAPS – Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>15)LAT 'T' FOR THIGH SUPPORT - LAT 'T' Thigh Support made of 75X40X1.5mm Thick Capsule Oval Shape SS202 Grade Material Attach 25mm Dia Round Pipe SS202 Grade Material For Cushion Roller Support with Steel finish and height adjustable spring knob system.</p> <p>16)LAT HANDLE – Made from 25mm DIA SS202 Grade Material with Steel finish Bending Design, Attach 38 DIA Bush 27 ID 40 mm Long with 5mm thick D shape laser profile For Snap Hook Attachment weld on Top Side , Also Attach 2 Locking Washer 38 mm DIA 27 ID 8mm thick 2 no's, With Grips,.</p> <p>17)PULLEY BRACKET – Use attractive design laser cut pulley Bracket for LAT pull down with row size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>18)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>19)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>20)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
2.	PEC FLY REAR DELT	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame Back side Bottom Support Frame, Seat Frame, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish.</p> <p>6) BEARINGS -For pulley 6203,30205,6205, Lubricated high Grade 'ZZ' steel ball bearing. And For Handle Self Lubricated Imported Bush.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44 mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position With Tightening System.</p> <p>9) CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>10)WIRE ROPE - 5 mm thick nylon Coated Wire Rope are used.</p> <p>11)HEIGHT ADJUSTABLE SEAT - Seat Frame Made 75X40X1.5mm thick SS202 Grade Capsule Oval Shape Pipe with 8 Slot For Different seating Positioning , Attached With Top Side Used 200mm X250mmX3 mm thick Laser Cutting M.S Sheet For Cushion Support</p> <p>12)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>13)FAN - Fan made Of 290 to 320mm DIA 5mm Thick along Shape Laser Profile for Better Strength Attached C channel on Fan Outer side of Size 10mmX20mmX3mm thick For Wire Rope easy Movement.</p> <p>14)PULLEY BRACKETS - Use attractive design laser cut pulley Bracket for Pec Fly with Rear Delt size DIA 180mm x 125mm x 4 mm thick MS</p> <p>15)HANDLE - 50mm X 50mmX2mm thick Mild steel Tube material steel finish</p> <p>16)PEC FLY HEIGHT ADJUSTABLE SEAT - Seat Frame Made Of 75X40X1.5mm thick SS202 Grade Capsule Oval Shape Pipe with 8 Slot For Different seating Positioning , Attached With Top Side Used 200mm X250mmX3 mm thick Laser Cutting M.S Sheet For Cushion Support</p> <p>17)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made Of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>18)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>19)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>20)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>21)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
3.	<p><u>CHEST PRESS</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 6203, 6205, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HEIGHT ADJUSTABLE SEAT - Seat Frame Made Of 75X40X1.5mm thick SS202 Grade Capsule Oval Shape Pipe with 8 Slot For Different seating Positioning , Attached With Top Side Used 200mm X250mmX3 mm thick Laser Cutting M.S Sheet For Cushion Support.</p> <p>13)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>14)CHEST HANDLE - Chest Handle Made Of 60mm DIA 3 mm Thick Pipe Bending Design.</p> <p>15)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>16)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>17)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>18)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>19)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
4.	<p><u>SHOULDER PRESS</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 6205, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HEIGHT ADJUSTABLE SEAT - Seat Frame Made Of 75X40X1.5mm thick SS202 Grade Capsule Oval Shape Pipe with 8 Slot For Different seating Positioning , Attached With Top Side Used 200mm X250mmX3 mm thick Laser Cutting M.S Sheet For Cushion Support.</p> <p>13)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>14)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>scratch, corrosion and humidity in dual color combination.</p> <p>15)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>16)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>17)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>18)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
5.	<p><u>PREACHER CURL MACHINE</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 6005, 6305, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HEIGHT ADJUSTABLE SEAT - Seat Frame Made Of 75X40X1.5mm thick SS202 Grade Capsule Oval Shape Pipe with 8 Slot For Different seating Positioning , Attached With Top Side Used 200mm X250mmX3 mm thick Laser Cutting M.S Sheet For Cushion Support.</p> <p>13)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>14)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>15)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>16)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>17)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>18)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
