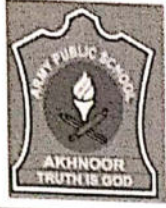


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ARMY PUBLIC SCHOOL AKHNOOR  
(J & K)-181201  
SCHOOL CODE-23515 &  
CBSE AFFILIATION NO – 780012

1862/APS/Quotation

27 Nov 2024

**CALL FOR QUOTATION : SETTING UP OF OPEN GYM EQUIPMENT AT APS AKHNOOR**

1. Quotations are invited for setting up of Open Gym Equipment at Army Public School Akhnoor. Details of the project is as under:-

S. No.	Name of Equipment	Quantity
(a)	Double Leg Press	01 Nos
(b)	Triple Twister	01 Nos
(c)	Cycle	01 Nos
(d)	Chest Press	01 Nos
(e)	Arm Wheel Double	01 Nos
(f)	Seated Shoulder Press Machine	01 Nos
(g)	Sky Walker	01 Nos
(h)	Dual Row Machine	01 Nos
(j)	Elliptical Trainer	01 Nos
(k)	Dual Sit Up Board	01 Nos
(l)	Installation of Outdoor Gym Equipment in a concrete base column structure per machine	01 Work





2. The following specifications are also required to be mentioned in the quotations:-





- Total Cost of the Work.
- Transportation.
- Discount.
- GST, any other charges .**
- Warranty/Guarantee, if any.



3. The last date of completing the work is **31 Dec 2024**. If the work does not completed in the stipulated date and time, penalty of two percent of total cost will be charged per week from you, subject to maximum of 10 percent.
4. Payment Terms. Payment would be made through Cheque once the Acceptance has been issued by Inspection Committee detailed by the school management. No advance payment will be made. Defect Liability amount @ 10% of total payment (billed amount) will be retained by the school for six months.
5. You are requested to send your quotations by 08 Dec 2024 positively duly addressed in a sealed envelope. Quotation will be dropped into the Box kept near main office, APS Akhnoor upto 08 Dec 2024 (1500 hours). In case of quotations send by Post, no quotation beyond the stipulated time frame shall accepted.

  
(Geeta Devi)  
Principal

**SETTING UP OF OPEN GYM EQUIPMENT AT APS AKHNOOR**

S.N.	Images	Item Description
1		<p>A leg press machine is a weight training equipment that allows you to perform leg presses in a seated position.</p> <p><b>DOUBLE LEG PRESS</b></p>
2		<p>Particularly for strengthening the core muscles. It consists of three rotating platforms at different heights, allowing users to perform various exercises like twists, rotations, and balancing exercises.</p> <p><b>TRIPLE TWISTER</b></p>
3		<p>Outdoor gym cycles, also known as exercise bikes or stationary bikes, are a popular piece of outdoor gym equipment that provides a great cardiovascular workout.</p> <p><b>CYCLE</b></p>
4		<p>A single chest press outdoor gym equipment is a fitness machine designed to target your chest, shoulders, and triceps. It typically consists of a sturdy frame, a seat, and a resistance mechanism that allows you to adjust the intensity of your workout.</p>

S.N.	Images	Item Description
5		<p>An Arm Wheel Double machine is a type of outdoor gym equipment designed to strengthen your arms, shoulders, and core muscles. It typically consists of two rotating wheels connected to a central frame. Users hold the handles on each side of the wheel and perform various exercises to work different muscle groups.</p>
6		<p><b>Seated Shoulder Press Machine:</b> This is a dedicated machine specifically designed for shoulder presses. It provides a stable and comfortable platform to perform the exercise with proper form.</p>
7		<p>Sky Walker is a popular outdoor gym equipment designed to improve lower body flexibility and hip joint mobility. It's commonly found in public parks and outdoor fitness areas.</p>
8		<p>Dual Row machines are a popular choice for outdoor gym equipment due to their versatility and effectiveness in targeting various muscle groups. They offer a full-body workout, engaging your upper and lower body simultaneously.</p>

S.N.	Images	Item Description
9		<p>Elliptical trainers are a popular choice for outdoor gym equipment due to their low-impact nature and full-body workout benefits. Here are some key features and considerations to keep in mind when choosing an elliptical trainer for an outdoor gym:</p>
10		<p>A Dual Situp Board is a versatile outdoor gym equipment designed to target your core muscles, primarily the abdominal muscles. It's a popular choice for outdoor fitness parks and gyms due to its simplicity, effectiveness, and durability.</p>
11.	<p>Providing &amp; Installing of Outdoor Gym Equipment's in a concrete base coloumn structure size : (L)18" x (W)18"x (D)x 18" C/c based PCC leveling with M-10 Grade Cement mixture in rasion (1:4:8).</p>	