



ADDENDUM NO. 1

TO

**NEW CASTLE COUNTY VOCATIONAL TECHNICAL SCHOOL DISTRICT
HOWARD HIGH SCHOOL OF TECHNOLOGY
BID PACKAGE 'G'
WILMINGTON, DELAWARE**

This addendum is hereby made part of the Project Manual and Drawings dated August 1, 2017.

The Project Manual and Drawings shall be supplemented or amended as specified herein.

This Addendum contains changes to the requirement of the Project Manual. Such changes shall be incorporated into the Contract Documents and shall apply to work with the same meaning and force as if they had been included in the original Documents. Whenever this Addendum modifies a portion of a paragraph of the Project Manual, the remainder of the paragraph affected shall remain in force. Added information is shown as **Bold**, deleted information is shown as ~~strike through~~.

This Addendum contains changes to the requirement of the Drawings. Such changes shall be incorporated into the Contract Documents and shall apply to work with the same meaning and force as if they had been included in the original Documents. Whenever this Addendum modifies a portion of any drawing, the remainder of the drawing affected shall remain in force. Added, deleted or revised information is shown as "clouded".

The conditions and terms of the basic Contract Documents shall govern work unless otherwise described in this Addendum. Whenever the conditions of work, and the quality or quantity of materials, or workmanship are not fully described in this Addendum, the conditions of work included in the basic Contract Documents for similar items of work shall apply to the work described in this Addendum.

If no similar items of work are included in the basic Contract Document, the best quality of material and workmanship shall apply and all work shall be subject to the written acceptance of the Architect.

GENERAL CLARIFICATIONS

I. RESPONSES TO BIDDERS' QUESTIONS

II. REVISIONS TO PROJECT MANUAL/SPECIFICATIONS

1. Section 116625 Fitness Equipment, DELETE and REPLACE with attached revised section.

I. REVISIONS TO DRAWINGS

END OF ADDENDUM NO. 1

SECTION 11 6625
FITNESS EQUIPMENT

PART 1 GENERAL

1.01 SECTION INCLUDES

- A. Cardiovascular Training Equipment
- B. Strength Training Equipment

1.02 RELATED REQUIREMENTS

- A. Section 26 2717 - Equipment Wiring.

1.03 REFERENCE STANDARDS

- A. NFPA 70 - National Electrical Code; Most Recent Edition Adopted by Authority Having Jurisdiction, Including All Applicable Amendments and Supplements.

1.04 ADMINISTRATIVE REQUIREMENTS

- A. Large Components: Ensure that large components can be moved into final position without damage to other construction.
- B. Electrically Operated Equipment: Coordinate location and electrical characteristics of service connection.

1.05 SUBMITTALS

- A. See Section 01 3000 - Administrative Requirements, for submittal procedures.
- B. Product Data: Provide manufacturer's data showing configuration, sizes, materials, finishes, hardware, and accessories; include:
 - 1. Electrical characteristics and connection locations.
 - 2. Manufacturer's installation instructions.
- C. Erection Drawings: Detailed dimensional requirements for proper location of equipment.
- D. Samples: Submit samples of materials in manufacturer's available range of colors.
- E. Operating and maintenance data, for each operating equipment item.
- F. Warranty: Submit manufacturer warranty and ensure that forms have been completed in Owner's name and registered with manufacturer.

1.06 QUALITY ASSURANCE

- A. Manufacturer Qualifications: Company specializing in manufacturing products specified in this section, with not less than three years of documented experience.
- B. Installer Qualifications: Company specializing in performing work of the type specified with minimum three years of experience.

1.07 DELIVERY, STORAGE, AND HANDLING

- A. Deliver products to project site in manufacturer's original packaging with factory original labels attached.
- B. Store products indoors and elevated above floor; prevent warping, twisting, or sagging.
- C. Store products in accordance with manufacturer's instructions; protect from extremes of weather, temperature, moisture, and other damage.

1.08 WARRANTY

- A. See Section 01 7800 - Closeout Submittals, for additional warranty requirements.