6.	<p><u>ABDOMINAL CRUNCH</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 6005, 6305, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>13)POWDER COATING - All components are chemically treated to seal exterior and interior</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>14)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>15)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>16)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>17)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
7.	<p><u>LEG CURL</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 30204, 30203, Lubricated high Grade 'ZZ' steel ball bearing</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>13)LEG CURL - Structure frame made up of 100X50X2.5mm thick pipe rectangular steel tubing with bending design with complete seat adjustable mechanism for leg curl workout.</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>14)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>15)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>16)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>17)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>18)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
8.	<p><u>LEG EXTENSION</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 30204, 30203, Lubricated high Grade 'ZZ' steel ball bearing</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>12)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>13)LEG EXTENSION - Structure frame made up of 100X50X2.5mm thick pipe rectangular steel</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>tubing with bending design with complete seat adjustable mechanism for leg extension workout.</p> <p>14)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>15)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>16)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>17)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>18)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
9.	<p><u>ABDUCTOR/ ADDUCTOR</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 30204, 30203, Lubricated high Grade 'ZZ' steel ball bearing</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>12)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>13)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>14)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>15)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>16)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>17)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
10.	<p><u>ASSISTED DIP CHIN UP</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame , Main Frame To Seat Frame Connected Pipe, Chest Handle, should be bending design other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>polycarbonate Colourful sticker Size 20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME – Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) CENTER SUPPORT- 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish. Center Support Top Side Insert M.S. 25 DIA bar 75 mm long Chrome Plated, for wire rope insert and 3 hole for wire rope tightening, bar covered with Soft PVC Cap 75mm long 50 OD and 25.5 ID.</p> <p>6) BEARINGS -For pulley 30204, 30203, Lubricated high Grade 'ZZ' steel ball bearing</p> <p>7) SELECTOR PINS- Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>8) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position with Tightening System.</p> <p>9) CABLES - 5 mm thick nylon Coated Wire Rope are used.</p> <p>10)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>11)CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>12)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>13)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>14)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>15)PULLEY BRACKET - Use attractive design laser cut pulley Bracket for seated vertical chest press size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>16)ALL BOTTOM ANTI SKIED PADDING – All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>17)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
11.	<p><u>MULTI-FUNCTIONAL TRAINER</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for Main frame should be bending design 2 Nos other side frames to ensure superior strength and to eliminate joint failure.</p> <p>2) WEIGHT STACK - M.S (mild steel Bright Material Grade) weight stack 80 to 100 micron powder coated with 2 Nylon bushes Each Plate to avoid noiseless operations and all Top Plate use Glass field Nylon Guide bush of size 40 mm DIA, 70 mm long with press fit on all weight stack Top Plate only , all plates should be polycarbonate Colourful sticker Size</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>20mmX90mmX 175 micron Thick, with LBS and KG Weight Description like 11 LBS To 220 LBS And 5kg to 100kg (as per required weight stack) at front side.