

**REQUEST FOR QUOTATIONS FOR:**

**SUPPLY, DELIVERY, ASSEMBLY,  
INSTALLATION, ANCHORING AND SET UP,  
TESTING AND COMMISSIONING OF  
COMMERCIAL-GRADE GYM EQUIPMENT FOR  
TRANSNET NATIONAL PORTS AUTHORITY  
PORT OF EAST LONDON EMPLOYEE FITNESS  
FACILITY**

**1. SCOPE OF REQUIREMENTS – SUPPLY, DELIVERY, ASSEMBLY, INSTALLATION, ANCHORING AND SET-UP, TESTING AND COMMISSIONING OF GYM EQUIPMENT FOR THE PORT OF EAST LONDON EMPLOYEE FITNESS FACILITY**

The purpose of this project is to establish a commercial-grade employee fitness facility at the Port of East London to support employee health, wellness, and productivity.

The facility must support strength training, cardiovascular conditioning, and functional training, and must be suitable for regular daily use in a corporate/industrial environment.

**2. DETAILS OF GOODS AND SERVICES INVOLVED**

The successful bidder/standby bidder shall provide a full turnkey solution, which includes, but is not limited to:

- Supply of commercial-grade gym equipment and accessories
- Delivery to the Port of East London
- Assembly, installation, anchoring, and positioning of equipment
- Supply and installation of gym flooring and mirrors
- Testing, commissioning, and safety checks
- Handover, basic user orientation, and documentation

The bidder shall be the single point of responsibility for the complete scope

**3. CRITICAL GENERAL TECHNICAL PRINCIPLES**

- All equipment shall be commercial-grade and suitable for high-frequency use
- Domestic or light-commercial equipment **is not** acceptable
- All specifications shall be regarded as **minimum requirements**
- Equivalent or superior alternatives that meet the functional, safety, and durability intent will be accepted
- No brand names, model numbers, or proprietary systems are prescribed

#### 4. FUNCTIONAL EQUIPMENT REQUIREMENTS

*(Equivalent or superior alternatives permitted)*

##### 4.1. CATEGORY A - Strength Equipment & Free Weights

The facility must include equipment enabling free weight and plate-loaded strength training, including:

- Commercial dumbbell storage capable of safely storing a full dumbbell range
- Commercial dumbbells covering approximately 4kg to 40kg (standard commercial increments acceptable)
- Commercial Olympic barbells (15–20kg range acceptable)
- Commercial Olympic weight plates (cast iron, rubber-coated, or urethane)
- Commercial barbell and weight storage systems

All free-weight equipment must be designed for commercial gym environments and safe daily use.

##### 4.2. CATEGORY B - Benches & Plate-Loaded Machines

The facility must include equipment enabling bench-based and plate-loaded exercises, including:

- Commercial adjustable benches suitable for flat, incline, and abdominal exercises
- A commercial bench press station or power/half rack with safety features
- Commercial leg press and/or hack squat equipment
- A commercial guided bar system (e.g. Smith-type or equivalent)
- Commercial preacher curl equipment or attachment
- Commercial storage for functional accessories (e.g. kettlebells, sandbags)

##### 4.3. CATEGORY C - Functional & Conditioning Equipment

The facility must include equipment supporting functional training and conditioning, including:

- Battle rope system with suitable anchoring solution
- Sandbags covering a range of light to heavy loads (fixed or adjustable)
- Slam balls or dead balls within a functional training weight range
- Double-grip medicine balls
- Kettlebells suitable for commercial use

#### **4.4. CATEGORY D - Cardio & Selectorised Resistance Equipment**

The facility must include commercial cardio and resistance machines, including:

Commercial treadmill(s) with:

- Continuous-duty motor suitable for commercial use
- Motorized incline
- Maximum user weight  $\geq 150\text{kg}$
- Commercial upright exercise bicycle(s)
- Commercial air-resistance fan bike(s)
- Commercial rowing machine (air, magnetic, or hybrid resistance)
- Commercial stepper or stair-climber machine
- Commercial selectorized machines covering:
  - Leg extension
  - Hamstring curl
  - Abductor/adductor
  - Abdominal / core training
  - Shoulder or delt training

#### **4.5. CATEGORY E - FLOORING & ACCESSORIES**

Supply and install commercial rubber gym flooring, suitable for free-weight and machine areas

