



# MAHARASHTRA CRICKET ASSOCIATION

(Affiliated to The Board of Control for Cricket in India 10-1-37),  
(Registered Under Societies Reg. Act, 1860) (Maharashtra 565/Pune),  
(Registered Under Bombay Public Trust Act, 1950 Reg. No. F-1042/Pune).

**GSTIN** 27AAATM2192D1ZS

**Contact** 020- 2995 3586 | 020- 2995 3587

**Email** cricketmaharashtra@yahoo.com

**Hon. President**  
ROHIT PAWAR

**Hon. Vice-President**  
KIRAN SAMANT

**Hon. Secretary**  
ADV. KAMLESH PISAL

**Hon. Jt. Secretary**  
SANTOSH BOBDE

**Hon. Treasurer**  
SANJAY BAJAJ

## TENDER DOCUMENT

### FOR

## SUPPLY OF GYM EQUIPMENT

### FOR

## GYM SETUP

### AT

## MCA INTERNATIONAL STADIUM, PUNE



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## TENDER NOTICE

### **Invitation for Submission of Quotation for Supply, Delivery, and Installation of Gym Equipment at MCA Academy, Pune**

Maharashtra Cricket Association (MCA) invites sealed quotations from eligible and reputed vendors for the **supply, delivery, and installation of commercial-grade gym equipment** for its Cricket Academy located at the MCA International Stadium, Gahunje, Pune.

#### **A. Eligibility Criteria for Bidders**

Bidders must meet the following criteria:

1. The bidder should be a registered company/entity with a valid GST number and PAN.
2. The bidder must have prior experience in supplying gym equipment to government, sports bodies, educational institutes, or reputed private organizations.
3. The bidder must submit at least **two client references or completion certificates** for similar projects executed in the past 3 years.
4. The bidder must submit a product catalogue, warranty details, and service commitment letter with the quotation.

#### **B. Scope of Work**

- Supply and installation of new, branded, commercial gym equipment.
- Delivery to MCA Academy, Gahunje, Pune.
- Installation and demonstration of all equipment.
- On-site service support and standard product warranty (minimum 1 year).

A detailed list of required equipment is enclosed as **Annexure A** of this document.



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## C. Timeline

- **Last Date & Time for Submission:** 4th July 2025, by **4:00 PM**
- **Submission Address:** Maharashtra Cricket Association Head Office,  
MCA International Stadium, Gahunje, Pune – 410506
- **Delivery & Installation Deadline:** Within **60 calendar days** from the date of issuing the Purchase Order.

## Quotation Submission Requirements

- Company profile and eligibility documents.
- Itemized quotation including brand, model, unit price, taxes, and total cost.
- Warranty terms and post-installation support commitment.
- Timeline for delivery and installation.

## D. Payment Terms

1. **50% Advance** upon issuing the purchase order.
2. **30% on successful delivery** of equipment at MCA Academy.
3. **20% after installation, inspection, and final acceptance** by MCA officials.

## E. General Terms & Conditions

- MCA reserves the right to accept or reject any quotation without assigning any reason.
- Incomplete quotations or those received after the due date will not be considered.
- All equipment must be new and unused.
- The bidder shall be responsible for any damage during transport or installation.
- Any statutory variation in tax rates after the bid submission date shall be borne by the vendor.



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For any clarification regarding this tender, you may contact the MCA office at during working hours. For contact – Mr. Ruchir Jedhe, Executive Assistant to CEO. Phone – 8698958511.

The bidder is required to submit the quotation in a sealed envelope clearly marked with the subject:

**"Quotation for Gym Equipment – MCA Academy, Pune" on or before the deadline.**

## **F. Important Note from MCA**

- MCA is **not obligated** to issue a consolidated purchase order to a single vendor.
- MCA reserves the right to **select and procure only specific equipment items** from different vendors based on technical suitability and institutional requirements.
- **Lowest quotation shall not be the sole criterion** for selection. Evaluation will also consider quality, brand reputation, after-sales service, and delivery capability.

