



City of Conway – Mayor’s Office  
1201 Oak Street  
Conway, AR 72032  
[www.cityofconway.org](http://www.cityofconway.org)



**Invitation and Bid 2009-29**

TO THE VENDOR ADDRESSED:

Bidders are invited to furnish the items listed herein in accordance with the terms and conditions attached. **Sealed** bids must be in the Office of the Mayor no later than **10:00 am, Tuesday, May 5<sup>th</sup>, 2009** at which time all bids will be opened and read. Unsigned bids will not be considered.

**City of Conway Police Department  
Fitness/Health Center Equipment**

**SPECIFICATIONS FOR THE PURCHASE OF FITNESS/HEALTH CENTER  
EQUIPMENT**

**General**

All bids will be reviewed taking into consideration price, functionality, overall features and on site demonstration. Awarding of bid will be contingent on available funding.

## SPECIAL TERMS AND CONDITIONS

### 1. Precor C954i Commercial Treadmill

Qty: 2

#### **Specs**

Length 88 in (224 cm)

Width 35 in (89 cm)

Height 64 in (163 cm)

Weight 508 lbs (231 kg)

Shipping Weight 549 lbs (249kg)

Belt 60 in x 20 in (153 cm x 51 cm)

Motor 4.0 hp peak duty AC motor

#### Outlet for treadmill only:

(Personal Viewing Screen requires separate outlet)

US & Canada - 120 VAC, 50/60 Hz, 16.5A, 1980W, Dedicated 120V/20A circuit with 5-20R NEMA receptacle or 240 VAC, 50/60 Hz, 11.5A, 1932W, Dedicated 240V/20A circuit with 6-20R NEMA receptacle

International - 240 VAC, 50/60 Hz, 11.5A, 1932W, IEC 320-C19 inlet supporting Schuko and BSI plugs

Speed 0.5 to 12 mph (1-19.3 kph)

Incline 0% to 15%, in 0.5% increments

Frame Powder-coated steel

Regulatory Approvals FCC, ETL, CE, EN957

#### **Features**

- CSAFE Compatible •
- Ground Effects® Cushioning System (GFX)•
- Integrated Foot Plant Technology™ (IFT) •
- QuickStart™ •
- Reversible Deck •
- SmartRate® •
- Top Speed 12 MPH
- Touch Heart Rate •
- Wireless Heart Rate •

#### **Programs**

Aerobic 1  
Fitness Test 1\*  
Heart Rate Control1  
Interval 1  
Manual 1  
Random 1  
Track 1

### Electronic Readouts

- Average Speed •
- Calories •
- Calories per Minute•
- Display Experience Series™
- Distance •
- Heart Rate •
- Incline/Decline •
- METs •
- Pace •
- Profile •
- Remaining Time •
- Segment Time •
- SmartRate® •
- Speed •
- Time •
- Time Elapsed •
- Workout Summary •

*\*Fitness Test is the Gerkin firefighter protocol. It can be enabled in diagnostic mode at the owner's discretion. If enabled, it will replace the Track program.*

Warranty: Seven yrs. Frame, five yrs. Display face assembly, three yrs. Motor controller, one yr. Durable parts, two yrs. Parts, and one yr. Labor. (Five years on Drive Motor)

## **2. Precor AMT100i Adaptive Motion Trainer**

**Qty: 1**

### Specs

Length	74 in (188 cm)
Width	28in (71 cm)
Height	69 in (175 cm)
Weight	445 lbs (202 kg)
Shipping Weight	520 lbs (236 kg)
Regulatory Approvals	FCE, ETL, CE, EN957
Maximum stride length	27 in ( 69 cm)
Minimum stride length	Climber motion 0 in (0 cm)
Footplate dimensions	14.5 x 7.5 (37 x 19 cm)
Height of foot at highest position	18.5 in (47 cm)
Height of footplate at lowest position (step up)	5.5 in (14 cm)
Maximum pause time	30 seconds
Maximum user weight	350 lbs. (159kg)

Maximum workout time	240 minutes
Resistance levels	1-20 (18-720 watts)
Box dimensions	52 in. long, 32 in. wide, 60 in. high plus

**Features**

- Adaptive movement •
- Contralateral arm movement•
- CSAFE Compatible •
- Dual-plane resistance •
- QuickStart™ •
- Self-powered •
- SmartRate® •
- Tap Control™ •
- Touch Heart Rate •

**Programs**

- Fat Burner •
- Heart Rate Control•
- Interval •
- Manual •

Warranty: Seven yrs. Frame, five yrs. Display face assembly, three yrs. Motor controller, one yr. Durable parts, two yrs. Parts, and one yr. Labor.  
(One Year Battery)

**3. Precor FTS Glide**

**Qty: 1**

**Specs**

- Width 53.1 in (134.9 cm)
- Depth 48.3 in (122.7 cm)
- Height 85 in (215.9 cm)
- Weight 472 lbs (214.1 kg)
- Weight Stack 2 x 200 lbs (90.7 kg) stacks



① Delivering core fitness with a compact footprint.