- Flooring may be tiles or rolled rubber, provided it meets durability and safety requirements
- Supply commercial exercise mats (10–15mm thickness acceptable)

#### **4.6. CATEGORY F - MIRRORS**

Supply and install gym mirrors using:

- Tempered safety glass (6–8mm), or
- Approved safety-backed acrylic mirrors
- Mirrors must include safety backing or film and appropriate edge protection

#### **4.7. CATEGORY G - HYDRATION FACILITIES**

Supply and install commercial hydration solution(s), which may include:

- Water dispensers, or
- Plumbed hydration / bottle-filling stations

#### **4.8. CATEGORY H - INSTALLATION, SAFETY & COMMISSIONING**

The bidder shall:

- Install all equipment in accordance with manufacturer guidelines
- Securely anchor heavy equipment where required
- Ensure adequate circulation space and safe equipment layout
- Conduct full functionality and safety testing
- Comply with applicable occupational health and safety legislation

#### **4.9. DELIVERABLES**

The bidder shall provide:

- Fully operational gym facility
- Equipment layout and positioning
- User manuals and warranty documentation
- Maintenance schedules
- Safety and operational instructions

#### **4.10. WARRANTY & SUPPORT**

All equipment must carry a **minimum 12-month** warranty (parts and labour)

Bidder must provide **local support** capability within South Africa

#### **4.11. COMPLIANCE & STANDARDS**

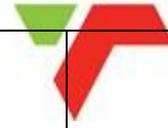
The bidder shall ensure compliance with:

- Occupational Health and Safety Act (Act 85 of 1993)
- Applicable SANS standards
- ISO 45001 principles or equivalent occupational safety systems.



**Illustrative commercial-grade gym equipment**

Item	Description	Unit	Quantity	Image
<b>A. Strength Equipment &amp; Free Weights</b>				
1	Commercial grade dumbbell rack with 2–3 tiers, capacity for 10–20 pairs (steel or reinforced frame)	Each	2	
2	Commercial barbell storage rack, vertical or horizontal, any equivalent industry design	Each	1	
3	Full dumbbell set ranging 2kg–40kg, rubber/urethane/hex/round options acceptable	Each		
	Size 4kg		1	
	Size 5kg		1	
	Size 7,5kg		1	
	Size 10kg		1	
	Size 12,5kg		1	
	Size 15kg		1	
	Size 20kg		1	
	Size 22,5kg		1	
	Size 25kg		1	
	Size 27,5kg		1	
	Size 30kg		1	
	Size 32,2kg		1	
	Size 35kg		1	
Size 37,5kg	1			
Size 40k	1			



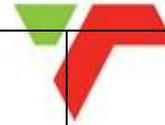
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4	Olympic bar 15–20kg, 28–32mm shaft, 2.0–2.2m length (standard IPF/IWF compatible)	Each	5	
5	Olympic plates: cast iron, rubber coated, or urethane, in equivalent weight distribution 20 kg Barbell Plate 10 kg Barbell Plate 5 kg Barbell Plate	Each	12 16 20	

**B. Benches and Racks**

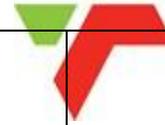
1	Any commercial adjustable core bench (incline/decline optional)	Each	2	
2	Any commercial bench press station (flat/integrated rack/adjustable)	Each	1	



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**Facilities Management**

3	Bench press station with adjustable incline or multi bench configuration	Each	2	
4	Leg press <b>OR</b> hack squat <b>OR</b> combo functional leg machine (space saving)	Each	1	
5	Multi-functional rack with integrated Smith mechanism	Each	1	
6	Commercial kettlebell rack, 1–3 tiers, any equivalent design	Each	1	



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**Facilities Management**

7	Commercial-grade storage solution that enables safe, organised storage of sandbags for functional training use	Each	1	
8	Seated Leg Extension Machine <b>OR</b> Leg extension machine <b>OR</b> multi-function quad machine	Each	1	

**C. Functional and Conditioning Equipment**

1	Battle rope (32–50mm) with floor or wall anchor options	Each	1	
2	Sandbags OR Bulgarian bags OR functional weight bags (5–25kg range) 5kg 10kg 15kg  20kg	Each	1 1 1 1	



