



**Republic of the Philippines**  
**Office of the President**  
**Philippine Sports Commission**

**INVITATION TO BID FOR THE**

***Supply and Delivery of Various Sports Equipment for the Comprehensive Modernization of Medical and Scientific Athlete Services (MSAS) Lot XV***

1. The Philippine Sports Commission under the General Appropriations Fund through Board Resolution No. 562-2017 intends to apply the sum of Nine Million Two Hundred Fifteen Thousand Five Hundred Pesos (₱9,215,500.00) being the Approved Budget for the Contract (ABC) to payments under the contract for *Supply and Delivery of Various Sports Equipment for the Comprehensive Modernization of Medical and Scientific Athletic Services (MSAS) Lot XV*.

Bids received in excess of the ABC shall be automatically rejected at bid opening.

2. The Philippine Sports Commission now invites bids for *Supply and Delivery of Various Sports Equipment for the Comprehensive Modernization of Medical and Scientific Athletic Services (MSAS) Lot XIII*. Delivery of the Goods is required within sixty (60) days from the date of receipt by the winning bidder of the NTP. Bidders should have completed, within 3 years from the date of submission and receipt of bids, a contract similar to the project which is at least fifty percent (50%) of the ABC. The description of an eligible bidder is contained in the Bidding Documents, particularly, in Section II. Instructions to Bidders.
3. Bidding will be conducted through open competitive bidding procedures using a non-discretionary "pass/fail" criterion as specified in the 2016 Revised Implementing Rules and Regulations (IRR) of Republic Act (RA) 9184, otherwise known as the "Government Procurement Reform Act".
4. Bidding is restricted to Filipino Citizens/Sole Proprietorships, Partnerships, or Organizations with at least sixty percent (60%) interest or outstanding capital stock belonging to citizens of the Philippines, and to citizens or organizations of a country the laws or regulations of which grant similar rights or privileges to Filipino citizens pursuant to RA 5183 and subject to Commonwealth Act 138.
5. Interested Bidders may obtain further information from the Philippine Sports Commission and inspect the Bidding documents at the address given below during office hours:

*Office of the BAC Secretariat, c/o Office of the BAC Chairman,  
 4/F Administrative Building, Rizal Memorial Sports Complex  
 P. Ocampo Sr. St., Malate, Manila  
 525-4933*

6. A complete set of Bidding Documents may be acquired by interested Bidders on 23 October 2017 from the address above upon payment of the bidding documents in the amount of Ten Thousand Pesos (₱10,000.00):

7. The Philippine Sports Commission will hold a Pre-Bid Conference on *30 October 2017, 10:00AM* at *BAC Bidding Room Ground Floor Administrative Building, Rizal Memorial Sports Complex P. Ocampo Sr. St., Malate Manila*, which shall be open to prospective bidders.
8. Submission of bids shall be on *14 November 2017 from 8:00 AM to 9:30 AM* at the *BAC Bidding Room Ground Floor Administrative Building, Rizal Memorial Sports Complex P. Ocampo Sr. St., Malate Manila*. Opening of bids shall be on the same day, *14 November 2017 at 10:00 AM* at the *BAC Bidding Room Ground Floor Administrative Building, Rizal Memorial Sports Complex P. Ocampo Sr. St., Malate Manila*. All bids must be accompanied by a bid security in any of the acceptable forms and in the amount stated in ITB Clause 18. Late bids shall not be accepted.
9. The Philippine Sports Commission reserves the right to reject any and all bids, declare a failure of bidding at any time prior to contract award, without thereby incurring any criminal, civil, or administrative liability, regardless of the outcome of the bidding processor not award the contract at any time prior to contract award in accordance with Section 41 of RA 9184 and its IRR, without thereby incurring any liability to the affected bidder or bidders.