</p> <p>3) FULL COVER FOR WEIGHT STACK MAIN FRAME AND OTHER MAIN FRME - Complete portion of main frame weight stack area front and rear (back) side is covered using heavy quality Acrylonitrile Butadiene Styrene material cover dimensioning L 700 X W 50 X H 1500 and shall have no sharp edge to be mounted on main frames.</p> <p>4) GUIDES – Stainless steel SS202 grade Tube 25mm DIA/ MS Bar Chrome Plated guide support used for weight stack.</p> <p>5) SINGLE HAND HANDLE - Single hand pulley handle made-up of M.S bar Bending Design, Handle Portion 25mm DIA Knurling for Better Grip chrome plated.</p> <p>6) ROWING HANDLE - Rowing handle made up of 25mm DIA stainless steel Tube SS202 grade material steel finish with Grips Attach 38 DIA Bush 27 ID 40 mm Long with 5mm thick D shape laser profile For Snap Hook Attachment weld on Top Side , Also Attach 2 Locking Washer 38 mm DIA 27 ID 8mm thick 2 no's, With Grips.</p> <p>7) CHIN UP HANDLE NARROW AND BROAD POSITION - handle made up of 25mm DIA Solid Bar Narrow and broad position with Grips.</p> <p>8) SINGLE HAND HANDLE SUPPORT PIPE WITH SLIDING BRACKET - Single hand Handle Pulley Bracket sliding support Pipe Made of 75mmX40mmX1.5mm thick SS202 Grade steel Capsule Oval Shape Pipe for superior strength and longevity Sliding Bracket Made of 100 X 50 X 2.5 mm Thick Capsule Pipe Attached with 4mm Thick laser cut attractive design pulley Bracket for Two pulley.</p> <p>9) CENTER SUPPORT - 25mm DIA center support for weight stack selection is made up of stainless steel SS202 grade Tube steel finish.</p> <p>10) BEARINGS - For pulley 6203, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>11) SELECTOR PINS - Magnetic selector pins; made up of high-quality steel 8mm with spring wire mechanism and nylon knob.</p> <p>12) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44 mm OD and Pin DIA is 10mm OD Spring Knob Should</p>		

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>Be in Appropriate select Position With Tightening System.</p> <p>13)WIRE ROPE AND SPRING SNAP HOOK - 5 mm thick Nylon Coated Wire rope are used, Snap Hook size 7 X 70mm made of MS steel with chrome Plating snap hook attached with MS 25 DIA bar 80 mm long for wire rope insert and 3 hole for wire rope tightening, bar covered with 65mm long 35 OD and 25.5 ID PVC cap Used For Single Hand Handle Rowing Handle.</p> <p>14)PULLEY - Pulley used are made up of high-quality glass filled nylon material 105 mm DIA 19 mm Thick and 10 mm deep grooved, to support cable and double 'ZZ' bearing with M8 pin is used which ensures superior strength and longevity.</p> <p>15)HARDWARES - All hardware's used are button heads bolts and NY lock Nut made up of high tensile steel.</p> <p>16)POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>17)HAND GRIPS AND CLOSING CAPS - Hand grips is used on handles wherever necessary made up of high-quality rubber and handle end and Before the Grips covered with aluminum or mild steel chrome plated or PP caps inside caps fit with M6 Grub Screw And Outside Cap Fit With M10 Allen Bolt for life longevity.</p> <p>18)PULLEY BRAKET - Use attractive design laser cut pulley Bracket for Multi-Functional Trainer size DIA 180mm x 125mm x 4 mm thick MS.</p> <p>19)ALL BOTTOM ANTI SKIED PADDING - All Bottom Anti skied Padding Made Of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>20)MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect On Which Body Muscle Part picture, Sticker Minimum Size - 350mm X 200mm.</p>		
12.	STANDING AND SEATING TWISTER	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>Providing and fixing Standing and Seating Twister made from G.I. pipe. Dimensions: (L X W X H) = 1820X480X1270mm.</p> <ol style="list-style-type: none"> 1) Main frame– Ø114 mm OD “B” class GI pipe. 2) Foundation plate –M.S. round plate of Ø 250mm & 8 mm thick. 3) Seat plate support – Ø60 mm OD “B” Class G.I Pipe. 4) Seating ring - Ø33 mm OD “B” Class G.I Pipe made by rolling. 5) Seating ring support - Ø33 mm OD “B” Class G.I Pipe. 6) Remaining frame – Is made by 100x50x2.5mm rectangular pipe. 7) Twister Plate standing and seating -made from MS by Dip draw Process Ø305, 2.5 thickness Collar high 18 mm, Top should be Antiskid design by Bumble, dimple height should be 1.5-2 mm. 8) Handle– Ø33mm “B” Class G.I. Pipe made by rolling. 9) Top Closing cap – Dome shape made by PP/NYLON/HDPE material. 10)Foundation stool: Made from main pipe Ø88 mm OD M.S pipe and top support of M.S. round plate of Ø 250 mm & 8mm thickness is welded top. 11)Square tube of 30x30x2 mm is use for to support center pipe. Height of stool is 3ft. Foundation stool is embedded in C.C. stock below ground level. 12)Bearing - Used is 6305 permanent lubricated reputed brands. 13)Bearing bushes – Ø 70mm OD seamless pipe. Pin – Made up of Ø 25mm S.S. 304 bar. 14)Circlips– A 24 circlips are used for assembly. 15)Coating - best quality of powder coating 80-100 micron. 16)Safety Instructions and Exercise chart - start & finish position stick on product. 		
