

Annex (B) – Finacial Officer Form

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

EQUIPMENT NAME	DETAILED DESCRIPTION AND LINKS TO PRODUCTS	QUANTITY	Unit Cost/ SDG	Unit Cost/ USD
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		
Olympic barbell set (rubber coated weights)	<p>Girba</p> <ul style="list-style-type: none"> ▪ Chrome Olympic barbell with quick release collars ▪ Weight Plates 2" diameter hole in the center 	Sets of 8 Rubber coated Weight Plates (1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg & 50kg)		

Dumbbell set (rubber coated weights)	Girba <ul style="list-style-type: none"> ▪ Rubber coated Hex Dumbbell ▪ Sweat resistant handles 	Sets of 10 from 2.5Kg to 20kg		
Kettle bell set (rubber coated weights)	Girba and Kassala <ul style="list-style-type: none"> ▪ Set of 12 (2kg, 4 kg, 6kg, 8kg, 10kg, 12 kg) 			
Non slip Adjustable Height Aerobic step	Girba and Kassala <ul style="list-style-type: none"> ▪ Slip resistant, shock absorbing aerobic platform ▪ Height adjustable to 4" / 6" / 8" ▪ maximum weight capacity 160 Kg 	2		
Interlocking rubber matt	Girba and Kassala <ul style="list-style-type: none"> ▪ Rubber Mats 3ft x 3ft interlocking edges ▪ Heavy duty rubber 3/8 in thick 	16		
Dumbbell Rack	Girba	1		
Gym non slip exercise mat	Girba and Kassala <ul style="list-style-type: none"> ▪ 1 inch extra thick fitness mat ▪ Easy to clean (Kassala and Girba) 	10		
Gym Ball	Gym ball 65 CM (Kassala gym)	2		
Swiss triceps bar	For Kassala Gym	1		
Curved curl bar	For Kassala Gym	1		
Leg press	For Kassala Gym	1		
Leg extension	For Kassala Gym	1		