**Preferred brands:** Life fitness, Nautilus (Startrac Ventures), Techno gym, Tekniks Fitness (Indian manufacturer).

**For Maharashtra Cricket Association**

**Adv. Kamlesh Pisal**  
**Hon. Secretary**



Sr No	Name of the Machine	TECHNICAL SPECIFICATION	Quantity
1	CPU DUMBBELLS (Pairs)	<p>Weight Set in Kgs  High Quality dumbbell  Round Shape  Head and shaft should have been hydraulically pressed and secured together to prevent loosening and rotation</p> <p>2 kg x 2 pairs  3 kg x 2 pairs  4 kg x 2 pairs  5 kg x 4 pairs  7.5 kg x 4 pairs  10 kg x 4 pairs  12.5 kg x 4 pairs  15 kg x 3 pairs  17.3 kg x 2 pairs  20 kg x 2 pairs  22.5 kg x 2 pairs  25 kg x 1 pair  27.5 kg x 1 pair  30 kg x 1 pair  35 kg x 1 pair  40 kg x 1 pair  45 kg x 1 pair</p>	1 Set
2	CPU OLYMPIC WEIGHT PLATES (pairs)	<p>Weight Set In Kgs  High Quality Rubberized Weight Plates  Different Weight for Different Size plate  Plates with Grip Handles</p> <p>2.5 kg x 4 pairs  5 kg x 4 pairs  7.5 kg x 4 pairs  10 kg x 4 pairs  15 kg x 4 pairs  20 kg x 4 pairs  25 kg x 4 pairs</p>	1 Set
3	7 FT OLYMPIC TRAINING BARBELL	<p>Weight - 20 Kgs  1.2mm Knurling - Balanced grip to ensure a secure hold on the bar  28mm shaft diameter, made of high-grade alloy steel  Engineered for smooth controlled rotation under load.</p> <ul style="list-style-type: none"> <li>• Sleeve Surface - Chrome</li> <li>• Sleeve Diameter - 50 mm / 1.97 in</li> </ul>	5 Nos
4	5 FT OLYMPIC JUNIOR BAR	<p>Weight - 15 Kgs  1.2mm Knurling - Balanced grip to ensure a secure hold on the bar  28mm shaft diameter, made of high-grade alloy steel  Engineered for smooth controlled rotation under load.</p> <ul style="list-style-type: none"> <li>• Sleeve Surface - Chrome</li> <li>• Sleeve Diameter - 50 mm / 1.97 in</li> </ul>	2 Nos

5	4FT EZ CURL OLYMPIC BAR	<p><b>"Weight - 10 Kgs</b>  <b>1.2mm Knurling - Balanced grip to ensure a secure hold on the bar</b>  <b>28mm shaft diameter, made of high-grade alloy steel</b>  <b>Engineered for smooth controlled rotation under load.</b>  <b>• Sleeve Surface - Chrome</b>  <b>• Sleeve Diameter - 50 mm / 1.97 in"</b></p>	2 Nos
6	HALF RACK	<p><b>Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powdercoat finish for maximum durability on frame.</b>  <b>Minimum Upright Height-91INCH/231CM</b>  <b>Pull-up Options - Offset Bar, 2-Handle Bar, 2 * 3 Square.</b>  <b>Rear XM Option - 2 * 3 Square, Super Duty Storage Depth-21"</b>  <b>Minimum Storage Upright Height - 86INCH/219CM</b>  <b>Should Include Standard Bar Support</b>  <b>Should include Premium Bar Catch</b>  <b>Should include Stability Feet</b>  <b>Should include 4 Pair Standard Length weight horns</b></p>	3 Sets
7	Functional trainer	<p><b>Frame - 11-gauge steel frame with electrostatic powder coat finish</b>  <b>Stability - Standard rubber feet protect base of the frame and prevent themachine from slipping.</b>  <b>Cables -7×19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications</b>  <b>Hand Grips--Hand grips are a durable urethane composite; Grips retained with aluminum collars, preventing them from slipping during use</b>  <b>Instructional Placards --Easy-to-follow instructions illustrate proper use and muscles trained</b>  <b>Pulleys -4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings</b>  <b>Weight Plates &amp; Guide Rods-7/16" (11 mm) diameter weight selector pin which magnetically locks in place and is connected to stack to prevent loss; Solid-steel weight plates.</b>  <b>Minimum Dimensions (L x W x H)-28.5 in x 167 in x 94 in (73 cm x 425 cm x 239 cm)</b>  <b>Minimum Weight-980 lb (445 kg)</b>  <b>Weight Stack Weight per side-95 Kgs</b>  <b>Top Weight Plate should be fitted with self-lubricating bushings</b></p>	1 Nos
8	GLUTE DRIVE MACHINE	<p><b>Frame -11-gauge steel frame with electrostatic powder coat finish</b></p> <p><b>Max Load Capacity (per rod)-(4 x 20 kg plates)</b>  <b>Starting Resistance of 45 lb (20 kg)</b></p>	1 Nos

