

**Government of West Bengal**  
**Department of Youth Services**  
**32/1 , B.B.D Bag (South), Standard Building, 1<sup>st</sup> Floor**  
**Kolkata – 700001**

**Memo No. 466 / YS**

**Dated – 23/07/2015**

Sealed rates are invited from the reputed & renowned manufacturer of popular brands of multigym equipments for enlistment of these brands for supplying of gym equipments as per specifications given below to enable Schools / Colleges to seek financial assistance @ Rs. 3 lakh from this Deptt. The schools / colleges will directly purchase gym equipments from the enlisted manufacturer / brands as per their choice . The manufacturer will have to mention rod size and other items as per IS specification . While submitting the rates , the manufacturers are to submit the pictorial presentation of their articles from different angles along with documents like Trade Licence , Vat Clearance , Experience in supplying such equipments to club/school etc.,if any , IT return of the firm for the last 3 yrs . The sealed cover along with the above documents must reach the undersigned by 05/08/2015 upto 3 PM by hand or by registered post .

**List of Gym equipments -**

<b>( Compulsory Equipments) ( Name of Brand -)</b>	<b>Rate</b>	<b>Quantity</b>
<p style="text-align: center;"><b>24 workouts for 16 persons</b></p> <ol style="list-style-type: none"> <li>1. Multi Press Chest &amp; Front Back Shoulder Lift-100 kg</li> <li>2. Lat Pull Down / Upright Row/Standing Bicep - 80 kg</li> <li>3. Low Row/Single Arm Cable/Side Kick/Back Kick – 50 kg</li> <li>4. Pec Dec – 60 kg</li> <li>5. Leg Extension/Hamstring Curl (Leverage Series) – 30 kg</li> <li>6. Wrist Conditioner – 20 kg</li> <li>7. Calf Raise Extension or Power Pivot – 25 kg</li> <li>8. 45* Hypro Extension or Pro Step –</li> <li>9. Vertical Knee Raise</li> <li>10. Pull Up</li> <li>11. Dip Bar</li> <li>12. Twister</li> <li>13. Abdominal Crunch</li> <li>14. Preacher Curl</li> <li>15. Push Up</li> <li>16. Seated Twist Pro</li> </ol>		
<p><b>Manual Roller Treadmill Heavy Duty</b>  Running area 15" X 48", all steel rollers with bearings for smooth motion, electronic computer with functions like scan / speed / time / distance / calories .</p>		
<p><b>Exercise Cycle Heavy Duty</b>  Sensitive adjustment of resistance, adjustable handles and seats to suit all builds and heights, excellent exerciser for</p>		

cardiovascular and muscle toning, monitor for speed and distance measurement .		
<b>Equipments ( as per choice )</b>		
Hex Dumbell – 50 kg		
Weight Plates Regular – 50 kg , Barbell Rod – 4 ft , Barbell – 5ft		
Gym Ball – 65 cm with Hand Pump		
Push Up Bar		
Weighing Scale – Load Capacity 150 kg		
Exercise Mat 1730 mm X 610 mm PVC Mat		
Medicine Ball – 2 kg / 3 kg / 4 kg		
Foam Roller		
Balance Board		
Resistance Tube ( 9ft Latex rope with plastic grip )		
AB Slimmer		
Aerobic Step (Adjustment Blocks , platform for shock absorption, non – skid surface)		

Joint Secretary to the Govt. of West Bengal