

**COMMONWEALTH OF VIRGINIA  
DEPARTMENT OF GENERAL SERVICES  
DIVISION OF PURCHASING AND SUPPLY  
SPECIFICATIONS FOR FITNESS EXERCISE EQUIPMENT**

**PURPOSE:**

The purpose of this specification is to establish a purchasing requirement for fitness center equipment devices for use by Central Virginia Community College, State Agencies, and other Public Bodies of the Commonwealth of Virginia for use in physical fitness programs. The vendor must furnish and install the offered equipment.

**SCOPE:**

Work shall consist of providing all materials, labor, supervision, tools, equipment, and incidentals necessary to furnish, install (set-in-place), render operational, and provide training for application, operation, and maintenance of the offered equipment. Vendor must remove all crating, packing materials and any other disposable items from the installation, and dispose of them in a lawful manner off state property. The Agency will provide pictorial data and necessary information regarding installation locations of the fitness equipment to be supplied and installed.

Quantities required for products to be bid are indicated in the Specifications section, at the left side of each of the items to be procured.

The following specifications are intended to define the minimum level of quality and performance of the requested products, and are meant to be met or exceeded. Where brand names are mentioned in text, the specifications are not meant to be restrictive as to brand name, manufacturer, method of configuring a system, and method of accomplishing required functions, unless otherwise indicated. All equipment bid may be the brand name and model, or shall be **equivalent** to brand names and/or any other specification elements using the **Use of Brand Names** clause (see General Terms and Conditions) in making an equivalence determination.

**BIDDER REQUIREMENTS:**

Bidders/Vendors shall submit complete technical data of the products being offered, as attachments with the bid response. Additional data may be provided in the “**ADDITIONAL INFORMATION**” section at the end of these specifications. Minimum data must include detailed specifications fully describing the products, including description of features, internal exercise programs (where applicable), construction, dimensions, and all relevant information regarding equipment use. Bidders/Vendors shall indicate they are providing the product specified, or an equivalent product, on the specifications form next to each specification item, using the lines provided across from the specification items, under “**BIDDER BRAND & MODEL**”. Bidders/Vendors shall indicate any deviations with appropriate reasons and documentation. The Commonwealth reserves the right to obtain technical data and to request clarification when deemed necessary. Failure on the part of

the bidder/Vendor to provide all requested documentation may be cause to reject the bid/request as non-responsive.

Bidders shall bid all items in the specifications. Failure to bid all items will result in rejection of the bid as non-responsive.

Bidders shall provide pricing and delivery information for products offered, FOB destination, after receipt of order (ARO), in the “**DELIVERY AND PRICING**” section provided at the end of the specifications.

The products offered in answer to this request for proposal must be new and unused current production models of the equipment required. No prototype or demonstrator product will be accepted, and offering of such a product will be cause for bid rejection.

Bidder must provide user guide(s) containing clear instructions on operation, safety, and maintenance with each product. User guides must also contain as a minimum, clear instructions on machine use, including operation instruction placards clearly displayed on the equipment provided. On-site training must be provided for the offered equipment, at no additional charge, for application, operation, and maintenance. The “**TRAINING**” section of these specifications document specific minimum training that must be provided.

Products provided must be warranted with the supplier’s best warranty offered, to provide no-cost protection to the Commonwealth for correction or replacement as needed for defects in manufacturing, assembly, or parts. Provide documentation of warranty for the products offered in answer to this invitation for bid.

**SPECIFICATIONS:**

**I: CARDIO EQUIPMENT:**

#EA	ITEM DESCRIPTION	BIDDER BRAND & MODEL
<u>3</u>	A. Life Fitness Integrity Series Elliptical Cross-Trainer, model CLSX, or equivalent, and	_____ _____ _____
<u>1</u>	B. Life Fitness Integrity Series Upright Bike, model CLSC, or equivalent, and	_____ _____
<u>4</u>	C. Life Fitness Integrity Series Treadmill, model CLST, or equivalent, and	_____ _____
<u>9</u>	D. Keiser model M3C Exercise Bike, or equivalent	_____ _____

**II: STRENGTH TRAINING MACHINES:**

<b>#EA</b>	<b>ITEM DESCRIPTION</b>	<b>BIDDER BRAND &amp; MODEL</b>
<b><u>1</u></b>	<b>A.</b> Life Fitness Signature Series Seated Leg Press, model FZSLP, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>B.</b> Life Fitness Signature Series Seated Leg Curl, model FZSLC, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>C.</b> Life Fitness Signature Series Pull Down, model FZPD, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>D.</b> Life Fitness Signature Series Shoulder Press, model FZSP, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>E.</b> Life Fitness Signature Series Chest Press, model FZCP, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>F.</b> Life Fitness Signature Series Triceps Press, model FZTP, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>G.</b> Life Fitness Signature Series Biceps Curl, model FZBC, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>H.</b> Life Fitness Signature Series Leg Extension, model FZLE, with black upholstery, or equivalent, and	<hr/> <hr/> <hr/>
<b><u>1</u></b>	<b>I.</b> Life Fitness Cable Motion Dual Adjustable Pulley, model CMDAP, with black upholstery, or equivalent	<hr/> <hr/> <hr/>