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3	Soft lead balls 5kg-15kg, rubber coated or dead bounce variants 6kg 8kg 10kg	Each	1 1 1	
4	Medicine balls: double grip <b>OR</b> traditional <b>OR</b> wall ball variants 3kg 5kg 10kg	Each	1 1 1	
5	Kettlebell set 2kg-20kg, steel/competition/cast iron accepted 2kg 4kg 8kg 10kg 12kg	Each	1 1 1 1 1	

**D. Cardio and Resistance Machine**

1	Leg extension machine OR multi-function quad machine	Each	1	
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**Transnet National Ports Authority Port of East London  
Facilities Management**

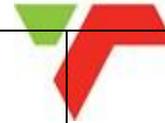
2	Lying <b>OR</b> seated hamstring curl <b>OR</b> combo unit	Each	1	
3	Abductor/adductor machine <b>OR</b> dual function cable-based alternative	Each	1	
4	Abdominal trainer <b>OR</b> multi-function core machine	Each	1	
5	Rowing machine: air, magnetic, <b>OR</b> hybrid resistance (commercial grade)	Each	1	



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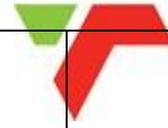
**Facilities Management**

6	Delt fly/rear delt machine <b>OR</b> cable-based equivalent	Each	1	
7	<p>Treadmill with <math>\geq 3.0</math>HP continuous duty, 18–22km/h speed, incline 0–15%+</p> <p>The treadmill offered must meet or exceed the following minimum functional and safety requirements:</p> <p><b>Speed Range:</b> Capable of achieving up to approximately 22 km/h (or higher).</p> <p><b>Incline Range:</b> Equipped with a motorised incline system providing approximately 0% to 20% incline.</p> <p><b>Display Console:</b> Integrated console using LED or equivalent display technology that clearly presents workout data.</p> <p><b>Motor Capacity:</b> Continuous-duty motor rated at approximately 3.0 HP or higher, suitable for sustained commercial use.</p> <p><b>User Weight Capacity:</b> Designed to safely accommodate users up to approximately 150 kg.</p> <p><b>Console Features:</b>                  Real-time display of speed, incline, distance, and heart rate (contact and/or wireless).                  Pre-set and programmable workout options.                  Bluetooth audio connectivity or equivalent.</p>	Each	2	



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	<p><b>Facilities Management</b> Integrated device holding tray or equivalent accessory platform.</p> <p><b>Safety Requirements:</b> Must include an emergency stop mechanism (e.g., lanyard/safety key) compliant with applicable SANS safety standards.</p> <p><b>Electrical Requirements:</b> Suitable for operation on single-phase 220–240 V supply.</p> <p><b>Warranty:</b> Minimum 12-month warranty covering parts and workmanship.</p>			
8	<p>Upright <b>OR</b> recumbent <b>OR</b> 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.</p>	Each	2	
9	<p>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.</p>	Each	2	



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**Facilities Management**

10	Stepper <b>OR</b> step mill <b>OR</b> vertical climber	Each	2	
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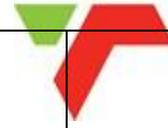
**E. Flooring and Accessories**

1	8–12mm EVA <b>OR</b> rubber mats, non-slip high density	Each	20	
2	Rubber flooring tiles <b>OR</b> rolled rubber (6–12mm), Ethylene Propylene Diene Monomer <b>OR</b> recycled rubber allowed	m2	286	

**F. Hydration Facilities**

1	Commercial water dispensers: bottled <b>OR</b> plumbed in options	Each	2	
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**G. Gym Mirror**



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1	<p><b>Facilities Management</b></p> <p>Supply and install gym tempered safety glass mirrors (6-8mm thickness, 2m x 11m <b>OR</b> Tempered glass <b>OR</b> acrylic <b>OR</b> shatterproof polycarbonate mirrors with safety backing</p>	m2	1		
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<b>H. Labour, Delivery</b>				
1	<p>Labour including assembly, anchoring, layout optimisation, safety testing, and user orientation. Delivery includes transport, off-loading, and site placement.</p>	Sum	1	

## 5. TECHNICAL COMPLIANCE DOCUMENTS REQUIRED

### 5.1. Equipment / Product & Equipment Compliance – No award without 5.1 documents

#### 5.1.1. Certificate of Conformance (CoC) / Certificate of Compliance (per model)

- **Purpose:** Proves each unit complies with applicable standards and the technical specifications (commercial-grade).
- **Submit:** Manufacturer-issued CoC per equipment model offered, listing the exact model, standards met (e.g., ISO 20957 series for fitness equipment), and signature/date.
- **Issued by:** OEM or their authorized conformity body.
- **Validity:** Current at bid date; applies to the specific model/version.