		Should have Storage 4 Weight Horns Starting resistance of 20 Kgs with Line-X coated, non-slip foot platform and high-density half-round back pads	
9	<b>PLATE LOADED TIBIA DORSI FLEXION</b>	Firm High Density Footpad for a stable and secure surface for dorsiflexion movements Max Load Capacity-3 x 10 lb plates (3 x 5 kg plates) Starting Resistance-3 lb (1.4 kg)	1 Nos
10	<b>PLATE LOADED HACK SQUAT</b>	Frame -11-gauge steel frame with electrostatic powder coat finish Pressing Angle - 45 Degrees Linear Bearings Should have Adjustment for Range of Motion Should have extra large non slip platform Should have minimum 4 Weight Storage Horns Max Load capacity per arm :8 x 20 kgs	1 Nos
11	<b>LEG PRESS MACHINE</b>	Frame -Fully welded 11-gauge steel frames • Electrostatic powder coat finish for maximum durability molded with latex free rubber, visible colour contrasting adjustment handles with better support. Plates solid steel with 7.5 Kg increment (Minimum weight 130kg), with magnetic weight selector pin locks. Top weight plate to be fitted with selflubricated bushings Weight and weight stack: Weight 269 kg- Weight Stack (includes increment weight): 131.25 kg with full front weight stack shrouds Adjustments. • Cable Cable must be threaded at least 1/2 inch into termination points; at headplate and frame/carriage • Equipment should be with training guide video QR coded / NFC chipped placard on equipment. • Innovative path of motion promotes greater hip extension and muscle contraction • Large foot platforms accommodate a variety of foot sizes and positions while the angle of the foot platform helps maintain neutral ankle alignment. • Adjustable back pad accommodates various user sizes	1 Nos

12	<b>DUAL SEATED LEG CURL/EXTENSION MACHINE</b>	<p><b>Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powdercoat finish for maximum durability on frame.</b></p> <p><b>Plates - solid steel with 7.5 Kg increment (Minimum total weight 100 Kg),with magnetic weight selector pin locks. Top weight plate to be fitted withself-lubricated bushings.</b></p> <p><b>• • • Minimum Weight and weight stack: Weight 200 kg - Minimum Weight Stack(includes increment weight): 100 kg with full front weight stack shroudsAdjustments.</b></p> <p><b>Cable Cable must be threaded at least 1/2 inch into termination points; attheadplate and frame/carriageHandles - molded with latex free rubber, visible colour contrastingadjustment handles with better support.</b></p> <p><b>• Equipment should be with training guide video QR coded / NFC chippedplacard on equipment.</b></p> <p><b>•• Work-arm movements that correctly align with user joint movements,provide a natural, comfortable feel throughout the entire range of motion.</b></p> <p><b>• Single-hand adjustments for the work arm position as well as the tibia andthigh pads and to easily accessible from a seated position.</b></p> <p><b>• Work arm adjustment in 3 leg extension and 3 seated leg curl positions eachto accommodate user's range of motion.</b></p> <p><b>Adjustable back pad to accommodate various user heights.</b></p> <p><b>• Seat angle at 20° to position user for maximum quadriceps and hamstringengagement during movement.</b></p>	1 Nos
13	<b>STANDING CALF MACHINE</b>	<p><b>Machine should effectively target the calf Muscles.</b></p> <p><b>• Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame</b></p> <p><b>Minimum Weight: 680 lb (309 kg)</b></p> <p><b>Minimum Weight Stack Weight in kgs: 195</b></p> <p><b>Cables-7x19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications</b></p> <p><b>• Equipment should be with training guide video QR coded / NFC chipped placard on equipment.</b></p>	1 Nos



		<p><b>Belts and Pulleys-4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings</b></p> <p><b>Cushioning-Pads</b> molded with radius on edge for improved comfort; All edges are stitched to eliminate any folds in the material that would limit durability</p> <p><b>Weight Plates and Guide Rods -Solid-steel</b> weight plates weight selector pin magnetically locks in place and is connected to stack to prevent loss</p> <p><b>Foot Platforms-Polyethylene</b> spray-coated for impact, corrosion, and abrasion resistance</p> <p>Standard rubber feet protect base of the frame and prevent the machine from slipping</p> <p><b>Hand Grips-Grips</b> retained with aluminum collars, preventing them from slipping during use; Hand grips should be extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant</p>	
14	<b>PLATE LOADED SEATED CALF RAISE</b>	<ul style="list-style-type: none"> <li>•Machine should effectively target the calf Muscles.</li> <li>• Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame.</li> <li>• Min. Size: (L x W x H): 45" x 30" x 40"-Min.</li> <li>• Machine Weight - 90 Kg.</li> </ul>	1 Nos
15	<b>CHIN DIP ASSIST MACHINE</b>	<ul style="list-style-type: none"> <li>• Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame</li> </ul> <p>Equipment should have foldable knee pads</p> <p>Equipment should have multi position handles</p> <ul style="list-style-type: none"> <li>•Minimum Weight: 295 kg</li> <li>•Minimum Weight Stack Weight in kgs: 80</li> </ul> <p>Cables-7x19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications</p> <ul style="list-style-type: none"> <li>• Equipment should be with training guide video QR coded / NFC chipped placard on equipment.</li> </ul> <p><b>Belts and Pulleys-4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated</b></p>	1 Nos

