

# Annex "A"

## Technical Specifications

ITEM #	QTY.	UNIT	ITEM DESCRIPTION
1	1	unit	Multi Jungle Machine – (5 Station multi-gym w/ 3 other separate equipment)
2	2	units	Olympic 3D and Power Rack
3	2	units	Compact Crossover
4	2	units	Olympic Flat and Bench Press
5	1	unit	Shoulder Press
6	2	units	Olympic Inclined Bench
7	1	unit	Leveraged Iso Chest Press
8	1	unit	Incline Row
9	1	unit	Leg Press/Hack Squat Combo
10	2	units	Seated Calf Raise
11	2	units	Flat Utility Bench
12	2	units	Shoulder Utility Bench
13	2	units	T-bar Row
14	2	units	Adjustable Utility Bench
15	2	sets	Rubberized Dumbbells set w/ Rack –5 to 27 kgs.
16	5	units	7 ft. Olympic bar
17	2	sets	Rubberized Olympic Plates Set w/ Rack 10 pairs 25kgs 10 pairs 20 kgs. 10 pairs 15 kgs. } 1 set 20 pairs 10 kgs. 20 pairs 5 kgs.
18	2	units	AB Coaster
19	1	unit	Fixed Barbell Set w/ Rack
20	1	unit	Leverage Leg Extension
21	2	units	4-14kg. Kettlebells Set
22	2	units	Adjustable Decline Utility Bench
23	2	units	Adjustable Roman Chai Pod: weight-15kg; material-steel; Dimension-43.4 x 23.5 x 320.4 inches; Height – adjustable in eight (8) levels & 26.7 -37 inches

## Extreme Gym Equipment



### Item No. 1 - Multi-jungle machine

Specifications:

- Xtreme 9 in 1 Jungle Machine
- Chest Files/read delts
- Flat chess press, shoulder press, inclined chest press
- Leg curl/leg extension
- Pulldown/rowing
- Color-Dark blue metallic High Gloss Paint
- Thickness-3.5



### Item No. 2 - Olympic 3D and Power rack

Color : Dark blue, metallic high glass paint  
Size : 7.28' x 7.18' x 7.44'  
Weight: 265 kg  
Thickness: 3.5 mm  
Design for 7ft Olympic bar



**Selectorized Compact Crossover**  
Size ( L\*W\*H ) : 3.44 x 6.39 x 7.54ft  
Weight: 342kg

### **Item No. 3 - Compact Crossover**

Color : Dark blue metallic high glass paint  
Thickness: 3.5 mm



### **Item No. 4 – Olympic Flat and Bench press**

Size: 5.47' x 5.44' x 5.59'      Weight: 77 kg  
Thickness: 3.5 mm              Color: Dark blue metallic high glass paint



**Leverage Iso Shoulder Press**

Size ( L\*W\*H ) : 4.16 x 5.00 x 4.98ft

Weight: 148kg

**Item No. 5 – Shoulder press**

Color: Dark Blue Metallic High Gloss Paint

Thickness: 3.5 mm



**TB42**

Olympic Incline Bench Press

Size ( L\*W\*H ) : 6.49 x 5.44 x 5.59ft

Weight: 77kg

**Item No. 6 – Olympic Inclined bench**

Color: Dark Blue Metallic

Thickness: 3.5 mm



**Leverage Iso Seated Chest Press**

Size ( L\*W\*H ) : 4.03 x 6.16 x 5.90ft

Weight: 206kg

**Item No. 7 – Leverage Iso Chess Press**

Color: Dark Blue Metallic

Thickness:



**Item No. 8 – Incline Row**

Color: Dark Blue Metallic High Gloss Paint

Size: 4.92' x 4.72' x 4.49'

Weight: 175 kg

Thickness: 3.5 mm



**Item No. 9 - Leg press/Hack squat combo**

Color: Dark Blue Metallic High Gloss paint

Size: 7.77' x 5.38' x 4.75'

Weight: 249 kg

Thickness: 3.5 mm



**Item No. 10 - Seated Calf Raise**

Color: Dark Blue Metallic

Size: 4.70' x 1.96' x 3.33'

Weight; 53 kg

Thickness; 3.5 mm



**Item No. 11 - Flat utility bench**

Color: Dark Blue Metallic High Gloss Paint

Size: 4.65' x 1.87' x 1.41'

Weight: 36 kg

Thickness: 3.5 mm



**Item No. 12 - Shoulder Utility Bench**

Color: Dark Blue Metallic

Size: 3.83' x 2.19' x 2.6'

Weight: 23 kg

Thickness: 3.5 mm



**Item No. 13 - T-Bar Row**

Color: Dark Blue Metallic High Glass Paint

Size: 5.90' x 3.28' x 3.80'

Weight: 60 kg

Thickness: 3.5 mm



**Item No. 14 – Adjustable utility bench**

Size: 4.59 x 2.19 x 1.44 ft

Weight: 38 kg





**Item No. 15 - 5-27 kgs. Rubberized dumbbell set with rack**

Color: Dark Blue Metallic High Gloss Paint

Size: 8.13' x 2.42' x 2.64'

Weight: 66 kg



**Item No. 16 - 7 feet Olympic Bar**

Size: 86 x 3.74 x 3.74

Weight: 36.36 lbs

Color: Silver



**Item No. 17 - Olympic set Plates w/ rack**

Color: Black/Blue/Red

Weight: 600 lbs



**Item No. 18 - AB Coaster**

Color: Gray

Size: 1710 mm x 720 mm x 1450 mm

Weight: 35 kg

Thickness: 3.5 mm



**Item No. 19 - Fixed barbell set w/ rack**

Weight: 10 kg, 15 kg, 20 kg, 25 kg, 30 kg



**Leverage Seated Leg Extension**

Size ( L\*W\*H ) : 4.10 x 4.41 x 3.88ft

Weight: 160kg

**Item No. 20 - Leverage Leg Extension**

Color: Dark Blue Metallic High Gloss Paint

Thickness: 3.5 mm



**Item No. 21 – Kettlebell set**

4 kg	-	BLUE	10 kg	-	GOLD
6 kg	-	BLACK	12 kg	-	BLUE
8kg	-	RED	14 kg	-	RED



**Item No. 22 - Adjustable Decline Utility Bench**

Color: dark Blue Metallic High Gloss Paint  
 Size: 4.59' x 2.19' x 1.44'  
 Weight: 38 kg  
 Thickness; 3.5 mm