#### Acceptance / Red flags:

- ✓ Must reference exact model & revision; generic letters are not acceptable.
- ✓ *Red flag/Unacceptable:* CoC signed by reseller (not the OEM) or no standards cited.

#### 5.1.1.1. Electrical Compliance for Powered Equipment (where applicable)

- **Purpose:** Confirms electrical safety and compatibility with SA mains (220–240V single phase where specified).
- **Submit:** Declaration of electrical compliance referencing CE/SANS marks (or equivalent) on label and manual.
- **Issued by:** OEM; supported by test reports where required.
- **Validity:** Current model.

#### Acceptance / red flags:

- ✓ Must show rated voltage/frequency and safety markings.
- ✓ *Red flag/Unacceptable:* Missing emergency-stop/key on treadmills.

#### 5.1.2. Independent Test Reports (Safety/Performance)

- **Purpose:** Evidence that the product has been tested against the cited standards (e.g., mechanical load, stability, emergency stop).
- **Submit:** Lab test reports (summary + conclusion pages) referencing test method/standard, specimen model, date, and pass/fail outcome.
- **Issued by:** Accredited laboratories (preferably ISO/IEC 17025).
- **Validity:** Not older than 5 years (or latest model update).

#### Acceptance / Red flags:

- ✓ Must name the same model TNPA Port of East London is procuring.
- ✓ *Red flag/Unacceptable:* "Family" report without the model, or reports marked "pre-production sample".

### **5.1.3. Technical Data Sheets / Brochures (per item)**

- **Purpose:** Confirms dimensions, materials, motor ratings, max user weight, duty cycle, console features, etc.
- **Submit:** Official manufacturer datasheet for each item on section 4 above.
- **Issued by:** OEM/brand owner.
- **Validity:** Latest revision.

#### **Acceptance / Red flags:**

- ✓ Must match the list of items on the Pricing Schedule (Section 4 of the RFQ) (e.g., 3.0 HP continuous duty for treadmills, speed/incline range).
- ✓ *Red flag/Unacceptable:* Technical specifications that fall short of the minimums, or home-use units misrepresented as commercial.

### **5.1.4. Commercial-Grade Confirmation Letter**

- **Purpose:** Confirms equipment is commercial grade (not home/light-duty), suitable for multi-user environments.
- **Submit:** OEM letter or datasheet segment explicitly stating commercial classification.
- **Issued by:** OEM/brand owner.
- **Validity:** Current.

#### **Acceptance / Red flags:**

- ✓ Explicit "commercial" classification required.
- ✓ *Red flag/Unacceptable:* "Light commercial" where full commercial is required.

### **5.1.5. Manufacturer Warranty Certificates (≥ 12 months)**

- **Purpose:** Protects TNPA PoEL against defects; must cover parts (and labour where specified).
- **Submit:** Warranty terms per equipment category (frame, parts, electronics).
- **Issued by:** OEM; sometimes via authorized dealer.
- **Validity:** From commissioning/handover date.

#### **Acceptance / Red flags:**

- ✓ Clear claim process and local service support details.
- ✓ *Red flag/Unacceptable:* "Carry-in only" terms for large commercial units.

## **5.2. Turnkey Installation Compliance**

### **5.2.1. Installation Method Statement (Delivery, Assembly, Anchoring, Commissioning)**

- **Purpose:** Demonstrates a safe, controlled approach to site works.
- **Submit:** Method statement covering delivery route, lifting/handling, assembly sequence, anchoring method & fixings, torque specifications, commissioning checks, and handover.

- **Issued by:** Bidder/installer (referencing OEM instructions).
- **Validity:** Project-specific.

**Acceptance / Red flags:**

- ✓ Must align with OEM manuals and the site constraints.
- ✓ *Red flag/Unacceptable:* No anchoring details for equipment requiring fixation (e.g., rigs, wall mirrors, racks).