**ATTY. SANNAH B. FRIVALDO**  
Chairperson  
Bids and Awards Committee

## SECTION III. BID DATA SHEET

ITB Clause	
1.1	The Procuring Entity is <i>Philippine Sports Authority</i>
1.2	The lot(s) and reference is/are: Invitation to Bid No. 2017-10.15.  <i>Supply and Delivery of Various Sports Equipment for the Comprehensive Modernization of Medical and Scientific Athletic Services (MSAS) Lot XV.</i>
2	The Funding Source is:  The Government of the Philippines (GOP) through the General Appropriations Fund in the amount of Nine Million Two Hundred Fifteen Thousand Five Hundred Pesos (₱9,215,500.00).  The name of the Project is <i>Supply and Delivery of Various Sports Equipment for the Comprehensive Modernization of Medical and Scientific Athletic Services (MSAS) Lot XV.</i>
3.1	No further instructions.
5.1	No further instructions.
5.2	None of the circumstances mentioned in the ITB Clause exists in this Project. Foreign bidders, except those falling under ITB Clause 5.2(b), may not participate in this Project.
5.4	The Bidder must have completed, within three (3) years a single contract that is similar to this Project, equivalent to at least fifty percent (50%) of the ABC.  For this purpose, similar contracts shall refer to supply and delivery of sports equipment.
7	No further instructions.
8.1	Subcontracting is not allowed.
8.2	Not applicable.
9.1	The Procuring Entity will hold a pre-bid conference for this Project on 30 November 2017 at 10:00 AM at the Bidding Room, Ground Flr., PSC Administrative Building, Rizal Memorial Sports Complex, Pablo Ocampo Sr., Street, Malate, Manila.
10.1	The Procuring Entity's address is:  Philippine Sports Commission, Rizal Memorial Sports Complex, Pablo Ocampo Sr., Street, Malate, Manila.  <i>Contact Person: Atty. SANNAH R. FRIVALDO c/o Office of the BAC Chairperson, 4<sup>th</sup> Flr Administrative Bldg., Rizal Memorial Sports Complex P. Ocampo Sr. St Malate Manila Tel. No. 525-4933</i>
12.1	The first envelope shall contain the original or official certified true copy of the eligibility and technical requirements.  Additional technical documents:

	<p>1. Authority of the signatory, duly notarized, to participate in the bidding at hand:</p> <p>i. For Single Proprietorship – Special Power of Attorney (SPA) issued by ownership/proprietor.</p> <p>ii. For Partnership – Partnership resolution issued by the General Partner or President of the Partnership.</p> <p>iii. For Corporation – Secretary’s Certificate and Board Resolution.</p> <p>iv. For Joint Venture – Board Resolution of each JV Partner.</p>
12.1(a)(ii)	Sworn statement of all ongoing government and private contracts shall include all such contracts within three (3) years prior to the deadline for the submission and receipt of bids.
13.1	No additional requirements.
13.1 (b)	No additional requirements.
13.1(c)	No further instructions.
13.2 (a)	No further instructions.
13.2 (b)	No further instructions.
15.4(a)(iv)	No incidental services required.
15.4(b)(i)	Not applicable
15.1 b (ii)	Not applicable
16.1 (b)	The Bid Prices for Goods supplied from outside the Philippines shall be quoted in Philippine Peso
16.3	No further instructions
17.1	Bids shall be valid for one hundred twenty (120) calendar days from 14 November 2017.
18. 1	<p>The bid security shall be in the following amount:</p> <p>1. The amount of <i>2% of ABC</i>, if bid security is in cash, cashier’s/manager’s check, bank draft/guarantee or irrevocable letter of credit;</p> <p>2. The amount of <i>5% of ABC</i> if bid security is in Surety Bond; or</p>
18.2	The bid security shall be valid for one hundred twenty days from 14 November 2017.
20.3	Each Bidder shall submit <i>one</i> original and <i>two duplicate</i> copies of the first and second components of its bid.
21	<p>The address for submission of bids is <b>Office of the BAC Secretariat, c/o Office of the BAC Chairman, 4<sup>th</sup>Flr., Administrative Bldg., Rizal Memorial Sports Complex, P.Ocampo Sr., St., Malate, Manila.</b></p> <p>The deadline for submission of bids is <b>14 November 2017, ffrom 8:00AM to 9:30AM.</b></p>
24. 1	The place of bid opening is <b>BAc Bidding Room, GrndFlr., Administrative</b>

	<b>Bldg., Rizal Memorial Sports Complex, P Ocampo Sr., St., Malate, Manila.</b> The date and time of bid opening is <b>14 November 2017 at 10:00AM.</b>
24.2	No further instructions.
24.3	No further instruction
27.1	No further instructions.
28.3(a)	The goods are grouped in a single lot and the lot shall not be divided into sub-lots for the purpose of bidding, evaluation and contract award.
28.3(b)	Bid modification is not allowed.
28. 4	No further instructions.
29.2	Only tax returns filed and taxes paid through the BIR Electronic Filing and Payment System (EFPS) shall be accepted.  NOTE: The latest income and business tax returns are those within the last six months preceding the date of bid submission.
29.2 (d)	No other license or permit required.
32.4 (g)	No additional documents required.

