

FOR THE SUPPLY, DELIVERY, ASSEMBLY, INSTALLATION, ANCHORING AND SET UP, TESTING AND COMMISSIONING OF
COMMERCIAL GYM EQUIPMENT FOR PORT OF EAST EMPLOYEE FITNESS FACILITY LONDON



SECTION 4 PRICING SCHEDULE

Category	Description of Item	Unit	Quantity	Rate	TOTAL PRICE OF ITEM [ZAR]
1	A. Strength Equipment & Free Weights				
1.1	Commercial grade dumbbell rack with 2–3 tiers, capacity for 10–20 pairs (steel or reinforced frame)	Each	2	R	R
1.2	Commercial barbell storage rack, vertical or horizontal, any equivalent industry design	Each	1	R	R
1.3	Full dumbbell set ranging 2kg–40kg, rubber/urethane/hex/round options acceptable				
1.3.1	Size 4kg	Each	1	R	R
1.3.2	Size 5kg	Each	1	R	R
1.3.3	Size 7,5kg	Each	1	R	R
1.3.4	Size 10kg	Each	1	R	R
1.3.5	Size 12,5kg	Each	1	R	R
1.3.6	Size 15kg	Each	1	R	R
1.3.7	Size 20kg	Each	1	R	R
1.3.8	Size 22,5kg	Each	1	R	R
1.3.9	Size 25kg	Each	1	R	R
1.3.10	Size 27,5kg	Each	1	R	R
1.3.11	Size 30kg	Each	1	R	R
1.3.12	Size 32,2kg	Each	1	R	R
1.3.13	Size 35kg	Each	1	R	R
1.3.14	Size 37,5kg	Each	1	R	R
1.3.15	Size 40k	Each	1	R	R
1.4	Olympic bar 15–20kg, 28–32mm shaft, 2.0–2.2m length (standard IPF/IWF compatible)	Each	5	R	R
1.5	Olympic plates: cast iron, rubber coated, or urethane, in equivalent weight distribution				
1.5.1	20 kg Barbell Plate	Each	12	R	R
1.5.2	10 kg Barbell Plate	Each	16	R	R
1.5.3	5 kg Barbell Plate	Each	20	R	R
Total Amount (Excluding VAT) for Category A Strength Equipment & Free Weights					R
2	B. Benches and Racks				
2.1	Any commercial adjustable core bench (incline/decline optional)	Each	2	R	R
2.2	Any commercial bench press station (flat/integrated rack/adjustable)	Each	1	R	R
2.3	Bench press station with adjustable incline or multi bench configuration	Each	2	R	R
2.4	Leg press OR hack squat OR combo functional leg machine (space saving)	Each	1	R	R
2.5	Multi-functional rack with integrated Smith mechanism	Each	1	R	R
2.6	Commercial kettlebell rack, 1–3 tiers, any equivalent design	Each	1	R	R
2.7	Commercial-grade storage solution that enables safe, organised storage of sandbags for functional training use	Each	1	R	R
2.8	Seated Leg Extension Machine OR Leg extension machine OR multi-function quad machine	Each	5	R	R
Total Amount (Excluding VAT) for Category B Benches and Racks					R

3	C. Functional and Conditioning Equipment					
3.1	Battle rope (32–50mm) with floor or wall anchor options	Each	1	R		R
3.2	Sandbags OR Bulgarian bags OR functional weight bags (5–25kg range)					
3.2.1	5kg	Each	1	R		R
3.2.2	10kg	Each	1	R		R
3.2.3	15kg	Each	1	R		R
3.2.4	20kg	Each	1	R		R
3.3	Slam/dead balls 4kg–15kg, rubber coated or dead bounce variants					
3.3.1	6kg	Each	1	R		R
3.3.2	8kg	Each	1	R		R
3.3.3	10kg	Each	1	R		R
3.4	Medicine balls: double grip OR traditional OR wall ball variants					
3.4.1	3kg	Each	1	R		R
3.4.2	5kg	Each	1	R		R
3.4.3	10kg	Each	1	R		R
3.5	Kettlebell set 2kg–20kg, steel/competition/cast iron accepted					
3.5.1	2kg	Each	1	R		R
3.5.2	4kg	Each	1	R		R
3.5.3	8kg	Each	1	R		R
3.5.4	10kg	Each	1	R		R
3.5.5	12kg	Each	1	R		R
Total Amount (Excluding VAT) for Category C Functional and Conditioning Equipment						R
4	D. Cardio and Resistance Machine					
4.1	Leg extension machine OR multi-function quad machine	Each	1	R		R
4.2	Lying OR seated hamstring curl OR combo unit	Each	1	R		R
4.3	Abductor/adductor machine OR dual function cable-based alternative	Each	1	R		R
4.4	Abdominal trainer OR multi-function core machine	Each	1	R		R
4.5	Rowing machine: air, magnetic, OR hybrid resistance (commercial grade)	Each	1	R		R
4.6	Delt fly/rear delt machine OR cable-based equivalent	Each	1	R		R
4.7	Treadmill with ≥ 3.0 HP continuous duty, 18–22km/h speed, incline 0–15%+. (Refer to Annexure 2 for detail technical specification)	Each	2	R		R
4.8	Upright OR recumbent OR dual action bike (magnetic/eddy current) Technical Specification: Resistance: Magnetic or eddy current (preferable) for quiet, low maintenance. Flywheel / inertia: Balanced flywheel, typically 8–12 kg equivalent feel. Console: Time, distance, RPM, watts, pulse; wireless heart rate compatible.	Each	2	R		R
4.9	Air bike with sealed bearings; watt tracking optional Technical Specification: Resistance: Air resistance (no electronics for resistance); suitable for HIIT. Durability: Heavy frame, reinforced bearings for repeated intense use. Console: Basic time/feature console or none; consider watt sensor add on for metrics.	Each	2	R		R
4.10	Stepper OR step mill OR vertical climber	Each	2	R		R
Total Amount (Excluding VAT) for Category D Cardio and Resistance Machine						R
5	E. Flooring and Accessories					
5.1	8–12mm EVA OR rubber mats, non-slip high density	Each	20	R		R
5.2	Rubber flooring tiles OR rolled rubber (6–12mm), Ethylene Propylene Diene Monomer OR recycled rubber allowed	m ²	286	R		R
Total Amount (Excluding VAT) for Category E Flooring and Accessories						R
6	F. Hydration Facilities					
6.1	Commercial water dispensers: bottled OR plumbed in options	Each	2	R		R
Total Amount (Excluding VAT) for Category F Hydration Facilities						R
7	G. Gym Mirror					
7.1	Gym tempered safety glass mirrors (6-8mm thickness, 2m x 11m OR Tempered glass OR acrylic OR shatterproof polycarbonate mirrors with safety backing)	m ²	1	R		R
Total Amount (Excluding VAT) for Category G Gym Mirror						R

8	H. Labour, Delivery				
8.1	Labour including assembly, anchoring, layout optimisation, safety testing, and user orientation. Delivery includes transport, off-loading, and site placement	Sum	1	R	R
Total Amount (Excluding VAT) for Category H for Labour and Delivery					R
TOTAL PRICE, exclusive of VAT (ALL CATEGORIES):					
VAT 15% (if applicable)					
Unconditional Discount(s)					
Total Inclusive of VAT (where applicable)					