**5.2.2. Equipment Layout Plan**

- **Purpose:** Confirms safe spacing, circulation, emergency access, and practical workflow.
- **Submit:** To-scale layout (PDF) with equipment footprints, clearances, and power points.
- **Issued by:** Bidder/installer (can be OEM or in-house designer).
- **Validity:** Project-specific.

**Acceptance / Red flags:**

- ✓ Must reflect the room dimensions; show compliant walkways.
- ✓ *Red flag/Unacceptable:* Overcrowded layout or blocked access/egress.

**5.3. Safety & Legal Compliance**

**5.3.1. COIDA Letter of Good Standing**

- **Purpose:** Legal requirement for service providers performing on-site work; protects against worker injury liabilities.
- **Submit:** Valid COIDA certificate.
- **Issued by:** Department of Employment and Labour (RSA).
- **Validity:** Current (typically renewed annually).

**Acceptance / Red flags:**

- ✓ Must be valid through the installation period.
- ✓ *Red flag/Unacceptable:* Expired or pending status.

**5.3.2 OHS Risk Assessment (RAMS) for Installation Activities**

- **Purpose:** Identifies hazards and controls (manual handling, working at height for mirrors, power tools, anchoring).
- **Submit:** Project-specific risk assessment with control measures and responsible persons.
- **Issued by:** Bidder/installer (competent person).
- **Validity:** Project-specific; signed and dated.

**Acceptance / Red flags:**

- ✓ Must address all key tasks and environment.

- ✓ *Red flag/Unacceptable:* Generic boilerplate with no site-specific risks.

### **5.3.3 Safe Work Procedures (SWPs) & PPE Plan**

- **Purpose:** Defines safe procedures and PPE for each task (lifting, drilling, anchoring, glass handling).
- **Submit:** SWPs and PPE matrix aligned to the RAMS.
- **Issued by:** Bidder/installer (HSE responsible person).
- **Validity:** Current.

#### **Acceptance / Red flags:**

- ✓ Must align with method statement and RAMS.
- ✓ *Red flag/Unacceptable:* SWPs copied without matching task steps.

### **5.3.4 Public Liability Insurance**

- **Purpose:** Covers third-party injury/property damage during works.
- **Submit:** Insurance certificate/schedule; minimum cover **R2m–R5m**.
- **Issued by:** Insurer/broker.
- **Validity:** Must cover project period.

#### **Acceptance / Red flags:**

- ✓ Certificate with policy number, limits, and effective dates.
- ✓ *Red flag/Unacceptable:* Insufficient limits or exclusions that would void cover for installation.

## **5.4 Operational Support**

### **5.4.1 Maintenance Plan / Service Schedule**

- **Purpose:** Ensures uptime and longevity; defines preventative maintenance intervals and tasks.
- **Submit:** Maintenance matrix by item (daily/weekly/monthly/quarterly), including lubrication, torque checks, belt alignment, etc.
- **Issued by:** OEM (preferred) or bidder aligned to OEM manuals.
- **Validity:** Current model.

#### **Acceptance / Red flags:**

- ✓ Must reflect commercial usage cycles.
- ✓ *Red flag/Unacceptable:* No torque re-checks after initial bedding-in period.

### **5.4.2 Spare Parts Availability Statement**

- **Purpose:** Confirms availability and lead times for critical parts (belts, motors, console boards, bearings, upholstery).
- **Submit:** Letter with local stock list or standard lead times (e.g., 7–14 days).
- **Issued by:** Authorized dealer/OEM.

- **Validity:** Current.

**Acceptance / Red flags:**

- ✓ Named parts and indicative lead times.
- ✓ *Red flag/Unacceptable:* "Ordered on demand only" with long lead times.

**5.4.3 Delivery Commitment Schedule**

- **Purpose:** Ensures the bidder can provide local after-sales support, servicing, and on-site response when faults occur.
- **Document Requirements:**
  - Confirmation of local technicians available within South Africa (preferably within the Eastern Cape region).
  - Response time commitment (e.g., 24–72 hours).
  - Details of service centre location(s).
  - Description of available technical expertise (cardio, strength machines, electronics).
  - Contact details for the support escalation path.
- **Acceptance Criteria:**
  - Must demonstrate credible local support, not offshore-only or "import-only" models.
  - Must specify realistic turnaround times and technician availability.

*Red Flags/Unacceptable:*

- ✓ No local presence; outsourced support outside SA; vague commitments.