13.	<p><u>ADJUSTABLE BENCH</u></p> <ol style="list-style-type: none"> 1) STRUCTURE AND FRAMES - Structural frames are fabricated using MS 5 MM Thick Laser cutting Profile Frame size 1230 mm long X 100 mm width X 5mm thick 2 no's laser profile with 12 numbers bar locking slot for Different Positing use 20 OD DIA MS bar for both laser 	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>profile joint and strength, 100 X50 X2.5mm thick Capsule (Oval) shape steel Pipe bottom support Back rest and seat Frame also made in 900 X60 X5 mm thick laser profile 2 no's seat frame 450mm X60 mmX5 mm thick 2 no's and all side frames to ensure superior strength and eliminate joint failure.</p> <p>2) CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and All Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>3) BEARINGS - For seat and back rest frame 6004, Lubricated high Grade 'ZZ' steel ball bearing.</p> <p>4) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p> <p>5) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>6) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>7) MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect on Which Body Muscle Part picture, Sticker Minimum Size - 270 mm X 70 mm.</p>		
14.	<p><u>INCLINE BENCH</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for main frames and seat Frame OF Incline Bench, and all side frames to ensure superior strength and eliminate joint failure.</p> <p>2) CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and All Back Rest Cushion One Side Half Round Shape and Other Side</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>3) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p> <p>4) BARBELL BAR HOLDER BAR - Bar Holder Made of 30 mm DIA 140mm long MS Bar Zink plated 4 no's for each Bench.</p> <p>5) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44 mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position With Tightening System.</p> <p>6) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>7) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>8) MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect on Which Body Muscle Part picture, Sticker Minimum Size - 270 mm X 70 mm.</p>		
15.	<p><u>DECLINE BENCH</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for main frames and seat Frame OF Decline Bench, and all side frames to ensure superior strength and eliminate joint failure.</p> <p>2) CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and All Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>3) FOAM ROLLER - Foam roller made up of Moulded Polyurethane Flexible Foam Roller, foam Roller Size 140 mm DIA 200 mm Long and both ends inside and outside are covered</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>with aluminum or mild steel chrome plated or PP caps using M10 Allen bolt.</p> <p>4) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p> <p>5) BARBELL BAR HOLDER BAR - Bar Holder Made of 30 mm DIA 140mm long MS Bar Zink plated 4 no's for each Bench.</p> <p>6) SPRING KNOBS - All Spring Knobs Made of MS steel Chrome Plated Knob DIA 44 mm OD and Pin DIA is 10mm OD Spring Knob Should Be in Appropriate select Position With Tightening System.</p> <p>7) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>8) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>9) MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect on Which Body Muscle Part picture, Sticker Minimum Size - 270 mm X 70 mm.</p>		
16.	<p><u>BENCH PRESS BENCH</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for main frames and seat Frame OF Bench press, and all side frames to ensure superior strength and eliminate joint failure.</p> <p>2) CUSHION/PADDING - Seats and pads are made up of 16mm thick plywood padded 40 mm of high-density foam and All Back Rest Cushion One Side Half Round Shape and Other Side Radius finally covered with completely stitched heavy vinyl cover in any suitable color.</p> <p>3) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>4) BARBELL BAR HOLDER BAR - Bar Holder Made of 30 mm DIA 140mm long MS Bar Zink plated 4 no's for each Bench.</p> <p>5) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>6) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>7) MACHINE NAME WITH EXERCISE CHART STICKER - Sticker Made of polycarbonate Mat Finish 175 micron thick Adhesive 3M, install all machine name with how to use picture start and end position, With Exercise Effect on Which Body Muscle Part picture, Sticker Minimum Size - 270 mm X 70 mm.</p>		
17.	<p><u>DUMBBELL RACK TWO TIER</u></p> <p>1) STRUCTURE AND FRAMES - Structural frames are fabricated from 100 x 50 x 2.5mm thick Capsule (Oval) shape steel tubing. Heavy metal bending design should be used for main frame to ensure superior strength and to eliminate joint failure.</p> <p>2) DUMBBELL RESTING - Angle used 50 x 50 x 5mm thick with PP 'C' padding for dumbbell resting.</p> <p>3) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p> <p>4) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p> <p>5) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p>	1 Nos.	