**III: BENCH EQUIPMENT:**

#EA	ITEM DESCRIPTION	BIDDER BRAND & MODEL
<u>2</u>	A. Life Fitness Signature Series Multiple Adjustable Bench, model SMAB, with black upholstery, or equivalent, and	_____ _____ _____
<u>1</u>	B. Life Fitness Signature Series Back Extension, model SBE, with black upholstery, or equivalent, and	_____ _____ _____
<u>1</u>	C. Life Fitness Signature Series Ab Crunch Bench, model SABC, with black upholstery, or equivalent, and	_____ _____ _____
<u>1</u>	D. Life Fitness Signature Series Chin Dip Leg Raise, model SCDLR, with black upholstery, or equivalent, and	_____ _____ _____
<u>1</u>	E. Life Fitness Signature Series Two Tier Dumbbell Rack, model SDR2, or equivalent	_____ _____ _____

**TRAINING SECTION:**

The following minimum specific items of on-site training must be provided by qualified personnel for all fitness equipment supplied, as part of the total bid package. The training provided shall be for a minimum of one full work day, and shall be provided at the start of the school semester. Central Virginia Community College will provide the specific training date information:

**Category 1: General Training, which must be provided by a Certified Trainer:**

1. Train in the proper use of cardio equipment, including training on programs that are available on the equipment.
2. Go through each program and explain the different training options.
3. Instruct how to use the contact heart rate on each piece, and what it means.
4. Proper use of all strength equipment including proper body alignment.
5. Explain the complete variety of strength training options.
6. Show how to clean the equipment properly after use.
7. Train in the proper use of indoor cycles.
8. Advise on how to find and hire good aerobics instructors.

**Category 2: Preventative Maintenance training, which must be provided by a qualified service technician:**

1. How to remove the cover on a treadmill and clean under it
2. How to check for proper tension on a treadmill belt
3. How to properly do a deep cleaning on the equipment, and what products to use
4. Simple quick fixes to avoid a service call
5. Review service protocol for all machines, to help avoid equipment down time.
6. How to check cables on strength equipment, and evaluate condition

**DELIVERY AND PRICING SECTION:**

**I: CARDIO EQUIPMENT:**

#EA	ITEM DESCRIPTION	DELIVERY ARO	UNIT PRICE	TOTAL PRICE
<u>3</u>	A. Life Fitness Integrity Series Elliptical Cross-Trainer, model CLSX, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	B. Life Fitness Integrity Series Upright Bike, model CLSC, or equivalent	_____ Days	\$ _____	\$ _____
<u>4</u>	C. Life Fitness Integrity Series Treadmill, model CLST, or equivalent	_____ Days	\$ _____	\$ _____
<u>9</u>	D. Keiser model M3C Exercise Bike, or equivalent	_____ Days	\$ _____	\$ _____

**II: STRENGTH TRAINING MACHINES:**

#EA	ITEM DESCRIPTION	DELIVERY ARO	UNIT PRICE	TOTAL PRICE
<u>1</u>	A. Life Fitness Signature Series Seated Leg Press, model FZSLP, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	B. Life Fitness Signature Series Seated Leg Curl, model FZSLC, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	C. Life Fitness Signature Series Pull Down, model FZPD, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____

<u>1</u>	<b>D.</b> Life Fitness Signature Series Shoulder Press, model FZSP, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>E.</b> Life Fitness Signature Series Chest Press, model FZCP, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>F.</b> Life Fitness Signature Series Triceps Press, model FZTP, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>G.</b> Life Fitness Signature Series Biceps Curl, model FZBC, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>H.</b> Life Fitness Signature Series Leg Extension, model FZLE, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>I.</b> Life Fitness Cable Motion Dual Adjustable Pulley, model CMDAP, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____

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<u>2</u>	<b>A.</b> Life Fitness Signature Series Multiple Adjustable Bench, model SMAB, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>B.</b> Life Fitness Signature Series Back Extension, model SBE, with black upholstery, or equivalent	_____ Days	\$ _____	\$ _____
<u>1</u>	<b>C.</b> Life Fitness Signature Series Ab Crunch Bench, model SABC, with black upholstery,			