**5.5. Organisational Legitimacy**

**5.5.1. Manufacturer Authorisation / Dealership Certificate**

- **Purpose:** Confirms the bidder is an authorized reseller/service agent (avoids grey imports; preserves warranty).
- **Submit:** Current letter on OEM letterhead naming the bidder and covered product lines.
- **Issued by:** OEM/brand principal.
- **Validity:** Current (often annual).

**Acceptance / Red flags:**

- ✓ Must include product categories or model families relevant to the pricing schedule.
- ✓ *Red flag/Unacceptable:* Letter to a different company or expired.

### 5.5.2. Delivery Schedule Commitment

- **Purpose:** Confirms service provider's capability to meet TNPA PoEL timelines and installation windows which is a minimum of **XX**
- **Document Requirements:**
  - Estimated lead time (order → delivery → installation → commissioning).
  - Freight and logistics plan (local warehouse or imported stock).
  - Contingency plan for delays (e.g., alternative stock availability).
  - Site-readiness requirements (power, flooring, access).
  - Named responsible contact person for project scheduling.
- **Acceptance Criteria:**
  - Must show realistic, achievable timelines aligned with RFQ conditions.
  - Must explicitly commit to the installation deadlines set by TNPA PoEL.
  - Should identify any dependencies or constraints.

#### *Red Flags/Unacceptable:*

- ✓ Vague or generic timelines ("4–8 weeks").
- ✓ No named responsible person.
- ✓ No installation duration specified.

### 5.5.3. Reference / Past Project

- **Purpose:** Confirms relevant delivery capability (corporate/education/government gyms).
- **Submit:** 1 reference or completion letter; include client contact details.
- **Issued by:** Previous client.
- **Validity:** Preferably within the last 3 years.

#### **Acceptance / Red flags:**

- ✓ Projects of similar size/scope.
- ✓ *Red flag/Unacceptable:* Only small home-gym reference for a commercial install.

### 5.6. Handover Pack (post-award):

At completion, the Project Manager expects:

- A fully operational gym facility –

#### **Commissioning & Handover Checklist (Sample)**

- **Purpose:** Ensures each unit is tested and handed over with manuals/warranties.
- **Submit:** Template showing functional tests, safety checks, serial number capture, and sign-off lines.
- **Issued by:** Bidder/installer.
- **Validity:** Project-specific.

### Acceptance / Red flags:

- ✓ Must include E-stop test (treadmills), console functions, fasteners re-torque.
- ✓ *Red flag/Unacceptable:* No serial numbers recorded.
- Equipment layout and clear labelling,
- User manuals, (signed commissioning checklists, serial-number register, and as-built layout)

### ***User Manuals & Quick-Start Guides***

- **Purpose:** Operator safety and correct usage.
- **Submit:** PDF manuals per model; quick-start sheets for cardio consoles.
- **Issued by:** OEM.
- **Validity:** Latest revision.

### Acceptance / Red flags:

- ✓ Must be the correct language/version for the model.
- ✓ *Red flag/Unacceptable:* Missing safety sections or E-stop instructions.
- Warranty documentation (warranty start dates),
- Maintenance schedules (maintenance log templates), and
- Safety and operational instructions.

This means the contract outcome is a ready-to-use facility, not partial delivery.

## 6. TECHNICAL COMPLIANCE MATRIX THAT WILL BE USED FOR EVALUATION

### A. Strength Equipment & Free Weights

Item	Minimum Technical Requirement (Brand-Neutral)	Compliance (Yes/No)	Reference (Datasheet/Page)
Dumbbell Rack	Commercial-grade rack capable of storing $\geq 15$ pairs of dumbbells safely		
Barbell Storage	Commercial Olympic barbell storage rack (floor or wall mounted)		
Dumbbells	Commercial dumbbell set covering 4kg–40kg (standard incremental progression acceptable)		
Dumbbell Construction	Cast iron, rubber-coated, or urethane commercial dumbbells		
Olympic Barbells	Commercial Olympic barbells, 15–20kg, grip diameter 28–32mm		

<b>Item</b>	<b>Minimum Technical Requirement (Brand-Neutral)</b>	<b>Compliance (Yes/No)</b>	<b>Reference (Datasheet/Page)</b>
Weight Plates	Commercial Olympic plates (cast iron, rubber-coated, or urethane), tri-grip or equivalent		