**Atty. SANNAH R. FRIVALDO**  
BAC Chairperson

## SECTION V. SPECIAL CONDITIONS CONTRACT

GCC Clause	
1.1(i)	The Procuring Entity is <i>Philippine Sports Commission (PSC)</i>
1.1(j)	The Supplier is <i>[to be inserted at the time of contract award]</i> .
1.1(k)	The Funding Source is  The Government of the Philippines (GOP) under the General Appropriations Fund through the Board Resolution No. 562-2017 in the amount of Nine Million Two Hundred Fifteen Thousand Five Hundred Pesos (₱9,215,500.00).
5.1	The Project Sites are:  Rizal Memorial Sports Complex P. Ocampo Sr. St., Malate, Manila
6.2	The Procuring Entity's address for Notices is:  <i>Office of the BAC Secretariat, c/o Office of the BAC Chairman, 4/F Administration Building, Rizal Memorial Sports Complex P. Ocampo Sr. St., Malate, Manila 525-4933</i>
10.4	The winning bidder/supplier shall deliver the goods specified in Section VI (Schedule of Requirements) and Section VII (Technical Specification) to the Procuring Entity in prime condition.
13.4(c)	Not applicable.
16.1	No further instructions
17.3	No further instructions
17.4	Three (3) months after acceptance by the Procuring Entity of the delivered Goods or after the Goods are consumed, whichever is earlier.
21.1	The period for correction of defects in the warranty period is fifteen (15) days from notice of defect.

## SECTION VI. SCHEDULE OF REQUIREMENTS

The delivery schedule expressed as weeks/months stipulates hereafter a delivery date which is the date of delivery to the project site.

Item Number	Description	Quantity	Total	Delivered, Weeks/Months
1	DB Set 5-50 lbs Rubberized dumbbells with rack Inclusive of dumbbell rack, set of dumbbells, and rubber mat to place it all on Rack features three shelves which hold full set of dumbbells, measures 40-by-30-by-20 inches (W x H x D) Weights with patent-pending Secure Dumbbell System combine one-piece cast iron heads with steel inserts that have been pinned, press-fitted, and welded Mat is made of tough, durable PVC material that protects floors and carpets from damaging effect of heavy exercise equipment; measures 48-by-36 inches (W x H x D), and is 0.125 inches thick	4 units		
2	DB Set 55-100 lbs Rubberized dumbbells with rack Handle diameter: 25mm up to 10LB, 35MM for anything over 10LB Heavy duty Rubber encased heads: minimize noise, floor damage, and wear and tear on the dumbbells themselves Easy-grip, ergonomic Chrome-Plated handle Proprietary head to handle construction ensures the head does not come loose	4 units		
3	Olympic Barbells 20kg <ul style="list-style-type: none"> <li>• 7' Olympic Bar - Black Finish</li> <li>• 30mm Diameter at Grip, 51.5" between collars</li> </ul> 600 lb. Capacity, 44lb bar weight	20 pcs		

4	<p>Olympic plates  Weight range : 1.25 LB-100  LB rubberized plates  Dimensions:  Weight 1.25 lb 2.5 lb 5lb  10lb 25lb 35lb  45lb 100lb  Diameter 4.5" 6.3"  8.0" 9.0" 10.9"  14.5" 17.7" 17.5"  Thickness .4" .5"  .6" .9" 1.4"  13" 1.3" 2.0"  5 lbs. and 10 lbs.</p>	10 sets		
5	<p>Adjustable Bench  Heavy-duty 1000 lb rated  adjustable weight bench,  great for use with dumbbells  smith machine, cage or  power rack  54x26x17.5 inches. Pad  measures 11.5 in wide at the  shoulders. Minimal pad gap  between seat and back. 17.5  in high from floor to top of  pad  7 ladder positions from 85  degree incline to -20 degree  decline and 4 different seat  position adjustments  Vinyl covered rollers to  keep your legs locked in  place during decline work.  Vinyl cover</p>	10 units		
6	<p>Prowler Sled  2 x 3" 11-gauge steel  Weight: 74 lbs / Weight  Capacity : 500+lbs  Rogue signature matte black  powdercoat provides grip on  handles  Bolt-On Steel Feet can be  used on any surface, fully  repleaceable  Multiple bars for difference  pushing positions  Compact footprint (42-1/4" x  47-1/4") and removable  handles allows for easy  storage, portability  Protective UHMW plastic  skis can be added to order  and come with all necessary  hardware</p>	6 units		
7	<p>Bosu Ball  Core training</p>	13 units		