18.	<u>WEIGHT PLATE RACK</u>	1 Nos.	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>1) STRUCTURE AND FRAMES - Structural frames are fabricated using heavy duty 100 x 50 x 2.5mm thick Capsule (Oval) shape tubing. Heavy metal bending design should be used for main frames OF Plate Rack, and all side frames to ensure superior strength and eliminate joint failure.</p> <p>2) HARDWARES - All hardware's used are button heads bolts and made up of high tensile steel.</p> <p>3) ALL BOTTOM ANTI SKEED PADDING - All Bottom Anti skied Padding Made of M.S Plate 120mm X 100mm X 8mm Thick Plate All Side Covered with 150mm X130mm X15mm Thick Anti Skied Moulded Rubber Padding With non-Removable Locking System.</p> <p>4) POWDER COATING - All components are chemically treated to seal exterior and interior surfaces against corrosion. The components are electro statically powder coated at minimum 80-100-micron thickness to make it resistant to scratch, corrosion and humidity in dual color combination.</p>		
19.	RUBBERIZED DUMBBELLS HEXAGON SHAPED	1 Kg.	
20.	RUBBERIZED WEIGHT PLATE 52 MM Bore	1 Kg.	
21.	Olympic Barbell Bar 5Ft - BARBELL BARS 28 MM DIA WITH COLLORS (chrome plated) Barbell bar of 28mm DIA bar with sleeve 50mm DIA collar duly chrome plated suitable for Olympic Plates.	1 Nos	
22.	Olympic Barbell Bar 6Ft - BARBELL BARS 28 MM DIA WITH COLLORS (chrome plated) Barbell bar of 28mm DIA bar with sleeve 50mm DIA collar duly chrome plated suitable for Olympic Plates.	1 Nos	
23.	Olympic Barbell Bar 7Ft - BARBELL BARS 28 MM DIA WITH COLLORS (chrome plated) Barbell bar of 28mm DIA bar with sleeve 50mm DIA collar duly chrome plated suitable for Olympic Plates.	1 Nos	
24.	Treadmill - Dimension: 2165*950*1775mm Running area: 600 * *1530mm Motor Rated power: 3HP; Max Power: 7.0HP Incline range: 0-20% Speed range: 1.0-20.0 km/h 15" LED Screen with KOREA INVERTER	1 Nos	
25.	Spine Bike - Dimension: 1130*640*1180mm Heavy duty metal tubes with scratch-resistance coating. Adjustable resistance – '+' '-tension control. Height adjustable multi-position handle bar. Transportation wheels for easy portability.	1 Nos	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	<p>Handle bar post is also designed as a one solid body bracket.</p> <p>Pad tracking system with infinity adjustable breaking power.</p>		
26.	<p>Elliptical Cross Trainer - Dimension: 2100*760*1820mm</p> <p>Computer With LED Displays: Time, Speed, Distance, Calorie, Scan and Pulse.</p> <p>Self-Generation : 18-Step resistance</p> <p>Max User Weight : 180Kg</p> <p>N.W./G.W : 130KG / 149 KG</p>	1 Nos	