## B. Benches & Racks

<b>Item</b>	<b>Minimum Technical Requirement</b>	<b>Compliance (Yes/No)</b>	<b>Reference</b>
Adjustable Bench	Commercial adjustable bench suitable for abdominal and incline exercises		
Bench Press Station	Commercial bench press station <b>or</b> power/half rack with safety arms		
Incline Press	Dedicated incline bench <b>or</b> adjustable bench capable of incline press		
Leg Press / Hack Squat	Commercial leg press <b>or</b> hack squat machine		
Smith Machine	Commercial guided bar / counterbalanced Smith-type system		
Kettlebell Rack	Commercial storage rack suitable for kettlebells		
Sandbag Storage	Commercial rack or storage system for sandbags		
Preacher Curl	Commercial seated preacher curl bench or attachment		

## C. Functional & Conditioning Equipment

<b>Item</b>	<b>Minimum Technical Requirement</b>	<b>Compliance (Yes/No)</b>	<b>Reference</b>
Battle Rope	Commercial battle rope with wall, floor, or freestanding anchor		
Sandbags	Commercial sandbags (fixed or adjustable weight) covering 5–20kg		

<b>Item</b>	<b>Minimum Technical Requirement</b>	<b>Compliance (Yes/No)</b>	<b>Reference</b>
Slam / Dead Balls	Commercial slam or dead balls covering 6–10kg		
Medicine Balls	Commercial double-grip medicine balls covering 3–10kg		
Kettlebells	Commercial kettlebells (cast iron or competition style) covering required range		

#### **D. Cardio & Resistance Machines**

<b>Item</b>	<b>Minimum Technical Requirement</b>	<b>Compliance (Yes/No)</b>	<b>Reference</b>
Leg Extension	Commercial selectorised leg extension machine		
Hamstring Curl	Commercial selectorised hamstring curl machine		
Abductor / Adductor	Commercial combined abductor/adductor machine		
Abdominal Machine	Commercial abdominal isolator machine		
Rowing Machine	Commercial air, magnetic, or hybrid resistance rower		
Shoulder / Delt	Commercial selectorised shoulder/delt machine		
Treadmill	Commercial treadmill $\geq 2.5$ HP continuous motor, $\geq 150$ kg user weight		
Upright Bike	Commercial upright bike with magnetic or eddy-current resistance		
Fan Bike	Commercial air-resistance bike suitable for HIIT		
Stepper	Commercial stepper / stair-climber machine		

## E. Flooring & Accessories

Item	Minimum Technical Requirement	Compliance (Yes/No)	Reference
Exercise Mats	Commercial exercise mats, 10–15mm thickness		
Gym Flooring	Commercial rubber flooring (tiles or rolled), suitable for free-weight areas		

## F. Hydration Facilities

Item	Minimum Technical Requirement	Compliance (Yes/No)	Reference
Water Unit	Commercial water dispenser or plumbed hydration station		

## G. Mirrors

Item	Minimum Technical Requirement	Compliance (Yes/No)	Reference
Gym Mirrors	Safety-backed mirrors: tempered glass (6–8mm) or approved safety acrylic		

## H. Turnkey Requirements

Requirement	Minimum Benchmark	Compliance (Yes/No)
Supply & Delivery	All equipment supplied and delivered to site	
Installation & Anchoring	Equipment assembled, installed, and securely anchored	
Flooring & Mirrors	Flooring and mirrors supplied and installed	
Testing & Commissioning	Full functionality and safety checks completed	
Warranty	Minimum 12-month parts and labour warranty	
Commercial Grade Declaration	Written confirmation of non-domestic equipment	

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**7. RESPONSIBILITIES**

- 7.1. Service Provider – To supply, deliver, install, and test all equipment; provide safety demonstration; rectify defects during installation.
- 7.2. TNPA (Port of East London) – To provide access to site, confirm equipment layout, and ensure utilities (power/water) are available prior to installation.

**Requested By:**

*ANkohla*

**Abongile Nkohla** \_\_\_\_\_

Young Professional in Training

**Port of East London**

Date :10.11.2025

**Approved By:**

*Tsholofelo Manyaka*

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**Tsholofelo Manyaka**

Facilities Manager

**Port of East London**

Date:10.11.2025