		<p>nylon pulleys feature sealed bearings</p> <p>Cushioning-Pads should be molded with radius on edge for improved comfort; All edges should be stitched to eliminate any folds in the material that would limit durability</p> <p>Weight Plates and Guide Rods -Solid-steel weight plates. Top weight plate should be fitted with self-lubricating bushings; 7/16" (11 mm) diameter weight selector pin which magnetically locks in place and is connected to stack to prevent loss</p> <p>Adjustments-Roller mechanism on seat adjustment</p> <p>Foot Platforms-Polyethylene spray-coated for impact, corrosion, and abrasion resistance</p> <p>Hand Grips-Grips retained with aluminum collars, Hand grips should be extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant</p>	
16	Iso-Lateral Horizontal Bench Press	<ul style="list-style-type: none"> <li>• Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame Minimum 5 degree Seat angle</li> </ul> <p>Equipment should have independent converging and diverging workarms</p> <p>Equipment should have four integrated weight plate storage rods</p> <p>Minimum Weight-105 kg</p> <p>Equipment should have Starting Resistance (per arm)- Minimum 8 kg)</p>	1 Nos
17	PEC FLY/REAR DELT MACHINE	<p>Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame.</p> <ul style="list-style-type: none"> <li>• Weight plate tower height - Consistent and low profile 50" - 53".</li> </ul> <p>Handles - molded with latex free rubber, visible colour contrasting</p> <p>adjustment handles with better support.</p> <p>Plates solid steel with 7.5 Kg increment (Minimum weight 130kg), with magnetic weight selector pin locks. Top weight plate to be fitted with selflubricated bushings</p> <ul style="list-style-type: none"> <li>• Cable Cable must be threaded at least 1/2 inch into termination points; at headplate and frame/carriage</li> <li>• Equipment should be with training guide video QR coded / NFC chipped</li> </ul>	1 Nos

		<p>placard on equipment.</p> <p><b>Minimum Weight and weight stack:</b>  <b>Weight 240 kg -Minimum Weight Stack (includes increment weight): 130 kg with full front weight stack shrouds</b></p> <p><b>Adjustments.</b></p> <p><b>Key Features:</b></p> <ul style="list-style-type: none"> <li>• Articulating arms pivot to accommodate individual forearm lengths and varying paths of motion</li> <li>• Work Arms adjusts in 5 (13°) pectoral fly positions to accommodate user's range of motion.</li> <li>• Independent variable cams replicate the body's natural strength curve throughout the range of motion</li> </ul>	
18	ISO-LATERAL SHOULDER PRESS	<p>"• Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame</p> <p>Minimum 26 degree Seat angle</p> <p>Equipment should have minimum 8 integrated weight plate storage rods</p> <p>MinimumWeight-105 kg</p> <p>Equipment should have Starting Resistance (per arm)-Minimum 4.5 kg)</p> <p>Minimum Dimensions (L x W x H)-52 x 60 x 73 in (132 x 152 x 185 cm)</p> <p>Minimum Product Weight-350 lb (159 kg)</p>	1 Nos
19	SEATED ROW MACHINE	<p>"Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on frame.</p> <ul style="list-style-type: none"> <li>• Weight plate tower height - Consistent and low profile 50" - 53".</li> </ul> <p>Handles - molded with latex free rubber, visible colour contrasting adjustment handles with better support.</p> <p>Plates solid steel with 7.5 Kg increment (Minimum weight 100kg), with magnetic weight selector pin locks. Top weight plate to be fitted with selflubricated bushings</p> <ul style="list-style-type: none"> <li>• Cable Cable must be threaded at least 1/2 inch into termination points; at headplate and frame/carriage</li> <li>• Equipment should be with training guide video QR coded / NFC chipped</li> </ul> <p>placard on equipment.</p> <p><b>Minimum Weight and weight stack:</b></p>	1 Nos

