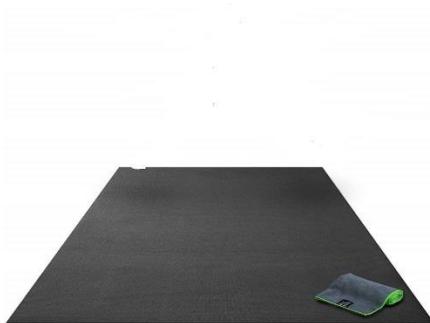


Annex (A) – Items Specifications

List of items needed for Guest house in Khashm El Girba and Kassala Gym

EQUIPMENT NAME	DETAILED DESCRIPTION AND LINKS TO PRODUCTS	QUANTITY	Picture
Air Rower	<p>Girba Concept 2 Rower Model D PM5</p> <ul style="list-style-type: none"> ▪ Air resistance fly wheel ▪ Single handle with metal chain ▪ Flexible foot rests ▪ stainless steel track ▪ Max weight 180 kgs ▪ Exercise monitor ▪ Preprogrammed workouts ▪ Preferable with wireless heart rate receiver (not essential) 	1	
Adjustable bench press	<p>Girba</p> <ul style="list-style-type: none"> ▪ Seat and Backrest adjustable for Flat, incline, decline and military positions ▪ Adjustable stands ▪ Heavy duty steel tube construction ▪ metallic powder coating ▪ High density durable upholstery 	1	

<p>Olympic barbell set (rubber coated weights)</p>	<p>Girba</p> <ul style="list-style-type: none"> ▪ Chrome Olympic barbell with quick release collars ▪ Weight Plates 2" diameter hole in the center 	<p>Sets of 8 Rubber coated Weight Plates (1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg & 50kg)</p>	
<p>Dumbbell set (rubber coated weights)</p>	<p>Girba</p> <ul style="list-style-type: none"> ▪ Rubber coated Hex Dumbbell ▪ Sweat resistant handles 	<p>Sets of 10 from 2.5Kg to 20kg</p>	
<p>Kettle bell set (rubber coated weights)</p>	<p>Girba and Kassala</p>	<ul style="list-style-type: none"> ▪ Set of 12 (2kg, 4 kg, 6kg, 8kg, 10kg, 12 kg) 	

<p>Non slip Adjustable Height Aerobic step</p>	<p>Girba and Kassala</p> <ul style="list-style-type: none"> ▪ Slip resistant, shock absorbing aerobic platform ▪ Height adjustable to 4" / 6" / 8" ▪ maximum weight capacity 160 Kg 	<p>2</p>	
<p>Interlocking rubber matt</p>	<p>Girba and Kassala</p> <ul style="list-style-type: none"> ▪ Rubber Mats 3ft x 3ft interlocking edges ▪ Heavy duty rubber 3/8 in thick 	<p>16</p>	
<p>Dumbbell Rack</p>	<p>Girba</p>	<p>1</p>	
<p>Gym non slip exercise mat</p>	<p>Girba and Kassala</p> <ul style="list-style-type: none"> ▪ 1 inch extra thick fitness mat ▪ Easy to clean (Kassala and Girba) 	<p>10</p>	

Gym Ball	Gym ball 65 CM (Kassala gym)	2	
Swiss triceps bar	For Kassala Gym	1	
Curved curl bar	For Kassala Gym	1	 <p>5.0KG</p>
Leg press	For Kassala Gym	1	

Leg extension	For Kassala Gym	1	 A woman in a pink tank top and black leggings is seated on a leg extension machine. The machine is black and silver with a vertical frame. The brand name 'PROSelect' is visible on the top of the frame. The woman is positioned to use the machine for leg extension exercises.
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