PART 2 PRODUCTS

2.01 MANUFACTURERS

- A. Fitness Equipment:
 - 1. Basis of Design:
 - a. Life Fitness.
 - b. Hammer Strength.
 - c. American Barbell.
 - d. Power Systems.
 - e. Perform Better.
 - 2. Products of other manufacturers, pending approval of substitution request:
 - a. Technogym
 - b. Precor
 - c. Matrix
 - d. Landis

2.02 GENERAL REQUIREMENTS

- A. See drawings for sizes and locations, unless noted otherwise.
- B. Provide mounting plates, brackets, and anchors of sufficient size and strength to securely attach equipment to building structure; comply with requirements of contract documents.
- C. Hardware: Heavy duty steel hardware, as recommended by manufacturer.
- D. Electrical Wiring and Components: Comply with NFPA 70; provide UL-listed equipment.

2.03 FRAME CONSTRUCTION

- A. Frame shall be constructed of U.S. made mechanical quality steel purchased in mill run quantities to assure the best consistency.
- B. Rectangular 11 gauge tubing, 1 ½ x 3 inch and 1 ½ x 2 inch.
- C. Frames: bolted together for portability and shipment.
- D. Bolt plate flanges: 3/8 inch thick.

2.04 FRAME FINISH

- A. Prior to applying finish, each part shall be sandblasted to prepare the surface for maximum adhesion.
- B. Frames: coated with an electrostatically applied epoxy powder coat finish.

2.05 WEIGHT PLATES AND SELECTION

- A. Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place with a magnet to eliminate any chance of disengaging during use.
- B. The selector pin shall be connected to the top weight to eliminate loss or substitution of substandard pins.
- C. Weight Plates: machined from solid, inch thick steel.
- D. Each plate: self-lubricating, low-friction bushings surrounding guide rods.
- E. Top weight bushings: float within the top weight utilizing rubber o-rings.
- F. Weight Stack Guide Rods: 3/4 inch, cold-drawn steel, turned, ground and polished with hard chrome finish.
- G. Weight Stack Suspension: Durable rubber bumpers under each stack.
- H. Weight Selection Shafts: Stainless steel, precision drilled for accurate pin selection.

- I. Weight Transport: 0.985 inch thick Mectrol belt, breaking strength rated over 4,000 pounds, with adjustment at top weight plate.
 - 1. Two 3/8 " bolts at the stack and at the user arm retain each belt.
- J. Weight stacks: completely guarded, front and back, except for a 30mm gap for weight selection to prevent inadvertent contact with the weight stack during use.

2.06 MISCELLANEOUS ITEMS

- A. Pulleys: glass impregnated nylon with a 7 degree crown designed to maintain the belt in the center of pulley during the full range of operation.
 - 1. Pulleys shall contain no edge flanges.
 - 2. Pulleys shall be covered on each side.
- B. Equipment input arms: counter balanced to eliminate additional weight of the assembly from the weight selected by the user.
- C. Radial Bearings: Pillow block bearing with minimum radial load rating of 2,000 pounds.
- D. Adjustable Seat: Seat adjusts with lift and lock mechanism in 3/8 inch increments. Total of 24 adjustments for a 9 inch adjustment range.
- E. Hardware: Grade 5 or Grade 8 steel. 1/2 inch bolts with Nyloc nuts for frame construction.
- F. Upholstery: Boltaflex or Naugahyde colorguard vinyl.
 - 1. Edges: stitched to eliminate folds in the material.
 - 2. Foam: 3 and 4 pound EVA foam (deformation resistant) or equivalent.
 - 3. Foam: glued to a support board and contour shaped.
 - 4. Wood backing: set with minimum 3/8"x 20 T-nuts.
- G. Hand Grips: Extruded 60 durometer thermorubber compound, non-absorbing, wear and tear resistant, and exhibits good dry and wet frictional characteristics.
 - 1. Retain grips with aluminum collars.
- H. Provide Instructional Placard with illustrations for proper use and muscles trained.

2.07 EQUIPMENT ANCHORING

- A. Provide a method to anchor each machine to the floor.

