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بجز این در سرف سرف

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Recreation Equipment

	Equipment	Number required
1	Commercial Gym Treadmill	1 (CA Gym)
2	Commercial Upright Bike	1(CA Gym)
3	Table Tennis Table	6 (CA, KC, TC, GC, HC, FHS)

Equipment Specification

1. COMMERCIAL GYM TREADMILL



The treadmill must be compatible to be used in a commercial gym and must be long lasting. The treadmill may have the following specification or compatible specification and must have respective specifications attached if different from the mentioned specification.

Model	Suitable for a commercial gym
Speed	0 – 12 mph
Incline	0 – 15 %
Motor	4.0 HP AC

Programs	Yes
Running Deck	22" x 60"
Heart rate	Life pulse Digital Heart Rate Monitoring with DSP
Display / Console Readouts:	Yes. Distance, time, speed, watt, calories, RPM, heart rate
Warranty	Specify parts warranty
Additional specs	Shock absorption Around 24 preset workouts

2. COMMERCIAL UPRIGHT BIKE



- Max User Weight: 160kg
- Brake Type: Self powered hybrid brake
- Resistance Brake Power: 350w
- Resistance Levels: 20
- Crank: Standard
- Pedal: Single sided weighted pedal
- Flywheel Weight: 8kg
- Handle bar Control: 3 riding positions with contact heart rate grips
- Console Display: yes
- Console Readouts: Distance time, speed, watt, calories, RPM, heart rate
- Touch Screen: Yes
- Programs: Not less than 10
- Heart Rate Monitor: Yes

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3. TABLE TENNIS TABLE



- Approved by the International Table Tennis Federation (ITTF).
- Legs are placed 400mm inward which complies with the ITTC ruling for wheelchair competitors.
- Adjustable feet for leveling the table.

SPECIFICATIONS:

- Top Thickness: 1" Wood
- Color: Green or Blue
- Rail/Rim: 2" x 3/4" Steel
- Legs: 2" Square Steel
- Wheels: 5" Locking Rubber Wheels
- Wheels: 4" Machine grade casters and locks
- Net Set: With pole and net set
- ITTF Approved: Yes
- Adjustable legs: 4 Leg levelers
- Accessory Holder/Hassle Free Net: Yes



- $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
- $\frac{1}{2} \times \frac{1}{4} = \frac{1}{8}$
- $\frac{1}{4} \times \frac{1}{4} = \frac{1}{16}$
- $\frac{1}{2} \times \frac{1}{8} = \frac{1}{16}$ / $\frac{1}{4} \times \frac{1}{4} = \frac{1}{16}$

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