27.	<p>Stair Master –</p> <ul style="list-style-type: none"> * 18.5-inch touch screen makes the operation more intuitive and responsive. * Using the world's hottest active trainer running software. * The highly sensitive motor is more durable and provides smooth speed conversion (from 12step/minute to 185 steps/minute) in 25 speed levels. * The start, stop and speed buttons on the armrest allow the user to adjust the training intensity at any time during training. <p>Technical Specification</p> <ol style="list-style-type: none"> 1. Maximum Load: 180Kg 2. Step depth 220mm, Pedal Depth 220mm 3. Power 220V 4. Size 1750*830*2600mm 	1 Nos	
28.	<p>Water Rowing Machine - Dimension: 1920*590*530</p> <ul style="list-style-type: none"> * Material: Aluminium * Usage/Application: Commercial * Automation Grade: Manual 	1 Nos	
29.	<p>Gym Mat Flooring - 500*500*10mm thickness. Rubber mat with granules fill.</p>	1 Sq. Fit	
30.	<p>Mirror for Gymnasium - Mirror for Gymnasiums with aluminium fixation</p>	1 Sq. Fit	
31.	<p>Swiss Ball 75 CM:</p> <ul style="list-style-type: none"> * PVC material construction * Ideal for back exercises, sit ups & general fitness * Anti burst ability for upto 2000 Lbs * With high quality foot pump 	1 Nos	
32.	<p>Swiss Ball 85 CM:</p> <ul style="list-style-type: none"> * PVC material construction * Ideal for back exercises, sit ups & general fitness * Anti burst ability for upto 2000 Lbs * With high quality foot pump 	1 Nos	
33.	<p>Medicine Ball 1Kg:</p> <ul style="list-style-type: none"> * Textured finish 	1 Nos	

Sr.No.	Equipment's Name & Specifications	Qty/ Unit	Rate
	* Strong core * Better balance * Made rubber with textured surface * High bounce * Weighted with rubber & air		
34.	Medicine Ball 2Kg: * Textured finish * Strong core * Better balance * Made rubber with textured surface * High bounce * Weighted with rubber & air	1 Nos	
35.	Medicine Ball 3Kg: * Textured finish * Strong core * Better balance * Made rubber with textured surface * High bounce * Weighted with rubber & air	1 Nos	
36.	Medicine Ball 4Kg: * Textured finish * Strong core * Better balance * Made rubber with textured surface * High bounce * Weighted with rubber & air	1 Nos	
37.	Medicine Ball 5KG: * Textured finish * Strong core * Better balance * Made rubber with textured surface * High bounce * Weighted with rubber & air	1 Nos	
38.	Yoga Mat: * Anti Slip Surface * Yoga Mat Does Not Accumulate Dirt or Dust Easily. * Hygienic And Anti-Bacterial Quality. * PVC-Polyvinyl Chloride Layer	1 Nos	

या कामी अटी व शर्ती खालील प्रमाणे:-

- १) संस्था नोंदणी प्रमाणपत्र.
- २) पॅनकार्ड (संस्थेचे नावाने अथवा मालकाचे नावाचे)
- ३) नमुद केलेले दर हे सर्व प्रकारचे वाहतुक खर्चासह समाविष्ट असावेत.
- ४) सदरची जाहीर सूचना फक्त दर खात्री करणे करीता मागविणेत येत आहे.
- ५) या कामी काही माहीती हवी असल्यास मालमत्ता विभाग, पनवेल महानगरपालिका येथे संपर्क साधावा.
- ६) या कामी दरांची खात्री झालेनंतर जाहीर ई-निविदा मागविणेत येईल.

७) प्राप्त जाहीर निविदा सूचना दर स्वीकारण्याचे अथवा नाकारण्याचे अधिकार निविदा समितीला असतील.

(डॉ. वैभव विधाते)
उप आयुक्त, (मालमत्ता)
पनवेल महानगरपालिका