



# भारतीय प्रौद्योगिकी संस्थान

## INDIAN INSTITUTE OF TECHNOLOGY ROPAR

नंगल रोड, रूपनगर, पंजाब-140001/ Nangal Road, Rupnagar, Punjab-140001

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Date: 25<sup>th</sup> Mar 2010

Indian Institute of Technology Ropar invites the quotations in sealed cover from the manufacturers in India for the supply of following requirements for setting up a well equipped gym in the Institute at Roopnagar, Punjab to reach latest by 3:30 PM on 16<sup>th</sup> Apr'2010 and the same will be opened on the same date at 04:00 PM.

<b>PARTICULARS</b>	<b>QUANTITY</b>
<b>1. Dumbbells (pro style metal)</b>	
1. 3 kgs	1 pair
2. 5 kgs	1 pair
3. 7.5 kgs	1 pair
4. 10 kgs	1 pair
5. 12.5 kgs	1 pair
6. 15 kgs	1 pair
7. 17.5 kgs	1 pair
8. 20 kgs	1 pair
9. 22.5 kgs	1 pair
10. 25 kgs	1 pair
11. 27.5 kgs	1 pair
12. 30 kgs	1 pair
<b>2. Rods for adjustable dumbbells</b>	<b>2 pairs (with extra long loading length)</b>
<b>3. Free weights for adjustable dumbbells (metal plates)</b>	
• 1.25 kgs	2 pairs
• 2.5 kgs	2 pairs
• 5 kgs	2 pairs
• 10 kgs	4 pairs
<b>4. Rods (50mm OLYMPIC barbells with locks)</b>	
1. OLYMPIC rods(20kgs)	4
2. E-Z curl rod	1
3. Hammer curl rod	1
4. 4' Olympic barbell	1
5. 5' Olympic barbell	1
<b>5. Weights for OLYMPIC rods (metal plates)</b>	
1. 1.25 kgs	3 pairs
2. 2.5 kgs	3 pairs

3. 5 kgs	3 pairs
4. 10 kgs	5 pairs
5. 15 kgs	4 pairs
6. 20 kgs	3 pairs
6. Squat stand (Olympic)	1
7. Flat bench press bench(Olympic)	1
8. Incline bench press bench(Olympic)	1
9. Decline bench press bench(Olympic)	1
10. Plain bench	2
11. Shoulder press bench(Olympic)	1
12. Leg press(Olympic)	1
13. Seated calf raises(Olympic plate mounted)	1
14. Dumbbell stand(for 15 pairs of dumbbells)	1
15. Weight stand(Olympic)	1
16. Rubber mats	10
17. Push up stand	2
18. Motorised treadmill	1
19. Hydraulic stepper	1
20. Cycler (magnetic wheel)	1
21. Cable cross over (80 kgs weight each side) (metal plates)	
22. All types of Cable attachments available	
23. Seated lever row machine	1 (120kgs metal plates)
24. Multigym Machine (metal plates)	
1. Lat pulldown machine	120 kgs
2. Shoulder press	120 kgs
3. Seated ground pulley row	120 kgs
4. Dip press machine	120 kgs
5. Pec dec machine OR Butterfly machine	100 kgs
6. Leg curl + leg extension	100 kgs
7. Preacher	60 kgs
8. Wrist curl machine	60 kgs
9. Dips + Leg raises	
10. Crunches bench with adjustable height levels	
11. Sitting + Standing twister	
25. Weightlifting kit (182.5 kgs )	2 kits
26. Weightlifting platform 3m x3m	1
27. Olympic barbell(other than kit)	1
28. Squat stand (olympic)	1

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NOTE :

Multi gym design

The multi gym design should be straight type, all the machines should be on one side only.

OR

The multi gym machines can be attached to the sides of the cable cross over