

## Wilson High School – Weight Room

### Strength Bid Specifications

\*Florence School District One seeks experienced firm to **provide and install** new fitness equipment and flooring at Wilson High School, Florence South Carolina. “All or Nothing Bid” or “One Vendor Only”

#### **ITEM 001: Dynamic Fitness Ultra Pro Half Racks**

**Qty: 4**

**Dimensions: 75” W x 95” H x 64” L; Weight: 550lbs**

- Must have 5” x 3” Steel Frame
- Must be manufactured with 7 Gauge Metal
- Must have ¾” Steel Locking Pins
- **Must have Chrome Wrap with 2” Incremental Adjustments for J-Cups and Safeties**
- Must have Laser Cut Numbering on wraps
- Must have Laser Cut Logo/Branding in Chrome Upright Wrap
- Must have Notch Lock J-Cups and Safety Arms
- Must have (12) Adjustable, Tapered Weight Pegs to eliminate plates from sliding off
- Must have Vertical Bar Storage for (4) Bars
- Must have Variable Grip Chin-up Bar WITH 2” Ball Grip Pullup on the Back
- Must be Assembled with Grade 5 Carriage Bolts
- Must have Custom Frame Color
- Must have (2) sandwich style J-Cup with elevated UHMW channel
- Must have (2) 28” Safety Catches
- Must have UHMW on all touch points to eliminate metal on metal contact

#### **ITEM 002: Dynamic Fitness Ultra Pro DOUBLE Half Racks – Short Base**

**Qty: 4**

**Dimensions: 75” W x 95” H x 60” L; Weight: 950lbs**

- Must be Short Base Version: 60” L, or less, total length to fit spacing in facility
- Must have 5” x 3” Steel Frame
- Must be manufactured with 7 Gauge Metal
- Must have ¾” Steel Locking Pins
- Must have Chrome Wrap with 2” Incremental Adjustments for J-Cups and Safeties
- Must have Laser Cut Numbering on wraps
- Must have Laser Cut Logo/Branding in Chrome Upright Wrap
- Must have Notch Lock J-Cups and Safety Arms
- Must have (12) Adjustable, Tapered Weight Pegs to eliminate plates from sliding off
- Must have Hanging Bar Storage for (4) Bars
- Must have (2) Variable Grip Chin-up Bars WITH 2” Ball Grip Pullup on the Back
- Must be Assembled with Grade 5 Carriage Bolts
- Must have Custom Frame Color
- Must have (4) sandwich style J-Cup with elevated UHMW channel
- Must have (4) 28” Safety Catches
- Must have UHMW on all touch points to eliminate metal on metal contact

**Item 003: Dynamic Fitness Custom Stand-up Adjustable Bench w/Stand Up**

**Qty: 14**

**Dimensions: 25" W x 20" H x 60" L; Weight: 113lbs**

- Must have (7) Seat Back Positions – 0-85deg
- Must have (3) Seat height Adjustments
- Must have Metal Kick Stand to Store Bench Vertically
- Must have Extra Wide 10" Pad
- Must have 11-Gauge Tube Frame
- Must have Handle and (2) Wheels for Easy Rolling
- Must have Protective Rubber Feet for Non-Slip
- Must have Custom Wilson Logo on 10" Slipcover / Wear Guard
- Must have Custom Frame Color, Gloss or Textured Powdered Coat Finish

**Item 004: Bench Slipcover / Wear Guard with Printed Logo**

**Qty: 14**

- Must be 10" Tall
- No Plastic Wear Guard, must be Upholstery Material
- Must have Two Color Print

**Item 005: Dynamic Fitness Ultra Pro Custom Rack Connector w/ TRX Bar & Logo**

**Qty: 6**

**Dimensions: 71" Length x 12" Tall x 5" Deep with 1" Single Suspension Training / Pullup Bar**

- Must have the Ability to Connect Racks Horizontally at the Top of the Rack
- Must Be 6' TRX Compatible Connecting Braces
- **Must have Double Sided Logo w/ Laser Cut Lettering/Logo and Solid Colored Backer Plate**
- Must have 1" Single Bar out Front for Suspension Training and/or Pullups

**Item 006: Dynamic Fitness Bolt On Band Peg Attachments w/Landmine Receptacle**

**Qty: 12**

- Must have Three Pegs Per Side
- Must have Textured Powder Coat Finish
- Must have Welded Receptacle to Accept Removable Landmine Attachment