2.08 STRENGTH TRAINING EQUIPMENT

- A. Assist Dip / Chin
 - 1. Basis of Design: Hammer Strength Select Assist Dip / Chin
 - 2. Quantity: 1
 - 3. Weight: 655 lbs
 - 4. Weight Stack: 175lb
 - 5. Size: in.: 46L x 45W x 87H
- B. Pectoral Fly/Rear Deltoid
 - 1. Basis of Design: Hammer Strength Select Pectoral Fly/Rear Deltoid
 - 2. Quantity: 1
 - 3. Weight: 580 lbs
 - 4. Weight Stack: 295lb
 - 5. Size: in.: 49L x 56W x 71H
- C. Lat Pull Down
 - 1. Basis of Design: Hammer Strength Select Lat Pull Down
 - 2. Quantity: 1
 - 3. Weight: 554 lbs
 - 4. Weight Stack: 295lb

5. Size: in.: 54L x 33W x 89H
- D. Adjustable Bench
1. Basis of Design: Hammer Strength Adjustable Bench (Pro Style)
 2. Quantity: 4
 3. Machine Weight: 115 lbs
 4. Size: in.: 55L x 26W x 17H
- E. Glute/Ham
1. Basis of Design: Hammer Strength Glute/Ham (BW-GH)
 2. Quantity: 1
 3. Machine Weight: 329 lbs
 4. Size: in.: 72L x 33W x 50H
- F. 3 Tier Dumbbell Rack
1. Basis of Design: Hammer Strength 3 Tier DB Rack
 2. Quantity: 2
 3. Machine Weight: 290 lbs
 4. Size: in. = 90L x 25W x 39H
- G. Chest Press
1. Basis of Design: Hammer Strength MTS Iso-Lateral Chest Press
 2. Quantity: 1
 3. Machine Weight: 765 lbs
 4. Weight Stack: 150 lbs per stack
 5. Size: in. = 40L x 68W x 77H
- H. Shoulder Press
1. Basis of Design: Hammer Strength MTS Iso-Lateral Shoulder Press
 2. Quantity: 1
 3. Machine Weight: 746 lbs
 4. Weight Stack: 150 lbs per stack
 5. Size: in. = 45L x 62W x 54H
- I. Lateral Row
1. Basis of Design: Hammer Strength MTS Iso-Lateral Row
 2. Quantity: 1
 3. Machine Weight: 765 lbs
 4. Weight Stack: 150 lbs per stack
 5. Size: in. = 51L x 62W x 82H
- J. Biceps Curl
1. Basis of Design: Hammer Strength MTS Iso-Lateral Biceps Curl
 2. Quantity: 1
 3. Machine Weight: 520 lbs
 4. Weight Stack: 100 lbs per stack
 5. Size: in. = 38L x 58W x 59H
- K. Triceps Extension
1. Basis of Design: Hammer Strength MTS Iso-Lateral Triceps Extension
 2. Quantity: 1
 3. Machine Weight: 580 lbs
 4. Weight Stack: 100 lbs per stack
 5. Size: in. = 36L x 52W x 60H

- L. Leg Extension
 1. Basis of Design: Hammer Strength MTS Iso-Lateral Leg Extension
 2. Quantity: 1
 3. Machine Weight: 750 lbs
 4. Weight Stack: 150 lbs per stack
 5. Size: in. = 48L x 57W x 55H
- M. Kneeling Leg Curl
 1. Basis of Design: Hammer Strength MTS Iso-Lateral Kneeling Leg Curl
 2. Quantity: 1
 3. Machine Weight: 730 lbs
 4. Weight Stack: 150 lbs per stack
 5. Size: in. = 52L x 56W x 54H
- N. Power Rack
 1. Basis of Design: Hammer Strength HD Elite Power Rack
 2. Quantity: 3
 3. Machine Weight: 725 lbs
 4. Max Training Weight: 855 lbs
 5. Size: in. = 79L x 67W x 96H
 6. Accessories / Quantity
 - a. Hammer Strength 3 Handle Pull Up / 3
 - b. Hammer Strength Neutral Pull Up / 3
 - c. Hammer Strength HD Elite Power Pivot / 3
 - d. Hammer Strength HD Elite Sliding Band Pegs / 3
 - e. Hammer Strength HD Elite Spotter Stands / 3
 - f. Hammer Strength HD Elite Storage w/ Trays and Bumper Plates / 3
 - g. Hammer Strength HD Elite Dock and Lock / 3
 - h. Hammer Strength HD Elite Rack Connector / 2
 - i. Hammer Strength Athletic Series Ball Grip / 2
 - j. Hammer Strength Athletic Series Neutral Grip Pull Up / 2
 - k. Hammer Strength HD Elite Adjustable Bench / 3
- O. Smith Machine
 1. Basis of Design: Hammer Strength Smith Machine
 2. Quantity: 1
 3. Machine Weight: 635 lbs
 4. Starting Resistance: N/A
 5. Size: in. = 50L x 86.5W x 93H
- P. Multi-Use Cable Motion Station
 1. Basis of Design: Signature Series Dual Adjustable Pulley
 2. Quantity: 1
 3. Cables: 7x19 strand construction, lubricated, nylon-coated
 4. Instructional Placard: Illustrate proper use
 5. Pulleys: 4-1/2" (11 cm) and 6" (15 cm) diameter
 6. Shrouds: Standard rear shrouds with front shrouds
 7. Weight Plates: Solid-steel weight plates with self-lubricating bushings at top plate
 8. Dimensions (L x W x H): 44 in x 62 in x 95 in (112 cm x 158 cm x 242 cm)
 9. Weight: 1,265 lb (574 kg)
 10. Weight Stack: 390 lbs (195 kg)

