**South Lakes Gym Equipment and Layout Specification**

**Staff Consultation Feedback - Design**

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

Equipment and Layout Design should:

1. Maximise number of users at any one time (within reason) – target 7000 members
2. Give users a sense of space (not a contradiction of 1.  above)
3. Appeal to age range of 12 – 90 and also to all abilities and genders
4. Appeal to less abled people (IFI Certification definition to come from Disability NI – see Section 3.2)
5. Appeal to latest trends (within reason)
6. Strike a good balance between CV, Resistance, Functional, Stretch and weights equipment
7. Give staff the ability to hold group exercise sessions in gym area.
8. Technology – give staff the ability to understand usage etc. for retention and maximising membership numbers.
9. Technology – give the user the ability to track their performance and targets inside the gym facility
10. Technology - give the user the ability to track their performance and targets outside of the gym facility – use their own devices and apps.  interactively
11. Technology – give the user the ability to utilise entertainment

**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 30%

Resistance 20%

Functional/ HIIT/ Stretch Training 30%

Free weights 20%

**Total Floor Area = 100%**

**Specific Requirements for South Lakes Centre – Equipment for GP Referral Room**

**Dual Use Resistance Equipment (**i.e. each machine can perform two exercises)

Seated leg extension and seated leg curl.

Seated Ab crunch and Seated Back extension.

Seated Chest press and seated Row.

Note: Where both limbs are used it would be ideal if each side worked independently.’

**Cardiovascular Equipment**

All Cardiovascular equipment in the GP Referral Room should be easy to use, have a clear display, be METS programmable, have heart rate monitoring **and** have the additional spec listed below.

**1 x Treadmill** - Incline and decline function. Adjustable side bar height.

**1x Upright bike** – Large padded seat with forward/backward and up/down adjustment. Adjustable crank lengths.

**1 x Recumbent bike** – Large padded seat with forward/backward adjustment. Step through design. Adjustable crank lengths. Rotating seat for ease of access.

**1 x Cross Trainer** – Large pedals with open outer edge.

**1 x Hand cycle** –Removable seat. Height adjustable. Adjustable crank.

**1 x Rower** – Concept 2 (or equivalent)

**1 x Step Machine** -Smooth action. Low impact.

**Free Weights and Interactive Equipment**

Dumbbells- 1, 2, 4, 6, 8, 10, 12.5, 15, 17.5, 20 kg.

Kettlebells- 2, 4, 6, 8, 10, 12, 14, 16, 18, 20 Kg.

Adjustable barbells and selection of weight discs with lock collars.

Incline/decline adjustable bench.

Height adjustable step.

**Other Equipment**

Cable crossover / dual adjustable multi-pulley

Interactive wall and floor for 2 users. – Medicine ball compatible

2 x TRX

1 x TRX suspension bracket

**IFI Required Equipment for Main Gym Area**

The Council will leave all specific equipment recommendations to the Service Providers, except in the case of IFI Accredited Equipment Requirements, as part of our Inclusive Sports Facility (Excellent) Accreditation Standard, as below.

All ‘IFI Accredited’ fitness equipment must meet IFI Equipment Design Standards to be fully inclusive. It must enable both disabled and non-disabled people to benefit from a full body, cardiovascular and resistance-based workout.

The Minimum IFI Accredited Equipment Requirements for South Lakes Leisure Centre Main Gym Area are as follows:

(Based on IFI Mark Equipment Packages for Excellent Level)

**A - Cardiovascular Equipment**

**A1 - IFI Accredited Equipment is required across *each* of the following *four* workout areas:**

1. **Upper Body**
2. **Lower Body (Standing)**
3. **Lower body (Seated)**
4. **Total Body**