	Product Diameter – 65cm or 26” Maximum user weight limit – 350 lbs			
8	Hand Ergometer Bi-directional Magnetic Resistance Higher quality components Wide pedal resistance range – adjusting from nearly nothing to about 170 Watts 8“ H x 17.5” W x 20” D 32 lbs	3 u n i t s		
9	Wood-way Curved Treadmill Running Surface Dimensions:22” W x 86” L (55 x 218 cm) User Weight Capacity: Run: 400 lb. / Walk: 800lb. (4 mph max) Belt Type: 77 individual slats Drive System: 158 Precision Ball Bearings with 18 Roller Guides (4mm lateral tolerance) Running Surface: Vulcanized Rubber (38-43 shore hardness) Drive Motor: Self-Propelled Unit Weight: 550 lb. (Shipping Weight 625 lb.) Width: 38” (97 cm) Length: 90” (229cm) Height: 75” (191 cm) Power Supply: not required Self-Propelled: Standard Feature	3 units		
10	Mini Hurdles 2-height Configuration Multi-functional, portable and easy to carry around Adjustable from 9” to 12”, increasing the scope and difficulty of desired training drills Excellent multi-sport training product Made from heavy-duty, durable plastic Weight: 450-500 grams per piece	5 sets		
11	Exercise bands	5 pairs		

	<ul style="list-style-type: none"> <li>Orange, Band # 0, Dimensions = 41' x .25" x .18"; Resistance=15lbs 5 pairs</li> <li>•5 pairs</li> </ul>			
12	<p>Exercise bands</p> <p>Red Band, # 1, Dimensions = 41' x .5" x .18"; Resistance=30lbs 5 pairs</p>	5 pairs		
13	<p>Exercise bands</p> <ul style="list-style-type: none"> <li>blue, Band # 2, Dimensions = 41' x .5" x .25"; Resistance=50lbs 5 pairs</li> </ul>	5 pairs		
14	<p>Exercise bands</p> <ul style="list-style-type: none"> <li>Green, Band # 3, Dimensions = 41' x 1.13" x .18"; Resistance=65lbs 5 pairs</li> </ul>	5 pairs		
15	<p>Exercise bands</p> <ul style="list-style-type: none"> <li>Black, Band # 4, Dimensions = 41' x .75" x .18"; Resistance=100lbs</li> </ul>	5 pairs		
16	<p>Assorted Bumper Plates</p> <p>Contents: 2 – color bumper plates (1 pair)</p> <p>Weight: 10-45 pounds each</p> <p>Weight Tolerance: +/- 1% of declared weight</p> <p>Full Diameter: 15-45 pound plates: 450mm (~17.7 inches) width, 10 pound plate: 445 mm (17.5 inches)</p> <p>Insert Diameter: 2 inches</p> <p>Bumper plate width: 55's-3.25", 45's-2.9", 35's-2.35", 25's-1.87", 15's-1.2", 10's-1.05"</p> <p>Durometer: 10's and 15's are sHA; the 25, 35, 45 and 55 pound bumpers are 85 SHA</p> <p>Material: Virgin rubber, stainless steel insert</p>	1 lot		
17	<p>Olympic Bar Holder</p> <p>Footprint: 32-3/8" x 26"</p> <p>2 x 3" 11-gauge steel tube supports</p> <p>(10) Vertical barbell storage tubes: 2" diameter, 7" length</p>	4 units		