② User-friendly pulley adjustments refine exercise.



③ Simplified for ease of use

### **Delivering core fitness with a compact footprint. ①**

The FTS Glide can help beginners and experts alike perform literally hundreds of strength-training exercises while taking up minimal space. Whether performing a traditional bench press or an advanced compound exercise, the FTS Glide helps users keep pace with their healthy, active lifestyles.

### **Dual weight stacks offer workout variety.**

Rather than working on just one or two planes of the body, the dual weight stack allows users to engage more than one muscle and often more than one joint for true isolateral resistance training with user-defined motion paths.

### **User-friendly pulley adjustments refine exercise. ②**

Pulleys can be adjusted with one hand for quick transitions from one exercise to the next. Choose from 33 pulley positions to offer workout variety and ensure personal comfort for each core exercise.

### **Simplified for ease of use ③**

An instructional placard with illustrations guides users through effective exercise positions. Fully-shrouded weight stacks protect moving parts.

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**4. Precor Functional Trainer Accessory Kit Qty: 1**

Specs:

(1) Lat Pulldown Bar, Low Row Bar, and Ankle/Foot Strap

**5. Precor Icarian 610 Power Cage Qty: 1**

**Specs**

Length 62 in. (157.48 cm)

Width 49 in. (124.46 cm)

Height 91.19 in. (231.62 cm)

Unit Weight 360 lbs. (163.29 kg)

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**6. Precor Icarian 116 Mutli-Purpose Bench Qty: 1**

**Specs**

Length 45.63 in. (115.89 cm)

Width 30 in. (76.2 cm)

Height 32.13 in. (81.6 cm)

Unit Weight 65 lbs. (30.48 kg)

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**7. Precor Icarian 119, 0 to 90 Superbench Qty: 2**

**Specs**

Length 54.3 in. (139.92 cm)

Width 25.8 in. (65.53 cm)

Height 39 in. (99.06 cm)

Unit Weight 80.5 lbs. (36.6 kg)

Features Include: Wheels and handle for easy placement. Adjusts from a flat to 90 degrees and offers separate seat and back adjustments for custom comfort

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**8. Precor Icarian 601 Angled Leg Press**

**Qty: 1**

**Specs**

Length 86.19 in. (218.92 cm)  
Width 63.25 in. (160.66 cm)  
Height 53.06 in. (134.78 cm)  
Unit Weight 585 lbs. (265.35 kg)

**Features:** The durable linear-bearing mechanism creates smooth travel for the footplate sled. The adjustable seat back lets users set their most comfortable body position. Convenient handle on sled makes getting in and out of position very easy. An optional add-on weight holder is available (not shown) for additional load capacity. Available with angled (601) and flat (601B) foot plate. Plate storage is standard.

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**9. Precor Icarian 802 Smith Machine**

**Qty: 1**

**Specs**

Length 86.88 in. (220.66 cm)  
Width 55.88 in. (141.92 cm)  
Height 86.13 in. (218.76 cm)  
Unit Weight 635 lbs. (289 kg)

**Features:** The bar is counter-balanced for a starting weight under 15 pounds. This is an ideal way for users of all strength levels to perform a wide range of upper and lower body exercises. There are no crossbar support members at floor level permitting benches to be conveniently rolled into the unit from either direction. Features spring-loaded adjustable bar catches and plate storage pins.

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

**10. Precor Icarian 332 Row**

**Qty: 1**

**Specs**

Length 68 in (175 cm)

Width 68 in (175 cm)  
Height 53 in (135 cm)  
Unit Weight 775 lbs. (343 kg)  
Weight StackHeavy - 125 lbs (57 kg)

**Features:** User defined path allows multiple angles and independent movement. The dual weight stack increments are small allowing users of all fitness levels to use the machine. Custom made strap handles have several attachment positions and comfortable handles for stable secure hold. The long seat and large footplate accommodate a wide range of user heights. The unit profile is small and aesthetically pleasing. Like all the FT units, the footprint approximates the actual working space for the exercise performed. The back of the unit is virtually flush for space efficiency. The dual weight stack frames are angled slightly so that multiple units can nest in a relatively small space. While designed primarily as a back movement, creative users and trainers will also discover that many other exercises can be performed (such as biceps curl, triceps extension etc.), providing dual-purpose value for facilities that have limited space.

