**Banbridge Leisure Centre Gym Equipment and Layout Specification**

**Staff Consultation Feedback - Design**

 Intended as a general guideline to bidders - Council is also open to proposals from suppliers on the above.

Equipment and Layout Design should:

1. Maximise number of users at any one time (within reason) – target 3000 members
2. Give users a sense of space (not a contradiction of 1.  above)
3. Technology – give the user the ability to utilise entertainment
4. Strike a good balance between CV, Resistance, Functional, Stretch and weights equipment
5. Appeal to age range of 12 – 90 and also to all abilities and genders
6. Appeal to less abled people (IFI Certification definition to come from Disability NI – see Section 3.1)
7. Appeal to latest trends (within reason)
8. Give staff the ability to hold group exercise sessions in gym area.
9. Technology – give staff the ability to understand usage etc. for retention and maximising membership numbers.
10. Technology – give the user the ability to track their performance and targets inside the gym facility
11. Technology - give the user the ability to track their performance and targets outside of the gym facility – use their own devices and apps.  interactively

**Staff Consultation Feedback - Floor Space Utilisation, Main Gym Floor Area**

Intended as a general guideline to Service Providers - Council is also open to proposals from Service Providers on the above.

Cardiovascular 35%

Resistance/Platforms 25%

Free weights/Plate loaded 20%

Artificial grass area/ HITT/Stretch/Rig/Functional training area 20%

**Total Floor Area = 100%**

**Specific Requirements for BLC – Equipment for GP Referral Room – Not required**

**Staff Consultation Feedback - Specific Requirements for BLC Gym Area (incorporating IFI requirements)**

The following equipment should be included in the proposal for Banbridge Leisure Centre gym area. (If Service Providers wish to suggest designs, which do not include any of these minimum requirements, then a clear rationale must be provided).

**Cardiovascular Equipment – Minimum requirement;**

* Treadmills Minimum 6 (1 to be IFI certified)
* Rowers Minimum 2
* Ski Erg Minimum 1
* Cross Trainer Minimum 2
* Recumbent bike Minimum 1 (To be IFI certified)
* Up right bike Minimum 1
* Watt bike Minimum 1
* Stair master Minimum 1
* Arm cycle Minimum 1 (To be IFI certified)

**Resistance/Platforms Equipment - Minimum requirement;**

* Performance multi-functional platforms/ cages (with TRX anchor point, storage for Dyno bands/Kettle bells, Land mines, Olympic Bar and Adjustable benches) Weights 4x20,4x15,4x10,4x5 per cage - minimum 2
* Vertical leg press - minimum 1
* Seated leg curl - minimum 1
* Leg extension - minimum 1
* Chest press - minimum 1
* Seated row - minimum 1
* Lat pull down - minimum 1
* Shoulder press - minimum 1
* Pec deck/Reverse fly - minimum 1
* 8 stack gym multi-station - minimum 1
* Tower stack - minimum 1

**Free Weights Equipment - Minimum requirement;**

* Dumbbells 2.5-17.5 kg two sets of each
* Dumbbells 20kg -60 kg one set of each
* Preacher curl bench and bar
* Bar bells 10-50kg Rubber ends and rack
* Benches Minimum 5

**Plate Loaded Equipment - Minimum requirement;**

* Chest press Plates 2x20,2x10,2x5
* Lat pull down Plates 4x20, 4x10,4x15
* Low row Plates 2x20,2x15,2x10,2x5
* Smyth machine Plates 4x20,2x15,4x10,4x5
* Adjustable bench press for incline, decline and flat bench. With Olympic bar, plates and collars. Plates 6x20,4x15,4x10,4x5,4x2.5,4x1.25
* Seated calf raise Plates 2x20,2x15,2x10,2x5

**Functional Equipment - Minimum requirement;**

* + Rig mounted to the wall not on the floor
* TRX Pro 4 suspension trainers x 2
* 2 x in 1 soft plyo box offering heights 760mm, 610mm,510mm
* Rubber medicine balls 5,6,7,8,9 10 kg
* Double grip medicine balls 5,6,7,8,9 10kg
* Neoprene Kettlebells 8,10,12,14,16,18,20 kg x pair of each
* Sandbags 10,15,20,25, 30 1 of each with storage rack
* Olympic gym rings x 2 pairs
* Power bands sets 13mm, 22mm,32mm,44mm,64mm,83mm pair of each
* Slam balls 5kg,7kg,9kg,12kg,15kg, 1 of each
* Heavy duty commercial grade prowler sled x 2
* 38mm battle rope x 15m in length
* 50mm battle rope x 15m in length
* Heavy duty leather 4 Punch bag –weight minimum 38kg
* Farmer walk with collars pair x 2
* Gym timer six-digit display with sound for start /end of intervals – wall mounted with remote control x 2

**Associated Requirements for BLC main gym - Flooring, Lighting and Wall Graphics**

**New Floor Coverings** in gym area – Essential – new floor covering to be supplied under this procurement exercise to enhance gym experience.

**New Wall Graphics** in gym area – Essential (Council’s brand) to be supplied under this procurement exercise to enhance gym experience.

**Graphics on equipment** supplied – Required where applicable e.g., floor element of platforms should also be supplied with Council’s branding.

**Painting Walls** in gym area – supplier will be expected to paint walls prior to installation of new graphics

Alterations to **Lighting** in gym area - Not required – existing lighting will be used after installation of new gym equipment etc.