	3/8" laser cut steel end plates Can be bolted to floor through holes in foot plates Will hold most standard Olympic barbells			
18	Crossfit Station with accessories 360: (L)6000* (W)4000*(h)2500mm Weight: 620 kgs Spare parts: TRX hanging rope TRX RIP multi function training bar Power Training Rope Medicine Ball Kettle Bell Sandbag Other Hanging Accessories	1 set		
19	Plyfoam Box High density solid foam Weight: 26 kg pvc cover with height markings Color: Black with white print	15 units		
20	Foam Rollers Size: 36" x 1 x 6" Diameter	20 pcs		
21	Yoga mats Standard: 7.5 lbs; 71' x 26" ; 6 mm thick Extra Long: 9.5 lbs; 85" x 26"; 6 mm thick High-density cushion, joint protection, unmatched support Guaranteed to never wear out from yoga practice Closed-cell surface prevents sweat from seeping into the mat Non-toxic, emissions-free manufacturing, 100% latex free rubber mats	20 pcs		
22	Exercise Ball 55 cm Ideal for use heights 5'3" and under Constructed of durable, anti-burst material Air pump included Maximum user weight not to exceed 250 lbs	5 units		
23	Exercise Ball 65 cm Ideal for heights 5'3" to 5'10"	5 units		

	Constructed of durable, anti-burst material Air pump included Maximum user weight not to exceed 250 lbs			
24	Exercise Ball 75 cm Ideal for heights 5'10" above Constructed of durable, anti-burst material Air pump included Maximum user weight not to exceed 250 lbs	5 units		
25	Wall Ball Coated Vinyl Shell – moisture and scuff resistant Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 3 kg =	2 units		
26	Wall Ball Coated Vinyl Shell – moisture and scuff resistant Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 5 kg	2 units		
27	Wall Ball Coated Vinyl Shell – moisture and scuff resistant Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 10 lbs	5 units		
28	Wall Ball Coated Vinyl Shell – moisture and scuff resistant Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 15 lbs	5 units		
29	Wall Ball Coated Vinyl Shell – moisture and scuff resistant Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 20 lbs =	5 units		
30	Wall Ball Coated Vinyl Shell – moisture and scuff resistant	5 units		

	Soft Shell safe to use at high speeds, but strong enough to maintain stables shape Double-stitched paracord threading on seams 25 lbs			
31	Suspension Trainer Single Anchor rotating suspension trainers Durable Nylon Webbing Straps with Loop-and-barrel locking adjusters and a carabiner tested at 1,300 lbs Padded block door anchor connects to suspension Trainer for use in any room with a solid, sturdy door. Suspension Anchor for hanging straps off stabilized bars, branches, poles, hooks, etc. Instructional Guide for setting up and planning out your bodyweight training regimen Mesh Carrying Bag	5 units		
32	Jungle Gym Two- Anchor non rotating suspension trainers Two Suspension straps with handles, foot cradles cam buckles door anchors and strap end adjusters attached One Duro-Link connection strap Safe, non-scuff Duro-Link ANCHOR INTEGRATED CINCH LOOP attachment "Ergonomic, non-slip handles" Secure and adjustable inline buckles Industrial suspension straps Two durable Easy-In Foot Cradles	5 units		

## SECTION VII. TECHNICAL SPECIFICATIONS

Item	Specification	Statement of Compliance
1	<p>DB Set 5-50 lbs Rubberized dumbbells with rack            Inclusive of dumbbell rack, set of dumbbells, and rubber mat to place it all on            Rack features three shelves which hold full set of dumbbells, measures 40-by-30-by-20 inches (W x H x D)            Weights with patent-pending Secure Dumbbell System combine one-piece cast iron heads with steel inserts that have been pinned, press-fitted, and welded            Mat is made of tough, durable PVC material that protects floors and carpets from damaging effect of heavy exercise equipment; measures 48-by-36 inches ( W x H x D), and is 0.125 inches thick</p>	<p>Bidders must state here either "Comply" or "Not Comply" against each of the individual parameters of each Specification stating the corresponding performance parameter of the equipment offered. Statements of "Comply" or "Not Comply" must be supported by evidence in a Bidders Bid and cross-referenced to that evidence. Evidence shall be in the form of manufacturer's un-amended sales literature, unconditional statements of specification and compliance issued by the manufacturer, samples, independent test data etc., as appropriate. A statement that is not supported by evidence or is subsequently found to be contradicted by the evidence presented will render the Bid under evaluation liable for rejection. A statement either in the Bidders statement of compliance or the supporting evidence that is found to be false either during Bid evaluation, post-qualification or the execution of the Contract may be regarded as fraudulent and render the Bidder or supplier liable for prosecution subject to the provisions of ITB Clause 3.1 (a) (ii) and/or GCC Clause 2.1 (a) (ii).</p>
2	<p>DB Set 55-100 lbs            Rubberized dumbbells with rack            Handle diameter: 25mm up to 10LB, 35MM for anything over 10LB            Heavy duty Rubber encased heads: minimize noise, floor damage, and wear and tear on the dumbbells themselves</p>	