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery

### **11. Precor 304 Pulldown**

**Qty: 1**

#### **Specs**

Length 72.15 in. (183.26 cm)  
Width 42.53 in. (108.03 cm)  
Height 92.16 in. (234.09 cm)  
Unit Weight 611.67 lbs. (277.45 kg)  
Weight StackHeavy - 300 lbs. (136 kg)

**Features:** Pulley is located so that the movement may be performed in front of or behind the head comfortably. Thigh pad adjustment will accommodate a wide variety of users. Handles can be interchanged.

Warranty: Ten Years Frame; three years bearings, guide rods, cams, pulley; one year belts, cables, handgrips, miscellaneous parts; 90 days upholstery



**12. USA Sports SD-R, VTX 8 Sided Black**

**Rubber Hex Dumbbells**

**Qty: 1,360lbs.**

Specs: Black Rubber Coated with a Contoured Chrome Handle. Weight Increments Include: 5, 10, 15lbs in 5lb. Increments; 20lb. – 110lbs., in ten pound increments. (All in Pair)

**13. USA Sports VTX Pro Series Olympic 2" Plates Qty: 1,050lbs.**

Specs: 2" Rubber encased "wide flanged" 3 hole Grip Plate.

**14. USA Sports VTX Olympic Plate Tree w/bar Holders, Qty: 2**

Specs: GOPT Olympic Plate Tree; Holds all 2" Plates (Including Bumper Plates) and 2 Olympic Bars. 18" L x 25" W x 51" H

**15. USA Sports AOB-1200B 7' Olympic Bar**

**Qty: 1**

Specs: 7' Black Zinc Power Bar 32mm Dia. 125,000 PSI rating, pinned sleeve, medium Diamond knurling w/no center knurling. "Limited 5 year warranty/Limited 1 year warranty on bending"

**16. USA Sports GTDR-3 Dumbbell Rack**

**Qty: 1**

Specs: 3-Tier Shelf Dumbbell Rack Holds 15 Pair of dumbbells. 62 ¼" L x 28" W x 40 ½" H

**17. USA Sports TOZ-47B Curl Bar**

**Qty: 2**

Specs: EZ Curl Bar. Black Finish and Includes Spring Collars

**18. Delivery & Installation:**

**Qty: 1**

**19. A (1) Year, Bi-Annual Preventative**

**Qty: 1**

Maintenance Agreement

**20. Star Trac Dual Instinct Leg Extension/Leg Curl**

**Qty: 1**

Features a ratcheting, quick release adjustable back pad and self-aligning shin pad for a wide range of users. Adjustable thigh pad provides stability during the exercise. The cam-driven motion delivers a smooth resistance curve and the cushioned hand grips offer comfort and stability. Switching between exercises is enabled by a simple lever. Dimensions: 37 x 56 x 55 Weight: 386 lbs.

## **Additional Information**

The bidder shall include all charges, including taxes, fees, and shipping (if applicable)

The bidder needs to include an anticipated delivery date (if applicable)

In submitting this bid, it is understood by the undersigned bidder that the right is reserved by the City of Conway to reject any and all bids:

---

Freight Charges Should be Included in each Item Line

This Bid is an "ALL OR NONE" Bid

Alternates must meet or exceed Specifications

Must be a Precor "Certified" Service Technician and provide documentation of certificate at bid opening.

Contact Information:

Chris Kalz

Conway Police Department

501-450-6120

Bid specifications can be obtained from our website:

[www.cityofconway.org](http://www.cityofconway.org).

Please mail all bid specifications to:

Mayor's Office

Attn: Felicia Rogers

1201 Oak Street

Conway, AR 72032

**\*\*Please be sure to mark envelope:**

**Bid Number 2009-29**

**Bid Opening Date: Tuesday, May 5th, 2009**



City of Conway Police Department  
2009-29 Fitness/Health Center Equipment  
Bid Opening Date: Tuesday, May 5<sup>th</sup>, 2009  
City Hall - Downstairs Conference Room @ 10:00am  
[www.cityofconway.org](http://www.cityofconway.org)

***Unsigned bids will be rejected:***

Authorized Agent Bidding on this project:

\_\_\_\_\_  
Company Name

\_\_\_\_\_  
Company Representative Name

\_\_\_\_\_  
Representative's Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Fax Number

\_\_\_\_\_  
Date

**Please feel free to submit additional information on this bid on a separate piece of paper; however this sheet should be included & signed with any bid submitted.**