

Specifications - Wellness Room Remodel at South Campus

Minooka Community High School is actively renovating our Wellness room at south campus. This renovation opens the door to countless opportunities for cardiovascular and strength development for our students. This also opens the door to potential expansion of curricular opportunities down the road.

The goal of this bid is to build a functional space for students to be able to explore their health and wellness goals. The room will be available for both staff and students. Equipment ordered should be black and representative of high expectations for our students.

- Bids should include lead time for ordering
- Bids should include any and all warranties and extended warranties
- Bid should include any and all preventative maintenance for products purchased
- Bids should include freight as well as product installation.
- Appointments and additional drawings etc. available upon request.

Equipment list for Wellness Room: Total Cost \$122,183.00

Qty	Description
8	<u>Powered Treadmills with:</u> Dimensions: 83" L x 35" W x 62" H/ 211 x 89 x 157.5 cm Weight: 385 lb / 175 kg Step-up Height: 8.4 in / 21.3 cm Handrail Length: 18 in / 46 cm Running Surface: 60 x 22 in / 152 x 56 cm Power: 120 volt, 20 amp individual branch circuit Total Workouts: 27 Elevation Range: 0% to 15% incline in 0.5% increments Speed Range: 0.5 - 12 mph / 0.8 - 19.2 km/h Motor Drive: 3 HP high-efficiency AC-motor (4.3 HP peak)
2	<u>Self Powered Treadmills with:</u> Solid Steel Frame & Handrails Corrosion-Resistant Hardware Round Tubular Upright Structure Max User Weight: 350 lb DriveTrain System: 100 Precision Ball Bearings with 12 Roller Guides Belt Lifetime: 150,000 Miles Color: Black w/ Black Accents

4	<u>Powered Ellipticals with:</u> Dimensions (L x W x H): 82 x 30 x 68 in / 208 x 76 x 173 cm Product Weight: 308 lb / 140 kg Step-up Height: 8 in / 20 cm (pedal at lowest point) Power: Self-Powered Total Workouts: 15 Resistance Levels: 20 Ramp Angle: 10 - 35 degrees
4	Upright Bikes with: Dimensions: 43" L x 21" W x 59" H / 109 x 53 x 150 cm Weight: 144 lb / 65 kg Power: Self-powered Total Workouts: 12 Resistance Levels: 25 Minimum Watts: 22 (level 1 at 20 RPM) Maximum Watts: 500 (level 25 at 150 RPM)
2	Recumbent Bikes with: Dimensions: 65" L x 23" W x 52" H / 164 x 58 x 132 cm Weight: 179 lb / 81 kg Power: Self-powered Total Workouts: 12 Resistance Levels: 25 Minimum Watts: 22 (level 1 at 20 RPM) Maximum Watts: 500 (level 25 at 150 RPM)
2	Stairclimbers with: Dimensions: 59L x 31.7W x 84H in / 150 x 81 x 213 cm Equipment Weight: 375 lb / 170 kg Power: 120 volt, 15 amp circuit Recommended Ceiling Height: 9 ft 9 in / 3 m Step Height: 8 in / 20 cm Step Dimensions (D x W): 11 in x 20.8 in / 28 cm x 53 cm Step Rate Range: 20 to 165 steps / minute (SPM) Total Workouts: 10
6	Rowers: Dimensions: 96" L x 24" W x 14" H Equipment Weight: 57lbs Power: Self - Powered 14" Seat

	Black
4	Self Powered FanBikes with: LCD screen outputs: Watts – RPM – Calories – Heart Rate -- Distance – Time – Odometer – Interval Training (Tabata and custom) Heavy Duty Steel Frame eliminates side-to-side movement 25" diameter steel fan Hybrid seat with multi-adjustment options Industrial powder coating for durability Reinforced pedals and crank 20 sealed cartridge bearings, utilized in every pivot
1	Standard Double - Bolt Down Connected Fitness/Storage Bay Frame with 6 Flat storage trays, 2 Ball storage trays, mat rack, chin up bars, resistance pegs, battle rope anchors
2	2 Tier Saddle Rack
2	Sets of 5-50lb rubber hex dumbbell set (10 pair)
4	Power Multi Angle Bench