		<p><b>Weight 205 kg -Minimum Weight Stack (includes increment weight): 100 kg with full front weight stack shrouds</b></p> <p><b>Adjustments.</b></p> <p><b>Key Features:</b></p> <ul style="list-style-type: none"> <li>• Self-adjusting handles promote a proper wrist alignment throughout the range-of-motion</li> <li>• Neutral and underhand hand positions target specific muscle groups</li> <li>• Angled foot platforms stabilize user and engage core muscles</li> </ul>	
20	<b>LAT PULL DOWN MACHINE</b>	<p><b>""""Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powdercoat finish for maximum durability on frame. • Weight plate tower height - Consistent and low profile 50" - 53". Handles - molded with latex free rubber, visible colour</b></p> <p><b>contrasting adjustment handles with better support. Plates solid steel with 7.5 Kg increment (Minimum weight 100kg), with magnetic weight selector pin locks. Top weight plate to be fitted with self lubricated bushings • Cable Cable must be threaded at least 1/2 inch into termination points; at head plate and frame/carriage • Equipment should be with training guide video QR coded / NFC chipped placard on equipment. Minimum Equipment Size (L x W x H): 60" x 55" x 73" Metric (cm): 152 x 140 x 185</b></p> <p><b>Minimum Weight and weight stack: Weight 205 kg -Minimum Weight Stack (includes increment weight): 100 kg with full front weight stack shrouds</b></p> <p><b>Adjustments. Key Features:</b></p> <ul style="list-style-type: none"> <li>• Angled thigh pads stabilize users without the need of an additional adjustment</li> <li>• Adjustable seat pad accommodates users of varying size and length</li> <li>• Longer handles better support wider and narrower hand positions</li> </ul>	1 Nos
21	<b>MULTI ADJUSTABLE BENCH (FLAT, INCLINE &amp; DECLINE)</b>	<p><b>The bench back pad should be adjusted to 7 different angles ranging from -10 to 70 degrees.</b></p> <p><b>Bench Should have Seat Adjustments of 0°, 15°, 30°</b></p> <ul style="list-style-type: none"> <li>• Should be compatible with use on the smith machine/racks.</li> <li>• Seat adjustment pins must be equipped with</li> </ul>	3 Nos

		<p>spring for ease of use.</p> <ul style="list-style-type: none"> <li>• Seat pads must have plastic backers to protect and increase durability</li> </ul> <p>Seat pads must have moulded radius on edges for extra comfortless.</p> <ul style="list-style-type: none"> <li>• Minimum height from floor to seat pad should be 16-18in.</li> <li>• Back support pad size should be 10-12in x 30-32in.</li> <li>• Seat pad size should be 10-12in x 15-17in.</li> <li>• Standard rubber feet must be available on legs to prevent unit from slipping during usage.</li> <li>• Frames should be of 11-gauge with electrostatic powder coat finish.</li> <li>• Urethane paint guards must be there to protect paint.</li> <li>• Hand grips must have Aluminium cap to prevent from slipping, and features non-absorbing and wear &amp; tear resistant.</li> <li>• Transport wheel and handle for easy mobility.</li> <li>• Dimensions (L x W x H):52-58in x 28—33in x 16-18in</li> <li>• Machine Weight: 50-60kg</li> <li>• Maximum training weight: 220-230 kg</li> </ul>	
22	FLAT BENCH	<ul style="list-style-type: none"> <li>• Frames should be of 11-gauge with electrostatic powder coat finish.</li> </ul> <p>sleek oval tubing and contoured cushions that use molded foam for both comfort and toughness.</p> <p>Minimum Weight - 29 Kgs</p> <p>Head Pad should be 10"x 9" (at the widest point of the contoured sides)</p> <p>Back Pad should be 11"x 36" (at the widest point of the contoured sides)</p> <p>Minimum Pad Height from floor: 16.5"</p>	3 Nos
23	3 TIER DUMBBELL RACK WITH SADDLE	<p>Capacity (Pairs) - Upto 15 Pairs.</p> <ul style="list-style-type: none"> <li>• Rubber feet allows the rack to hold a firm position and protect both the flooring and frame from damage.</li> <li>• Width Upto 50".</li> <li>• Compatible for Round Shaped Dumbbells</li> <li>• Weight Between 120-150 kg.</li> </ul>	3 Nos
24	OLYMPIC PLATE TREE	<ul style="list-style-type: none"> <li>• Weight: between 42-45 Kgs.</li> <li>• Should hold Olympic Weight Plates</li> </ul> <p>Should have six weight horns</p> <p>Should have labels for correct weight placement.</p>	3 Nos
25	BACK EXTENSION BENCH	<p>Equipment should have Adjustable Angled pads</p> <p>Equipment should have Lower roller pads increase stabilization and comfort</p>	1 Nos