- Q. Adjustable Decline/Abdominal Crunch Bench
1. Basis of Design: Signature Series Adjustable Decline/Abdominal Crunch Bench
 2. Quantity: 1
 3. Location: Multi-Use Cable Motion Station
 4. Dimensions (L x W x H): 64 in x 29 in x 32 in (163 cm x 74 cm x 82 cm)
 5. Weight: 135 lb (62 kg)

2.09 STRENGTH TRAINING ACCESSORIES

- A. Free Standing Storage
1. Basis of Design: Hammer Hd Athletic Free Standing Storage 6'
 2. Quantity: 1
 3. Size: 72L x 25W x 40H (inches)
 4. 7 foot free standing storage rack.
 5. 3 tiers customized for storage of bumper plates, med balls, kettlebells and other accessories.
 6. Includes storage for 4 olympic bars
- B. Vertical Medicine Ball Storage Rack with medicine balls.
1. Basis of Design: Perform Better Dynamax Med Ball
 - a. Quantity: 1
 - b. Heavy-duty Dynamax Medicine Balls: non-bouncing medicine ball (14" diameter).
 - c. Soft feel, stuffed medicine balls with heavy duty, vinyl coated nylon cover.
 - d. Storage rack with 6 balls.
 2. Basis of Design: Perform Better 1st Plate Elite Medicine Balls
 - a. Quantity: 1
 - b. Elite Medicine Ball Package: includes five medicine balls and vertical medicine ball storage rack
- C. Wall Mounted Mat Rack
1. Basis of Design: Perform Better Wall Mounted Mat Rack
 2. Quantity: 1
 3. Capacity: 12 hanging mats
 4. Size: 26"L x 2.5"H
- D. Foam Plyo Boxes
1. Basis of Design: Perform Better Ucs G2 Foam Plyo Boxes Set of 5
 2. Quantity: 2 sets
 3. Foam core that will not break down or soften over time.
 4. 21 oz. vinyl with built-in bacterial inhibitor.
 5. Each box has three 2" strips of Velcro
 6. Handles on the 12", 18" and 24" boxes.
 7. Color: Custom
- E. Vinyl Dumbbell Set With Storage Rack
1. Basis of Design: Power Systems Vinyl DB Set with Storage Rack
 2. Quantity: 1
 3. Steel construction
 4. Color: Black
 5. Size: 43" L x 28" W x 44" H
 6. Set of dumbbells included:
 - a. 5 pairs of 1 lb.
 - b. 7 pairs of 2 lbs.

