

**PART E**  
**SPECIFICATIONS**

## **PART E - SPECIFICATIONS**

### **GENERAL**

#### **E1. GENERAL**

E1.1 These Specifications shall apply to the Work.

#### **E2. GOODS**

E2.1 The Contractor shall supply, deliver and assemble weight room equipment (accessible for handicapped people) in accordance with the requirements hereinafter specified.

E2.2 The Contractor shall adhere to the following requirements of the equipment required:

- (i) the frames shall be manufactured from (2" x 2", 2" x 3", or 2" x 4") inch tubular steel measuring .125" inches in wall thickness;
- (ii) weight stack enclosure for user protection;
- (iii) steel cables 3/16" thick covered with a poly jacket to make the cable 1/4" thick;
- (iv) precision ground weight stack guide rods measuring 3/4" thick;
- (v) specialty weight stack pins secured by lanyards, which are accessible to both the physically challenged and the able bodied;
- (vi) top grade naugahyde upholstery complete with commercial grade foam to provide durable upholstered pieces on areas where wheelchair damage can easily occur;
- (vii) pillow block and sealed ball bearings at pivot points for friction free movement and precision alignment;
- (viii) plated wear guards utilized on areas requiring protection from chipping and/or abrasions;
- (ix) frames should be painted white and upholstery should be black;
- (x) swing away seating to allow the placement of a wheelchair into the user position;  
and
- (xi) adjustable seating height to properly align themselves into the starting position.

E2.3 Item No. 1 – is a chest press and shall have the following salient features:

- (a) variable hand positions/grips;
- (b) adjustable starting position for desired pre-stretch; and
- (c) seatbelt to stabilize wheelchair bound users.

E2.4 Item No. 2 – is a vertical rowing machine and shall have the following salient features:

- (a) adjustable chest pad; and
- (b) various hand grip positions.

E2.5 Item No. 3 - is a lat pulldown machine and shall have the following salient features:

- (a) adjustable starting positions;
- (b) adjustable knee stabilizer; and
- (c) swivel hand grips.

E2.6 Item No. 4 - is a triceps pressdown machine and shall have the following salient features:

- (a) automatic adjusting hand grips for various forearm positions.

- E2.7 Item No. 5 - is a bicep machine and shall have the following salient features:
- (a) sternum pad to stabilize the user; and
  - (b) have adjustable hand grips.
- E2.8 Item No. 6 - is a shoulder press and shall have the following salient features:
- (a) various hand grip positions;
  - (b) neutral hand grips for rehabilitation purposes; and
  - (c) seatbelt to stabilize wheelchair bound users.
- E2.9 Item No. 7 - is a seated leg press and shall have the following salient features:
- (a) adjustable for a full range of starting positions;
  - (b) wide / oversized foot platform;
  - (c) high enough from the ground to transfer an individual from a wheel chair; and
  - (d) seatbelt to stabilize wheelchair bound users.

### **E3. DELIVERY**

- E3.1 The weight room equipment shall be delivered freight pre-paid, f.o.b. 644 Parkdale Street, Winnipeg, Manitoba, serviced and assembled for operation, within thirty (30) Calendar Days from the date of notification of the award.
- E3.2 The Contract Administrator shall be notified two (2) Business Days at (204) 986-5328, prior to delivery.

### **E4. LITERATURE**

- E4.1 The Bidder shall submit within three (3) Business Days of a request by the Contract Administrator, current descriptive, detailed literature on the equipment being bid. Also any anatomical drawings of muscles exercised, with exercise illustrations visible from a seated position.

### **E5. TRAINING**

- E5.1 The Bidder shall provide, at their expense, two (2) hours of operational and maintenance training by qualified staff for the City of Winnipeg personnel. The training shall be conducted in a combined session for each group of personnel. The one (1) session shall be sufficient to provide adequate familiarization and orientation on the equipment, to the satisfaction of the Contract Administrator.

### **E6. DEMONSTRATION OF PRODUCT**

- E6.1 Upon a request from the Contract Administrator the Bidder will have five (5) Calendar Days to arrange a demonstration of the equipment proposed in their Bid.
- E6.1.1 The Bidder shall arrange for the delivery and pick up of the equipment at the site.
- E6.1.2 The demonstration shall take no longer than four (4) hours, for the Contract Administrator or his/her designate to evaluate the equipment.

**E7. MANUALS**

E7.1 The Contractor shall insure the following manuals be supplied with each of the items when delivered, and shall contain a section in **English**:

- (a) operator's manual - one (1) set required; and
- (b) parts and service manuals, including preventative maintenance schedules for the life of the unit(s) - one (1) set required for each unit.