		<p>Cushions should be Contoured, molded foam with plastic backers to increase durability</p> <p>Hand Grips should be Extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant</p> <p>Adjustments-Spring assisted seat adjustments</p>	
26	STUDIO KETTELBELLS	<p>Kettelbell Should be with Extra Thick neoprene Coating</p> <p>Kettelbell should have smooth, easy grip handle</p> <p>Kettelbell should be color coded for easy identification</p> <p>6KG X 1 NOS/ 8KG X 1 NOS/ 10KG X 1 NOS/ 12KG X 1 NOS</p>	1 Set
27	ADJUSTABLE SOFT PLYO BOX	<p>Stackable and securely Velcro together to provide a landing surface high enough to train max vertical jumps.</p> <ul style="list-style-type: none"> <li>• Material: Top facing, Anti slip surface</li> </ul> <p>Thermally Welded High durability Velcro and Flaps.</p> <ul style="list-style-type: none"> <li>• Different Heights in inches for different boxes - 12 INCH/ 18INCH/ 24 INCH =1 set</li> </ul> <p>High quality dense foam.</p> <p>Jump height options : 30 cm/45 cm/60 cm/75 cm/90 cm/105 cm/135 cm.</p>	1 Set
28	Bouncing MEDICINE BALLS	<p>Medicine balls designed with a solid material for durability and a textured surface for grip</p> <p>2KG X 1 NOS/ 3KG X 1 NOS/ 4KG X 1 NOS/ 5KG X 1 NOS / 6 kg x 1 nos</p>	1 Set
29	SLAM BALLS	<p>Slam Balls should have a premium rubber exterior infused with a reinforced fabric mesh and a steel shot inner weight</p> <p>Should have textured outer shell</p> <p>Diameter- 25cm</p> <p>5KG X 1 NOS/ 6KG X 1 NOS/ 8KG X 1 NOS/ 10KG X 1 NOS</p>	1 Set
30	BATTLE ROPE	<p>Length between 28-32 Ft.</p> <p>Diameter 1.5"</p>	3 Nos
31	QUAD SLED	<p>Should have two moveable drive posts which can be positioned at either end of the sled and the low drive bar increases the challenge.</p> <p>Minimum Size: 38" x 29" x 39".</p> <p>Minimum Weight: 88lbs.</p>	2 Nos
32	STABILITY BALLS	<p>Should have a minimum static weight rating of minimum 500 Kgs</p> <p>Material: Rubber.</p> <p>55 CM X 1 NOS/ 65 CM X 1 NOS/ 75 CM X 1 NOS</p>	1 Set
33	TRX COMMERCIAL	<p>Commercial grade suspension trainer.</p> <p>For TRX exercise</p>	12 Nos
34	DUAL ADJUSTABLE PULLEY	<p>Frame - Fully welded heavy gauge (11) steel frames, Electrostatic powder coat finish for maximum durability on</p>	1 Nos

		<p>frame-T.</p> <ul style="list-style-type: none"> <li>• Plates - solid steel, with magnetic weight selector pin locks and push/pull increment.</li> <li>• Weight selector pin with magnetic locks in place and connected to stack.</li> <li>• Handle grip - durable urethane composite and aluminum collars-Pulleys - 4- 1/2" (11 cm) and 6" (15 cm) diameter-fiberglass-impregnated nylon pulleys feature sealed bearings</li> <li>• Cables requirement - 7x19 strand construction, lubricated, nylon-coated and to meet U.S. military specifications.</li> <li>• Stability - Standard rubber feet protect base of the frame and prevent the machine from slipping.</li> <li>• • Minimum Weight stack: per side 2 – 100 kg.</li> </ul> <p>Should have ergonomic pull-up bar that offers several grip positions, a Dual Adjustable Pulley includes: One pair of Long Adjustable handles, one Ankle Strap and one Triceps Rope</p> <p>Key Features:</p> <ul style="list-style-type: none"> <li>• 90" (228 cm) of cable travel to accommodate full body movements</li> <li>• Ergonomic pull-up bar with neutral, chin up, and pull up grip positions</li> <li>• Optimized weight stack position to minimize product width without sacrificing function</li> </ul>	
35	TREADMILL	<p>Treadmill with LED display.</p> <ul style="list-style-type: none"> <li>• With Shock Absorption system, must have 8-10 individual Shock Absorbers.</li> <li>• Rustproof, Side Rails and End Caps.</li> <li>• Side handles length: 18-22, To provide secure feeling while running at high speed.</li> <li>• Running belt with Multi Ply minimum 60" (L) x 22" (W) Running Surface.</li> <li>• Speed Range: Min 0.8Kph to 19Kph (0.1 Increments).</li> <li>• Incline Range: Min 0% to 15% (0.5% Increments).</li> <li>• Rollers: 3.5"-4" Precision Crowned Steel Rollers Front &amp; Back.</li> <li>• Motor capacity: Min 5-HP AC Continuous Duty (8-HP Peak Duty)</li> </ul>	3 Nos