**Item 007: Dynamic Fitness Ultra Pro Landmine**

**Qty: 12**

- Must have a Smooth Pivot w/Full Rotation
- Must have Textured Powder Coat Finish

**Item 008: Dynamic Fitness Ultra Pro Jammer Arms**

**Qty: 12 pair**

- Must have Four Hand Placement Handles
- Must be Adjustable Along in 2" Increments Along Full Length of Upright
- Must have Textured Powder Coat Finish

**Item 009: Dynamic Fitness Ultra Pro Split Squat Roller**

**Qty: 12**

- Must have Textured Powder Coat Finish

**Item 010: Dynamic Fitness Band Hanger**

**Qty: 12 Pair**

- Must have Textured Powder Coat Finish

**Item 011: Dynamic Fitness Head & Neck Plate Loaded**

**Qty: 1**

**Dimensions: 53" W x 45" D x 61" H; Weight 250 Lbs**

- Must have Independent Settings for Precise Isolation of the Capital Muscles of **Head and Neck**
- Must have Torso Stabilizing Bar and Adjusting Back Pad
- Must have Fully Adjustable Rear Foot-Rest
- Must have Textured Powder Coated Finish

**Item 012: Dynamic Fitness GHD/Hyper Combo**

**Qty: 2**

**Dimensions: 37" W x 42" H x 70" L; Weight 251 Lbs**

- Must have 2" x 2" 11-Gauge Steel
- Must have Pendulum Weight Arm for Hip Extension, and Decompression
- Must have Multiple Grip Handles on Footplate
- Must have at 8 Footplate Adjustments
- Must have Step Through Design
- Must have Mount/Dismount Step
- Must have Textured Powder Coated Finish

**Item 013: Dynamic Fitness Annex Storage System**

**Qty: 1**

**Dimensions: 54.5" H x 65.5" W x 36" D; Weight 250 Lbs**

- Must be a 4 Tier 6' Storage System
- Must have 1 Med Ball storage Shelf
- Kettle Bell Racks must be able to be Reversed for Dumbbell Storage
- Must have 3"x3" 11 Gauge Steel
- Must Carry 10 Year Frame Warranty
- Must have Textured Powder Coated Finish

**Item 014: Dynamic Fitness Wall Balls**

**Qty: 4**

**Weights: 10Lb, 16LB, 18Lb, 20Lb**

- Must be Black & Grey
- Must be Moisture and Scuff Resistant
- Must have Double Stitched Seams
- Must have High-Tinsel Paracord Lacing

**Item 015: Dynamic Fitness Slam Balls**

**Qty: 4**

**Weights: 10Lb, 15 Lb, 2- 20Lb**

-Must be Made from Non-Marking Rubber

-Must Textured Surface

**Item 016: York Kettle Bells**

**Qty: 13**

**Weights: 2- 10Lb, 2- 20 Lb, 2- 25Lb, 2- 30Lb, 2- 35Lb, 1- 40, 1-45, 1-50**

-Must be Cast Iron

**Item 017 Dynamic Fitness 3 Tier Dumbbell Shelf Rack Tray Rack**

**Qty: 2**

**Dimensions 39" H x 101" W x 35" D**

-Must Hold 20-22 Pair

-Must have Lip on Bottom of Shelf not Middle for Safety

-Must have Textured Powder Coated Finish

**Item 018: Dynamic Rubber Hex Dumbbells**

**Qty: 2**

**Weights: 5-100/Pairs**

-Must be Solid One Piece Cast Iron Construction

-Must have Anti-Roll, Rubber Encased Hex Heads

-Must have Comfort-Grip Chrome-Plated Handles

**Item 019: 20KG Olympic Bar**

**Qty: 12**

- Must be 20kg and have 28.5mm diameter Black Zinc Shaft
- Must have Minimum Tensile Strength of 190K
- Must have Medium Knurling with NO Center Knurling
- Must have Olympic and Powerlifting Marks
- Must have Dual Oilite Bronze Bushings
- Must have Dual Snap Ring Design
- Must have 16.5" Loadable Bar Ends
- Must Carry a Lifetime Warranty, with Proper use and Cleaning
- Must have Custom Logo

**Item 020: 15KG Olympic Bar**

**Qty: 12**

- Must be 15kg and have 28.5mm diameter Black Zinc Shaft
- Must have Minimum Tensile Strength of 190K
- Must have Medium Knurling with NO Center Knurling
- Must have Olympic and Powerlifting Marks
- Must have Dual Oilite Bronze Bushings
- Must have Dual Snap Ring Design
- Must have 16.5" Loadable Bar Ends
- Must Have Custom Logo
- Must Carry a Lifetime Warranty, with Proper use and Cleaning

