

## **I. Project Overview:**

1. Item number: CAIS-GYM2019
2. Project: Procurement of gym equipment
3. Project Location: 33 King Lam Street, Lai Chi Kok, Kowloon

## **II. The project introduction:**

Christian Alliance International School will carry out the gym equipment procurement and installation exercise in view of the development needs of the school. The school PE Department plans to procure and install some new fitness equipment to supplement the shortage of original equipment currently in the gym. We are now officially inviting prospective companies to participate in the bidding of this project. The relevant matters are announced as follows:

## **III. The conditions of qualified bidders:**

1. Have a good business reputation and a sound financial accounting system;
2. Have a good record of paying taxes and social security funds in accordance with the law;
3. Have a good record to delivering quality merchandise in a timely and professional manner;

## **IV. The way to obtain tender documents**

Prospective tenderers will be contacted via email or mail with directions to download the tender documents from our school website <https://www.caisbv.edu.hk/servcie-provider-tenders-2/>

## **V. Place of tender and deadline**

1. Place of tender: 33 King Lam Street, Lai Chi Kok, Kowloon
2. Deadline for submission of tenders: At **16:00 on July 29th, 2019**, the tender documents that are overdue will not be accepted.

Contact: Dr Richard Lee  
Contact number: 3699 3829  
E-mail: [leecr@caisbv.edu.hk](mailto:leecr@caisbv.edu.hk)

## **VI. The composition of the tender documents**

1. Tenders prepared in accordance with the tender document specifications stating relevant terms and conditions. One copy of the original, one copy, and one copy of the electronic version that is identical to the original/copy. The electronic version should be copied on the USB. The hard copy documents without electronic documents will be treated as scrap.
2. The cover of the document should be marked with the words “original” and “copy” respectively. The original is the original if the original is inconsistent with the copy or electronic document. Electronic documents should be stored on the USB in the file format of general software such as Word and Excel. Document to be dropped in person into the designated tender box located on the 3<sup>rd</sup> Floor General Office, 33, King Lam Street, Kowloon, Hong Kong.

S.No.	Item Name	Specifications & Features	Qty
CARDIO EQUIPMENTS			
1	Treadmill	<p>8 Lifespring™ Shock Absorbers  Fully Welded Frame  Powerful 3.0 HP AC motor with Magna Drive™ motor controller (6.0 HP peak)  Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring  Speed 0.5-12.0 MPH (0.8-19.3 kph)  Incline : 0-15% in 0.5% increments  Running Surface : 20" x 60" (51cm x 152cm)  7 workouts, Including 2 Zone Training+™ workouts and Fit Test protocol  Ergonomically designed handlebars and siderails  13 languages  Integrated reading rack and accessory tray  Optional 15.4" diagonal TV (wide screen format) on TV stand  Maximum User Weight: 400 lbs (181 kg)</p>	3 set
2	Recumbent Lifecycle Bike	<p>Step-Through Design  Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring  Self-Powered Convenience; optional plug-in accessory  Reliable Belt Drive System  Intuitive Console  8 workouts, Including 2 Zone Training+™ workouts and Fit Test Protocol  34 seat adjustments  Side and front handlebars  13 Languages  Integrated reading rack and accessory tray  Optional 15.4" diagonal TV (wide screen format) on TV stand  Maximum User Weight: 400 lbs (181 kg)</p>	1 set
3	Exercise Rower	<p>The Fluid Technology resistance system provides the instinctively smooth motions.  The Row GX features variable resistance and is built to accommodate all users, which makes it easy to incorporate any fitness program or facility.  Compact and easy to move in and out of group training areas, and it can be easily stored standing up to save space.  Rowing is a low impact, non body weight bearing</p>	2 set

		total body workout. Resistance Levels : 16 Max User Weight : 330 lbs (150 kg) Maximum User Weight: 330 lb (150 kg)	
4	Elliptical	Powerful running at athletic speeds: Sprint-like mechanics in a non-impact environment Manually controlled incline: 0,6,12% Grade of incline levels with 1-10 levels of brake resistance Resistance Range: Fan 0-1000 watts; Resistance Level (ECB) adds additional 0-400 watts Braking System: Brushless Eddy current brake, speed independent Stride Length: 24" (61cm) fixed length Display Screen : LCD Liquid Crystal Display Workouts: Circuit and Interval Convenience feature: Water bottle holder Languages : 9 languages (English, French, German, Spanish, Japanese, Russian, Swedish, Danish, Dutch) Frame Colors: Two options (Graphite Black/Pamplona or Quartz White/Pamplona) Maximum User Weight: 400 lbs (182 kg)	2 set
5	Exercise Bike	WattRate® Power Meter WattRate® LCD Computer Coach By Color® intensity guide Connect Technology (Bluetooth & ANT+) Magnetic brake system with position sensor Resistance control via lever Supported handlebar height adjustment Full cover shroud Poly-V belt drivetrain system 4-way adjustment of handlebar and saddle Off-set frame geometry with 155 mm Q Factor Multi hand position, soft PVC handlebar Dual-sided SPD compatible pedals Integrated dual bottle holder Padded unisex sports saddle Oversized stabilizer bars incl. leveling feet Premium protection/stretch plates 4 Leveling Feet 2 Transport Wheels Drivetrain Gear Ratio 1 :10 Maximum User Weight : 330 lbs (150 kg)	3 set
GROUP TRAINING SYSTEM			
6	GROUP TRAINING	11-gauge steel frame ensures maximum structural integrity; Each frame receives and electrostatic	1

	<p>SYSTEM - Frame</p> <p>Belt and Pulley:</p> <p>Accessories:</p>	<p>powder coat finish which ensures maximum adhesion and durability</p> <p>7 x 19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications; 4-1/2" (11cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings</p> <p>Dual Handle Covered Band : Medium, Very Heavy (1 each)  Covered Loop Band : Heavy, Very Heavy (1 each)  Battling Rope : 10M x 1.5", black/red x 1 pc  Kettlebell : 8kg, 12kg, 16kg, 20kg (1 each)  Medicine Ball : 2kg, 3kg, 4kg, 5kg (1 each)  Olympic Disc : 2.5kg x 1 pc, 5kg x 2 pc, 10kg x 1 pc</p>	
<b>STRENGTH EQUIPMENT</b>			
7	Leg Press	<p>Oversized, non-skid foot platform</p> <p>11 position back pad adjustment to accommodate a wide range of user heights</p> <p>Oversized seat pad for added comfort</p> <p>Frame: 11-gauge steel frame ensures maximum structural integrity</p>	1 set
8	Leg Curl	<p>Horizontal, lying design for a natural feeling movement</p> <p>Easy to adjust, 4 position for lower leg tibia adjustment accommodates a wide range of user heights</p> <p>Frame: 11-gauge steel frame ensures maximum structural integrity</p>	1 set
9	Adjustable Ab. Decline Bench	<p>Frame:</p> <p>11-gauge steel frame ensures maximum structural integrity</p> <p>Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability</p> <p>Urethane paint guards to protect paint</p> <p>Standard rubber feet protect base of the frame and prevent the machine from slipping</p> <p>Hand Grips:</p> <p>Grips retained with aluminum collars, preventing them from slipping during use; Hand grips are an extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant</p>	2 set

		<p>Features: Contoured cushions utilize a molded foam for superior comfort and durability Pads have plastic backers to protect and increase durability</p>	
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