		<ul style="list-style-type: none"> <li>• Heart Rate: Support Both Digital [Contact Electrodes] &amp; Polar.</li> <li>• Step Up Height: 8-10 inch.</li> <li>• Transport Wheel for easy mobility.</li> <li>• Frame: Robust paint (corrosion, stain, and chemical resistant coating).</li> <li>• • Maximum User Weight: 175-185 Kg.</li> <li>• Machine Weight should not be less than 200 Kg.</li> <li>• Console: Should show all the workout metrics</li> <li>• Connectivity: Bluetooth,Wi-Fi, ANT+, and NFC compatibility</li> <li>• Programs: 17 to 22 workouts</li> <li>• Display should support Exerciser's workout tracking via OEM or third-party Mobile App.</li> </ul>	
37	CROSSTRAINER	<p>Crosstrainer with LED Display. • Must have different independent handles to offer both Total Body &amp; LowerBody workout. • Should be Compatible with Apple watch for data tracking. • Moving Handle must have Multi Grip function. • Pedals: Must be oversized [14-16inch]. • Large Knee clearance area to accommodate taller user. • Stride length: Stride length in the range 18-21 inch. • Resistance Range: Min 20. • Step Up Height: 8-10 inch. • Heart Rate: Support Both Digital [Contact Electrodes] &amp; Polar. • Transport Wheel for easy mobility. • Frame: Robust paint (corrosion, stain, and chemical resistant coating). • • Maximum User Weight: 175-185Kg. • Machine Weight: 130-140Kg. • Display Connectivity: Bluetooth, Wi-Fi, ANT+, and NFC compatibility Display Programs: 17 to 22 workouts. • Display should support Exerciser's workout tracking via OEM or third-party Mobile App. Should be Self-powered Should have Water Bottle Holder/Accessory Tray-Reading Rack &amp; 1 Cup Holder w/removable anti-theft locking feature</p>	4 Nos
38	SPINNING BIKE	<ul style="list-style-type: none"> <li>• Ergo Formed Handlebars made of soft PVC to increase comfort.</li> <li>• 2-Stage Hybrid Poly-V belt &amp; Tooth belt drive with Automated tensioning</li> </ul>	4



		<p>system, no manual adjustments needed.</p> <ul style="list-style-type: none"> <li>• Flywheel: Precision evenly balanced Aluminium freewheel with Magnetic brake system.</li> <li>• Speed Gear ratio: 11 to 1.</li> <li>• 4-Way Seamless adjustments: Seats &amp; Handles can be adjusted 4way (Horizontal &amp; Vertical).</li> <li>• Should have Seat &amp; Handlebars that can be adjusted via Knob.</li> <li>• Offset frame design to accommodate both taller &amp; shorter users without compromising workout performance.</li> <li>• Saddle: Unisex Saddle with Opening in the middle to relive pressure on bodies.</li> <li>• Designed to meet global market Q-Factor 155mm (Pedal to Feet distance), which provides better biomechanical position for the rider.</li> <li>• Dial Knob for Precise Resistance.</li> <li>• Most Accurate Direct Watt Rate Power meter with tolerance of +/-1%.</li> <li>• Watt Rate Power Meter design never requires recalibration and fully withstand to external factors such as Temperature, Humidity &amp; Transportation.</li> <li>• Pedals: Dual-Sided SPD with Toe Cage.</li> <li>• Unit is Self-powered with inbuilt Generator &amp; Lithium Battery.</li> <li>• Transport wheels for easy mobility.</li> <li>• Display: TFT Colour console Display.</li> <li>• Multiple view screens to show performance metrics.</li> <li>• Display should support Exerciser's workout tracking via OEM or third-party Mobile App.</li> <li>• Connectivity: Bluetooth &amp; ANT+.</li> <li>• Resistance Level: 100.</li> <li>• Frame: Robust paint (corrosion, stain, and chemical resistant coating).</li> </ul> <p>Dimensions (L x W x H): 50-55 in x 18-22 in x 38-42 in.</p> <ul style="list-style-type: none"> <li>• Maximum User Weight: 145-155Kg.</li> <li>• Machine Weight: 50-55Kg.</li> </ul>	
39	olympic platform	<p>olympic lifting platformDimensions (LxWxH) Min. 74" x 92.5" x 2.5".</p> <ul style="list-style-type: none"> <li>• Product Weight: Upto-190 Kgs.</li> <li>• Frame type - Steel tube.</li> </ul>	3 nos