**Item 021: Solid Hex Trap Bar**

**Qty: 12**

- Must have Medium Knurling Bar, Solid Sleeve Design with a Chrome Sleeve
- Must have Minimum Tensile Strength of 180K and Tested to 1,200 Static Load
- Must have Raised and Parallel Handles
- Must come with Spring Collars

**Item 022: Lock Jaw Collars**

**Qty: 12**

**Dimensions: 3.0" H x 3.5" W x 2.0"; Weight: 13 Ounces**

-Must be Black

-Must have 1 Year Warranty

**Item 023: Tsunami Bars**

**Qty: 3**

**Item #: DSF-TSUNAMIT, DSF-TSUNAMI1, DSF-TSUNAMIV3**

**Item 024: Black Rubber Bumper Plates**

**10lbs. - Qty: 24**

**25lbs. – Qty: 24**

**45lbs. – Qty: 72**

- Must have Plate Diameter of 450mm/17.2" – IWF Standard
- Must Have Collar Diameter of 50.4mm / 1.98"
- Must have a Weight Tolerance of 1% of claimed weight
- Must have Stainless Steel brushings

**Item 025: York G2 Thin Line Rubber Coated Olympic Plates**

**2.5 lbs. - Qty: 24**

**5lbs. – Qty: 24**

- Must have Interlocking Plate Design

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**Item 026: Stackable Soft Plyo**

**6x30x36 Soft Plyo - Qty: 3**

**12x30x36 Soft Plyo - Qty: 3**

**24x30x36 Soft Plyo Qty: 3**

-Must be Black

-Must have Velcro Edges on all 4 Sides to Connect Plyos

**Item 027: Dynamic Fitness Power Sled**

**Qty: 2**

**Dimensions: 40"Hx32"Wx41"D**

- Must have 10 Year Frame Warranty
- Must have Pull & Push Features
- Must have Sports Specific Grip
- Must have High, Low and Neutral Grip Options
- Must have Textured Powder Coated Finish

**Item 028: SKLZ Jump Ropes**

**Qty: 24**

-Must be able to adjust length

-Must have soft foam handles

**Item 029: SKLZ Balance Pad**

**Qty: 12**

**Item 030: Vertimax V8**

**Qty: 2**



**Item 031: Dynamic Fitness 30' Battle Rope**

**Qty: 2**

- Must Be Weather Resistant and Waterproof
- Must have Rubber Shrink Wrapped and Finished Ends

**Item 032: Befour Portable Scale**

**Qty: 2**

- 16"x18" Portable Scale
- Must have Wrapped and Finished Ends

**Item 033: Schwinn Airdyne Bike**

**Qty: 2**

- Must Have 9 Preset Programs
- Must Have Display Readouts: Time, Distance, Calories, RPM, Watts, Pulse and Speed

**Item 034: Dynamic Fitness Resistance Bands**

**Green Resistance Band 1.75" - Qty: 24**

**Purple Resistance Band 1.25" - Qty: 24**

**Black Resistance Band .75" -Qty: 24**

**Red Resistance Band .5" -Qty: 24**

**Item 035: Ecore 20% Grippin Grey Beast Flooring 10.5mm**

**Dimensions: 2468 Sq Feet**

- Must be 20% Grippen Grey
- Must be 4' Rolled Flooring
- Must have a Tinsile Stength of Greater than 200 PSI
- Must be Abrasion Resistant Greater than 1g, 100 cycle
- Must have itstru-8 Stacked Technology
- Must have 8mm Underlayment/2.5mm Surface Water Layer

**Item 036: Ecore Beast Steel Appeal & Solid Black Flooring 10.5mm Inlayed Platforms**

- Must Equal 12 Inlayed Platforms
- Must Be 4' Rolled Flooring
- Must have a Tinsile Stength of Greater than 200 PSI
- Must be Abrasion Resistant Greater than 1g, 100 cycle
- Must have itstru-8 Stacked Technology
- Must have 8mm Underlayment/2.5mm Surface Water Layer

**Item 037: Ecore Egrip Adhesive**

**Qty: 4 Gallons**

**Item 037: Ecore Custom Water Jet Logos**

**Qty: 2**

- Must be a Waterjet Logo
- Must be 4'x4'

**Item 038: Ecore Flooring Installation**

-Installation must include Pep/Leveling the Floor Around Drains