- c. 10 pairs of 3 lbs.
 - d. 8 pairs of 5 lbs.
 - e. 7 pairs of 8 lbs.
 - f. 7 pairs of 10 lbs.
- F. Step Storage Cart
- 1. Basis of Design: Power Systems Step Storage Cart With 12 Steps
 - 2. Quantity: 1
 - 3. Adjustable heights of 4", 6" and 8".
 - 4. Rubberized deck and slip resistant bottom.
 - 5. Storage cart rolls on locking casters.
- G. Training Rope
- 1. Basis of Design: Power Systems Training Rope
 - 2. Quantity: 3
 - 3. Location: Power Racks
 - 4. Color: black or white
 - 5. Diameter: 2 inch
 - 6. Length: 30 feet.
- H. Kettle Bells
- 1. Basis of Design: Power System Standard Kettle Bells
 - 2. Quantity: 1
 - 3. Location: 3 tier DB Rack
 - 4. Rubber shell and smooth black chrome handle.
 - 5. Weights: 10, 12, 15, 18, 20, 25, 30, 35, 40, 45, 50, 55 and 60 lbs.
- I. 48" Lat Bar
- 1. Basis of Design: American Barbell 48" Lat Bar Attachment
 - 2. Quantity: 1
 - 3. Location: Lat Pull & Cable Motion Dual Adjustable Pulley
 - 4. Knurled with rubber stoppers on the end. Heavy duty ring attachment.
- J. V-Bar
- 1. Basis of Design: American Barbell V-Bar with Urethane Grip
 - 2. Quantity: 1
 - 3. Location: Lat Pull & Cable Motion Dual Adjustable Pulley
 - 4. High-Strength aluminum with over molded urethane handles.
- K. Curl Bar
- 1. Basis of Design: American Barbell Curl Bar 24 In Urethane Grip
 - 2. Quantity: 1
 - 3. Location: Lat Pull & Cable Motion Dual Adjustable Pulley
 - 4. High-Strength aluminum with over molded urethane handles.
- L. Row/Chin Attachment
- 1. Basis of Design: American Barbell Row/Chin Attachment Urethane Grip
 - 2. Quantity: 1
 - 3. Location: Lat Pull & Cable Motion Dual Adjustable Pulley
 - 4. High-Strength aluminum with over molded urethane handles.
- M. Hex Bar Dual Grip
- 1. Basis of Design: American Barbell Hex Bar Dual Grip 54LBS
 - 2. Quantity: 3
 - 3. Location: Power Racks

4. Weight: 55lbs
 5. Handle Diameter: 1.910 inches
 6. Overall Length: 85inches
 7. Distance between Handles: 25inches
 8. Loadable Sleeve Length: 16.625 inches
 9. Sleeve Diameter: 1.910 inches
- N. Spring Collars
1. Basis of Design: American Barbell Spring Collars
 2. Quantity: 10 pair
 3. Location: Power Racks
 4. Spring steel with hard chrome plating
 5. Collar weight : 1.0 lbs per set
 6. Size: 7"x3.5"x1.5" (LxWxH)
 7. Locking type : Spring Force
- O. Stretching Mat
1. Basis of Design: Life Fitness Stretching Mat
 2. Quantity: 20
 3. Location: Wall Mounted Mat Rack
 4. Provide reinforced rings for hanging
- P. Jump Rope
1. Basis of Design: Life Fitness Jump Rope
 2. Quantity: 20
 3. Premium vinyl rope with heavy duty handles and radial ball bearings
 4. Provide in 4 lengths
- Q. Round Rubber Olympic Plates
1. Basis of Design: Hammer Strength Round Rubber Olympic Plates
 2. Location: Power Racks and Plate Loaded Units
 3. Overmolded rubber Olympic plates
 4. Four open, rough-textured handles (except on 5lb and 2.5lb)
 5. Stainless steel center ring
 6. Weights / Quantity
 - a. 2.5 lb / 20
 - b. 5 lb / 20
 - c. 10 lb / 40
 - d. 25 lb / 40
 - e. 35 lb / 40
 - f. 45 lb / 40
- R. Round Rubber Dumbbells
1. Basis of Design: Hammer Strength Round Rubber Dumbbells
 2. Quantity: 1
 3. Location: 3 tier DB Rack
 4. Rubber blend overmolded and bonded to dumbbell core
 5. Press fit dumbbell head and shaft hydraulically secured together
 6. Handle Size: 1-1/4" diameter up to 100 lbs
 7. Handle Style: Flared, hard chrome plated
 8. Weight range: 5 - 100 lbs
- S. Rubber Bumpers

1. Basis of Design: Hammer Strength Premium Rubber Bumpers
2. Quantity: 6 sets
3. Location: Power Rack Storage
4. Durometer : 90 Shore A
5. Weights: 55 lb, 45 lb 35 lb, 25 lb
6. Colors: Available in Colors, or all Black
7. Plate Widths - Black: 25 lb: 1.5" (38 mm); 35 lb: 2.0" (51 mm); 45 lb: 2.375" (60 mm); 55 lb: 2.875" (73 mm)
8. Bumper Diameter : 450MM
9. Hub Diameter : 140 MM