		• Should have wood in between the two Rubber Sides.	
40	Jacob Ladder	High intensity low impact exercise use cases (very useful for rehab cases) High intensity cardio work without any loads on lower back Self powered	1 nos
41	Hip Thrust	Dedicated hip thrust machine Ease of racking and unracking weights Ergonomic design for safety of use	1 Nos
42	UREATHANE BUMPER PLATES	Ease of racking and unracking weights	1 Set
43	Curved Treadmills	Ergonomic design for safety of use	2 Nos
44	Bikerg		4 Nos
45	Rower		4 Nos
46	Skierg		4 nos concept 2
47	Watt Bikes		4 nos
48	Boxing bag	8 ft height leather bag	1 Nos
49	Boxing gloves	leather material	2 pairs
50	Abs rollers		4 nos
51	Athletic Bridge		1 Nos
52	Tractor tyres		2
53	Hammers	3, 5 kg	2 nos
54	Weighted jackets	5, 8, 10, 12, 15 kg	1 each
55	Foam Rollers		12 nos
56	Resistance bands with handle	Light, Medium and heavy 4 each	12 nos
57	Dish Cones		24
58	Agility ladder		2 nos
59	Athletic Hurdles		12 nos
60	Small hurdles		12 nos
61	Long loop bands		12 nos
62	12 inches Small loop bands		24 nos
63	Trap Bar		1 Nos
64	Metal Stool	24, 36 inches	2 nos
65	Bumper plate Horizontal stand		1 Nos
66	Harness belts		6 nos
67	Sliders		12 nos
68	GHD machine		2 nos
69	Mudgal	2, 5, 7, 10 kg	1 pair each
70	Parachut	Medium and seniors	4 each
71	Solemn Poles	Big Size	12 nos
72	Speed Gates	Testing	4 nos
73	Reflex testing lights		1 set



## FLOORS

Particulars	Specifications required for a high performance centre	Reference link/photo	Required quantity
Indoor astroturf area (astroturf running strip in gym)	<ol style="list-style-type: none"> <li>1. Surface hardness range: 120- 150 range (refer to detailed surface rebound calculations of various cricket surfaces). We would like to simulate rebound values closer to outdoor running surfaces on a cricket field/practice area.</li> <li>2. Minimal shear and density of the astroturf material to increase shoe sole surface gripping</li> <li>3. Thickness of the astroturf material: below 10 mm to provide maximum stability and avoid any wobble under the feet.</li> </ol>	Currently in use at NCA Indoor centre wicket. This surface has been trialled and tested and has got satisfactory feedback from users.	As per the floor plan
Gym flooring	<ol style="list-style-type: none"> <li>1. Durability: Since the gym floor will be heavily used for various training purposes throughout the year, the flooring surface should be very durable (ideal with rubber floorings).</li> <li>2. Should be a single layer to avoid undulations from tiles. Undulations in tiles make the flooring unsafe over a period of time.</li> <li>3. The gym floor should have ability to absorb impact forces and vibrations. Surface hardness values should be around 120- 150 range (refer to detailed surface rebound calculations of various cricket surfaces). We would like to simulate rebound values closer to outdoor running surfaces on a cricket field/practice area.</li> <li>4. Flooring should have insulation from raising dampness from the nearby wet areas (pool and recovery area in the SSM block).</li> <li>5. Floor surface should be non-slippery and allow for good traction and gripping for jumping and pivoting work (ideal with rubber floorings).</li> <li>6. Easy to clean and less maintenance required.</li> </ol>	<a href="https://www.mondoworldwide.com/emea/en/products/powerplay-everlay*-underlayments">https://www.mondoworldwide.com/emea/en/products/powerplay-everlay*-underlayments</a>	As per the floor plan
Rehab gym & sports lab flooring	<ol style="list-style-type: none"> <li>1. Since this area will be used for various medical and rehab purposes, the floor surface has to be disinfected periodically. Floor surface should have natural antibacterial properties to keep the area infection free.</li> <li>2. Less granular surface for ease of cleaning and disinfecting.</li> <li>3. Non-slippery surface with good traction and gripping.</li> <li>4. Should be a single layer to avoid undulations from tiles. Undulations in tiles make the flooring unsafe over a period of time.</li> <li>5. Durability</li> </ol>	<a href="https://www.mondoworldwide.com/emea/en/products/sportflex-m#general-data/Sportflex-M-6-mm-I--Version">https://www.mondoworldwide.com/emea/en/products/sportflex-m#general-data/Sportflex-M-6-mm-I--Version</a>	