	<p>Easy-grip, ergonomic Chrome-Plated handle</p> <p>Proprietary head to handle construction ensures the head does not come loose</p>																																					
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4	<p>Olympic plates</p> <p>Weight range : 1.25 LB-100 LB rubberized plates</p> <p>Dimensions:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Weight</td> <td style="width: 33%;">1.25 lb</td> <td style="width: 33%;">2.5 lb</td> <td style="width: 33%;">5lb</td> </tr> <tr> <td></td> <td>10lb</td> <td>25lb</td> <td>35lb</td> </tr> <tr> <td></td> <td>45lb</td> <td>100lb</td> <td></td> </tr> <tr> <td>Diameter</td> <td>4.5"</td> <td>6.3"</td> <td></td> </tr> <tr> <td></td> <td>8.0"</td> <td>9.0"</td> <td>10.9"</td> </tr> <tr> <td></td> <td>14.5"</td> <td>17.7"</td> <td>17.5"</td> </tr> <tr> <td>Thickness</td> <td>.4"</td> <td>.5"</td> <td>.6"</td> </tr> <tr> <td></td> <td>.9"</td> <td>1.4"</td> <td>13"</td> </tr> <tr> <td></td> <td>1.3"</td> <td>2.0"</td> <td></td> </tr> </table> <p>5 lbs. and 10 lbs.</p>	Weight	1.25 lb	2.5 lb	5lb		10lb	25lb	35lb		45lb	100lb		Diameter	4.5"	6.3"			8.0"	9.0"	10.9"		14.5"	17.7"	17.5"	Thickness	.4"	.5"	.6"		.9"	1.4"	13"		1.3"	2.0"		
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5	<p>Adjustable Bench</p> <p>Heavy-duty 1000 lb rated adjustable weight bench, great for use with dumbbells smith machine, cage or power rack</p> <p>54x26x17.5 inches. Pad measures 11.5 in wide at the shoulders. Minimal pad gap between seat and back. 17.5 in high from floor to top of pad</p> <p>7 ladder positions from 85 degree incline to -20 degree decline and 4 different seat position adjustments</p> <p>Vinyl covered rollers to keep your legs locked in place during decline work. Vinyl cover</p>																																					
6	<p>Prowler Sled</p> <p>2 x 3" 11-gauge steel</p> <p>Weight: 74 lbs / Weight Capacity : 500+lbd</p> <p>Rogue signature matte black powdercoat provides grip on handles</p> <p>Bolt-On Steel Feet can be used on any surface, fully replaceable</p> <p>Multiple bars for difference pushing positions</p> <p>Compact footprint (42-1/4" x 47-1/4") and removable handles</p>																																					

	allows for easy storage, portability Protective UHMW plastic skis can be added to order and come with all necessary hardware	
7	Bosu Ball Core training Product Diameter – 65cm or 26” Maximum user weight limit – 350 lbs	
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10	Mini Hurdles 2-height Configuration Multi-functional, portable and easy to carry around Adjustable from 9” to 12”, increasing the scope and difficulty of desired training drills Excellent multi-sport training product Made from heavy-duty, durable plastic Weight: 450-500 grams per piece	
11	Exercise bands  • Orange, Band # 0, Dimensions = 41’ x .25” x .18” ; Resistance=15lbs 5 pairs	