T. Olympic Power Bar

1. Basis of Design: Hammer Strength Olympic Power Bar Chrome Bushing
2. Quantity: 6
3. Location: Power Racks and Free Standing Storage Unit
4. Shaft Diameter: 29 mm
5. Bar Length: 7'
6. Weight: 45 lbs
7. Loadable Sleeve Length: 16.25"
8. Knurl Mark Spacing : 32"
9. Center Knurl: Yes
10. Available in: Hard Chrome
11. End Cap Color : Blue (Needle), Black (Hybrid)

U. Olympic Ez Curl Bar

1. Basis of Design: Hammer Strength Olympic Ez Curl Bar
2. Quantity: 3
3. Location: Power Racks and Free Standing Storage Unit
4. Shaft Diameter: 25 mm
5. Knurl Mark Spacing : 36"
6. Center Knurl: No
7. End Cap Color : Black
8. Material: Hard Chrome
9. Length : 5.5'
10. Loadable Sleeve : 6.175"
11. Weight: 10kg (22 lbs)

2.10 CARDIOVASCULAR TRAINING EQUIPMENT

A. Basis of Design: Integrity Series DX Treadmill

1. Quantity: 4
2. Wireless Internet Connectivity
3. DX3™ Belt and Deck System
4. FlexDeck Shock Absorption System featuring 8 large shock absorbers
5. Heart Rate Monitoring: hand sensors with digital heart rate monitoring and chest strap telemetry (chest strap required).
6. 7 inch touchscreen. Speed and incline adjustment buttons.
7. Bluetooth® and NFC connection
8. 21 workouts, including 3 rotating trending Workouts and Customized Cool Down
9. 19 language choices
10. Other Manufacturers and products:
 - a. Technogym Excite Run 1000

- b. Precor 932i
 - c. Matrix T7xe
 - d. Landis
- B. Basis of Design: Integrity Series DX Elliptical
- 1. Quantity: 2
 - 2. Wireless Internet Connectivity
 - 3. Heart Rate Monitoring: hand sensors with digital heart rate monitoring and chest strap telemetry (chest strap required).
 - 4. 7 inch touchscreen
 - 5. Resistance adjustment buttons are easily accessed during a workout.
 - 6. Bluetooth® and NFC connection
 - 7. 21 workouts, including 3 rotating trending Workouts and Customized Cool Down
 - 8. 19 language choices
 - 9. Other Manufacturers and products:
 - a. Technogym Excite Syncro
 - b. Precor EFX 536i
 - c. Matrix E7xe Suspension Elliptical
 - d. Landis E9 Rehabilitation Elliptical Trainer
- C. Basis of Design: Integrity Series DX Powermill
- 1. Quantity: 2
 - 2. Wireless Internet Connectivity
 - 3. Heart Rate Monitoring: hand sensors with digital heart rate monitoring and chest strap telemetry (chest strap required).
 - 4. 7 inch touchscreen
 - 5. Resistance adjustment buttons are easily accessed during a workout.
 - 6. Bluetooth® and NFC connection
 - 7. 21 workouts, including 3 rotating trending Workouts and Customized Cool Down
 - 8. 19 language choices
 - 9. Apple and Android device charging via universal USB port
 - 10. Ergonomically designed handlebars for support and proper upright position
 - 11. 25 resistance levels
 - 12. 400 lbs maximum user weight
 - 13. Integrated reading rack, cup holder and accessory tray
 - 14. Self-powered
 - 15. Other Manufacturers and products:
 - a. Technogym Excite Climb LED
 - b. Matrix C7xe ClimbMill
- D. Basis of Design: Integrity Series DX Recumbent Bike
- 1. Quantity: 2
 - 2. Wireless Internet Connectivity
 - 3. Heart Rate Monitoring: hand sensors with digital heart rate monitoring and chest strap telemetry (chest strap required).
 - 4. 7 inch touchscreen
 - 5. Resistance adjustment buttons are easily accessed during a workout.
 - 6. Bluetooth® and NFC connection
 - 7. 21 workouts, including 3 rotating trending Workouts and Customized Cool Down
 - 8. 19 language choices
 - 9. Apple and Android device charging via universal USB port

10. 25 resistance levels
11. 400 lbs maximum user weight
12. Integrated accessory tray
13. Quick-release removable shroud for simple serviceability
14. Front wheels for easy mobility
15. Maximum resistance (Watts): 500
16. Self-powered; optional plug-in accessory
17. Wrap-around seat adjustment lever
18. Generator Drive System with 8-ribbed poly-V belt
19. Other Manufacturers and products:
 - a. Technogym EXCITE®+ RECLINE
 - b. Precor RBK 615 Recumbent Bike
 - c. Matrix R7xe Recumbent Cycle
 - d. Landis R9 Recumbent Bike