Please see table below:

|  |  |  |
| --- | --- | --- |
| **Workout Type** | **Equipment Examples** | **Minimum no. of equipment pieces required** |
| 1. CV Upper Body | * Upper Body Ergometer/Cycle * Rope Pulley Unit * Rowing Machine (with upper body only option) | A minimum 1 (No.) IFI Accredited CV Upper body equipment piece must be included for South Lakes LC gym |
| 1. CV Lower Body (Standing) | * Treadmill * Lower Body Elliptical * Lower Body Stepper/Climber | A minimum 1 (No.) IFI Accredited CV Lower body (standing) equipment piece must be included for South Lakes LC gym |
| 1. CV Lower Body   (Seated) | * Recumbent Bike * Upright Bike | A minimum 1 (No.) IFI Accredited CV Lower body (seated) equipment piece must be included for South Lakes LC gym |
| 1. CV Total Body | * Total Body Ergometer/Cycle * Total Body Cross Trainer * Total Body Stepper/Climber * Rowing Machine | A minimum 1 (No.) IFI Accredited CV Lower body (seated) equipment piece must be included for South Lakes LC gym |
| **A2 – In addition, an overall minimum of 20% of the total number of CV equipment pieces (including A1 above) must be IFI Accredited in the main gym area of South Lakes Leisure Centre.** | | |

**B - Resistance Equipment**

**B1 - IFI Accredited Resistance Equipment is required across *each* of the *three* following workout areas, in the gym area of South Lakes Leisure Centre:**

1. **Fixed Lower Body**
2. **Fixed Upper Body**
3. **Free Movement**

Please see tables below;

|  |  |  |
| --- | --- | --- |
| **Workout Type** | **Equipment Examples** | **Minimum Number of Equipment Pieces Required** |
| 1. Fixed Lower Body | * Leg Press * Leg Extension * Seated Leg Curl | * At least 1 (no.) IFI Accredited Leg Press * At least 1 (no.) IFI Accredited Leg Extension * At least 1 (no.) IFI Accredited Seated Leg Curl   i.e. At least 3 equipment pieces (as above) must be included for South Lakes LC main gym |
| In order to comply with the requirements for   1. Fixed Upper Body Exercise   And   1. Free Movement Exercises   The Service Provider may choose any ONE of the three options below; | | |
| **Option 1** – All of those equipment pieces listed below:   * At least 1 (no.) IFI Accredited Chest Press * At least 1 (no.) IFI Accredited Seated Low Row   + - At least 1 (no.) IFI Accredited Lat Pulldown     - At least 1 (no.) IFI Accredited Shoulder Press     - At least 1 (no.) IFI Accredited Multi-function Adjustable Cables (Single or Multiple Weight Stack)     - At least 1 (no.) IFI Accredited Small Equipment Pack | | |
| **Option 2** – All of these equipment pieces listed below;   * + - At least 1 (no.) IFI Accredited Chest Press     - At least 1 (no.) IFI Accredited Seated Low Row     - At least 1 (no.) IFI Accredited Tricep Press or Bicep Curl     - At least 1 (no.) IFI Accredited 1 Multi-function Adjustable Cables (Single or Multiple Weight Stack)     - At least 1 (no.) IFI Accredited Small Equipment Pack | | |
| **Option 3** – All of these equipment pieces listed below:   * At least 1 (no.) IFI Accredited Chest Press * At least 1 (no.) IFI Accredited Seated Low Row * At least 1 (no.) IFI Accredited Multi-function Adjustable Cables (Multiple Weight Stack) * At least 1 (no.) IFI Accredited Multi-function Flexibility/ Stretch * At least 1 (no.) IFI Accredited Small Equipment Pack | | |
| Please note that within Options 1,2, and 3 above a “Small Equipment Pack” must consist of all of the following;   * Neoprene dumbbells - 0.5kg, 1kg, 2kg, 3kg, 4kg pairs * Soft grip dumbbells (with hand strap) - 0.5kg, 1kg pairs * Pilates bands - light, medium and heavy * Resistance tubes - light, medium and heavy * Wrist weights - 0.5kg, 1kg pairs * Ankle weight - 2kg pair * Gym ball stabiliser * Air disc * Squeeze balls (Pack of 3) * Core/stabiliser tube - light, medium and heavy * Pilates ring | | |

**Associated Requirement for SLLC main gym and GP Referral Area - Flooring, Lighting and Wall Graphics (Main gym area and GP Referral Room)**

**New Floor Coverings** in Gym area - Not required – new floor coverings will be in place via another contract.

**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 - Not required – newly painted walls will be in place via another contract.

Alterations to **Lighting** in gym area - Not required – new lighting will be in place via another contract.