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12	Exercise bands  Red Band, # 1, Dimensions = 41' x .5" x .18" ; Resistance=30lbs 5 pairs	
13	Exercise bands  • blue, Band # 2, Dimensions = 41' x .5" x .25" ; Resistance=50lbs 5 pairs	
14	Exercise bands • Green, Band # 3, Dimensions = 41' x 1.13" x .18" ; Resistance=65lbs 5 pairs	
15	Exercise bands • Black, Band # 4, Dimensions = 41' x .75" x .18" ; Resistance=100lbs	
16	Assorted Bumper Plates Contents: 2 – color bumper plates (1 pair) Weight: 10-45 pounds each Weight Tolerance: +/- 1% of declared weight Full Diameter: 15-45 pound plates: 450mm (~17.7 inches) width, 10 pound plate: 445 mm (17.5 inches) Insert Diameter: 2 inches Bumper plate width: 55's-3.25", 45's-2.9", 35's-2.35", 25's-1.87", 15's-1.2", 10's-1.05" Durometer: 10's and 15's are sHA; the 25, 35, 45 and 55 pound bumpers are 85 SHA Material: Virgin rubber, stainless steel insert	
17	Olympic Bar Holder Footprint: 32-3/8" x 26" 2 x 3" 11-gauge steel tube supports (10) Vertical barbell storage tubes: 2" diameter, 7" length 3/8" laser cut steel end plates Can be bolted to floor through holes in foot plates Will hold most standard Olympic barbells	
18	Crossfit Station with accessories 360: (L)6000* (W)4000*(h)2500mm Weight: 620 kgs	

	<p>Spare parts:  TRX hanging rope  TRX RIP multi function training bar  Power Training Rope  Medicine Ball  Kettle Bell  Sandbag  Other Hanging Accessories</p>	
19	<p>Plyfoam Box  High density solid foam  Weight: 26 kg  pvc cover with height markings  Color: Black with white print</p>	
20	<p>Foam Rollers  Size: 36" x 1 x 6" Diameter</p>	
21	<p>Yoga mats  Standard: 7.5 lbs; 71" x 26" ; 6 mm thick  Extra Long: 9.5 lbs; 85" x 26"; 6 mm thick  High-density cushion, joint protection, unmatched support  Guaranteed to never wear out from yoga practice  Closed-cell surface prevents sweat from seeping into the mat  Non-toxic, emissions-free manufacturing, 100% latex free rubber mats</p>	
22	<p>Exercise Ball  55 cm  Ideal for use heights 5'3" and under  Constructed of durable, anti-burst material  Air pump included  Maximum user weight not to exceed 250 lbs</p>	
23	<p>Exercise Ball  65 cm  Ideal for heights 5'3" to 5'10"  Constructed of durable, anti-burst material  Air pump included  Maximum user weight not to exceed 250 lbs</p>	
24	<p>Exercise Ball  75 cm  Ideal for heights 5'10" above  Constructed of durable, anti-burst material  Air pump included  Maximum user weight not to exceed 250 lbs</p>	
25	<p>Wall Ball</p>	

	<p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 3 kg =</p>	
26	<p>Wall Ball</p> <p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 5 kg</p>	
27	<p>Wall Ball</p> <p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 10 lbs</p>	
28	<p>Wall Ball</p> <p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 15 lbs</p>	
29	<p>Wall Ball</p> <p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 20 lbs =</p>	
30	<p>Wall Ball</p> <p>Coated Vinyl Shell – moisture and scuff resistant</p> <p>Soft Shell safe to use at high speeds, but strong enough to maintain stables shape</p> <p>Double-stitched paracord threading on seams 25 lbs</p>	
31	<p>Suspension Trainer Single Anchor rotating suspension trainers</p> <p>Durable Nylon Webbing Straps with Loop-and-barrel locking adjusters and a carabiner tested at 1,300 lbs</p> <p>Padded block door anchor connects to suspension Trainer</p>	

	<p>for use in any room with a solid, sturdy door.</p> <p>Suspension Anchor for hanging straps off stabilized bars, branches, poles, hooks, etc.</p> <p>Instructional Guide for setting up and planning out your bodyweight training regimen</p> <p>Mesh Carrying Bag</p>	
32	<p>Jungle Gym</p> <p>Two- Anchor non rotating suspension trainers</p> <p>Two Suspension straps with handles, foot cradles cam buckles door anchors and strap end adjustors attached</p> <p>One Duro-Link connection strap</p> <p>Safe, non-scuff Duro-Link ANCHOR</p> <p>INTEGRATED CINCH LOOP attachment</p> <p>“Ergonomic, non-slip handles”</p> <p>Secure and adjustable inline buckles</p> <p>Industrial suspension straps</p> <p>Two durable Easy-In Foot Cradles</p>	