2.11 PLATE LOADED ISO LATERAL EQUIPMENT

- A. Basis of Design: Hammer Strength Plate-Loaded Iso-Lateral Incline Press
 1. Quantity: 1
 2. Standard Weight Horns: 6
 3. Starting Resistance: 8 lbs (3.6 kg)
 4. Dimensions (L x W x H): 39 in x 52 in x 75 in (100 cm x 133 cm x 191 cm)
 5. Weight: 325 lb (148 kg)
- B. Basis of Design: Hammer Strength Plate-Loaded Iso-Lateral Decline Press
 1. Quantity: 1
 2. Standard Weight Horns: 6
 3. Starting Resistance: 6 lbs (3 kg) per workarm
 4. Dimensions (L x W x H): 51 in x 54 in x 68 in (130 cm x 138 cm x 173 cm)
 5. Weight: 315 lb (143 kg)
- C. Basis of Design: Hammer Strength Plate-Loaded Iso-Lateral Rowing
 1. Quantity: 1
 2. Starting Resistance: 12 lbs (5 kg) per workarm
 3. Dimensions (L x W x H): 59 in x 50 in x 51 in (150 cm x 127 cm x 130 cm)
 4. Weight: 280 lb (128 kg)
- D. Basis of Design: Hammer Strength Plate-Loaded Iso-Lateral High Row
 1. Quantity: 1
 2. Standard Weight Horns: 4
 3. Starting Resistance: 2 lbs (0.9 kg) per workarm
 4. Dimensions (L x W x H): 61 in x 41 in x 79 in (155 cm x 105 cm x 201 cm)
 5. Weight: 330 lb (150 kg)
- E. Basis of Design: Hammer Strength Plate-Loaded 4 Way Neck
 1. Quantity: 1
 2. Standard Weight Horns: 4
 3. Starting Resistance: 2 lbs (0.9 kg) per workarm
 4. Dimensions (L x W x H): 33 in x 54 in x 62 in (84 cm x 138 cm x 158 cm)
 5. Weight: 245 lb (112 kg)
- F. Basis of Design: Hammer Strength Plate-Loaded Iso-Lateral Leg Press
 1. Quantity: 1
 2. Standard Weight Horns: 4

3. Starting Resistance: 18 lbs (8.2 kg)
 4. Dimensions (L x W x H): 70 in x 59.5 in x 60 in (178 cm x 152 cm x 153 cm)
 5. Weight: 605 lb (275 kg)
- G. Basis of Design: Hammer Strength Plate-Loaded Jammer
1. Quantity: 1
 2. Standard Weight Horns: 6
 3. Starting Resistance: 8 lbs (3.6 kg)
 4. Dimensions (L x W x H): 59 in x 66 in x 90 in (150 cm x 168 cm x 229 cm)
 5. Weight: 370 lb (168 kg)

PART 3 EXECUTION

3.01 EXAMINATION

- A. Take field measurements to ensure proper fitting of work. If taking field measurements before fabrication will delay work, allow for adjustments within recommended tolerances.
- B. Inspect areas and conditions before installation. Notify Architect in writing of unsatisfactory or detrimental conditions. Do not proceed until conditions have been corrected. Commencing installation constitutes acceptance of work site conditions.
- C. Verify that electrical services are correctly located and of the proper characteristics.

3.02 INSTALLATION

- A. Install in accordance with contract documents and manufacturer's instructions.
- B. Install equipment rigid, straight, plumb, and level.
- C. Secure all equipment with manufacturer's recommended anchoring devices.

3.03 ADJUSTING

- A. Verify proper placement of equipment.
- B. Adjust operating equipment for proper operation; remove and replace equipment causing noise or vibration. Lubricate equipment if recommended by manufacturer.

3.04 CLEANING

- A. Remove masking or protective covering from finished surfaces.
- B. Clean equipment in accordance with manufacturer's recommendations.

3.05 PROTECTION

- A. Protect installed products until Date of Substantial Completion.
- B. Replace damaged products before Date of Substantial Completion.

END OF SECTION