



INSTRUCTIONAL EQUIPMENT REQUEST

Due in Dean/Unit Head's Office on September 19, 2011 (FALL) and March 1, 2012 (SPRING)

The Definition of Instructional Equipment can be found in the California Community College's Budget and Accounting Manual. A copy of these definitions is on the PBC webpage: http://grapevine/pbc/InstructionalEquipment.php

Name of Requestor: William Eddy

Division/Unit : Physical Education Athletics

Brief title of request (equipment or materials being requested must be similar, related or part of a system. Precor Adaptive Motion Trainers

Request amount (unit cost and total cost including tax and shipping. Please include all costs including installation, modification to existing facilities to accomodate new equipment, etc.): This should come from the vendor quote

Table with 2 columns: Item (s) cost, Amount. Rows include: Item (s) cost (\$2095.00), Tax (.0875) (\$1857.21), Shipping (\$240.00), Installation (\$600.00), Facilities Modification (\$), Other (\$), Total Cost (\$23082.21)

Attach copy of quote(s), estimate(s) and requisition(s): (Must attach quote & requisition; absence of either will delay processing)

Brief description of specific equipment or materials requested and what they will be used for: (include the # pieces being requested; i.e.: 10 crayola crayons, sky blue, etc. in 250 words or less)

3 Precor Adaptive Motion Trainers with Open Stride used for fitness training, rehabilitation, cardio endurance and other workouts. One-size-fits-all is not a compromise in performance. The engineered flexibility built into the new Adaptive Motion Trainer means that no exerciser has to spend time adjusting the equipment or settling for a machine that doesn't quite fit. This AMT with Open Stride fits virtually every exerciser regardless of size and fitness level, while providing an infinite range of motion paths that will deliver the workout they want.

Is this in your Program Review? Yes [checked] No []

The need for updated equipment was discussed in program review to provide support to all physical education, athletics and intercollegiate programs. Based on the program review, the adaptive motion trainers meet the needs of the general population along with students with special needs. The ladders can be used in many classes to work on core strength, rehabilitation, stability and flexibility.

Is it a replacement? Yes

Upgrade? Yes

New technology? Yes

Please explain?

Currently the department has 3 elliptical machines that are 6 years old. The Precor Adaptive Motion Trainers will replace the ellipticals. Precor adaptive motion trainers gives benefits of a machine that enables users of all levels to personalize their workouts and keep them engaged and challenged. Users can go from short stride to long stride, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout. The pendulum-like swing of the Stride Dial helps users see their stride length to determine the muscle groups they are targeting. Adaptive Motion with Open Stride sets users free to adjust their stride height at will from 6.8 to 10 inches (17 to 25 cm). Combine this with the AMT's ability to dynamically adapt the exercisers' stride length from zero to 36 inches (0 to 91 cm). This enables an infinite range of motion paths and the capability to duplicate the workout of treadmills, ellipticals and bikes.

Following is the evaluation criteria; please see corresponding Instructional Equipment Rubric.

Instructional and Service Impact

How will this item have a positive impact on instruction and/or teaching and learning in the classroom? Is this for use by the Instructor or students, or both?

The positive impacts on instruction and teaching stems from an adaptive motion trainer provides the ultimate fitness experience. The unique design on the machine allows for both upper and lower body workouts. Three distinct positions on the moving handlebars provide a comfortable fit for nearly every user. The rodeo grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body. New right and left grips with 3 distinct positions accommodate smaller hands. The machine delivers a higher level of caloric burn while giving users a lower level of exertion. So they can go longer and harder and get better results.

Impact on Enrollment

Will the equipment impact enrollment, attract or increase the number of students participating in a course or program?

Study after study confirms that exercise using both the arms and legs requires more energy expenditure, and therefore burns more calories than exercises using just the arms or the legs. Any time new equipment is added to the fitness center it always attracts students to use it. The AMT has already proven that it burns calories at a higher rate than other cardio equipment. High caloric burn with AMT elicits high levels of oxygen consumption and energy expenditure, improving fitness and helping weight loss.

Access

How does this item promote the principles of universal design, by providing opportunities for under-represented populations & accommodate students with diverse learning styles?

The Open Stride feature offers exercisers even more freedom of motion by allowing them to not only change their stride horizontally but also vertically. Dual plane resistance applies resistance as you move up and down and forward and back. The design created a commercial cardio machine that accommodated not only people with back issues but also people with knee, ankle and hip problems. Its unique design allows for a low impact workout, while still delivering results.

Outcomes

How will this equipment enable or enhance SLOs? What are the consequences related to learning outcomes if request is not funded?

Precor AMT will enable and enhance a students ability to achieve the SLO of fitness level within our SLO groupings. Precor AMT both enables and enhances improved fitness level between pre and post test. Pre and post tests will test cardiorespiratory endurance which the machine achieves for the user. Precor AMT will also enable the students ability to accomplish identifying specific exercises to work specific muscles or muscle group. To get the cardio effect of this machine students may need to use two or three other machines. The results of the Precor AMT in one use will accomplish the SLOs faster and with better consistency. If not funded the students will delay in accomplishing their outcomes given by the instructor.

Total Cost of Ownership (This is an attempt to identify what the ongoing costs of purchasing this equipment will be to the institution)

- a) What is the lifespan of the equipment? 5 years? 10 years? 20 years?
- b) Is there sufficient current/planned space available for the storage and use of this equipment? If so, where will it be housed? If not, is there a proposed location and are there any costs associated with installation or modifications to the space?
- c) Are there operating costs and how will they be covered by the department?
- d) What will be required to maintain the equipment, such as regular servicing or upkeep? Who will perform maintenance, and what will the estimated costs be?

Warranty: Frame – 7 years

Parts (Mechanical & Electronic) – 2 years

Wear Items – 1 year

Labor – 1 year Precor AMT has proven to be one of the most durable machines on the market today. Precor AMT is self-powered. There is no need for an electrical outlet. Because of the simple design, Precor AMT is relatively maintenance free. A full description of how Precor AMT works with maintenance procedures is included on the Maintenance booklet that comes with the purchase of any new machine. Will be housed in 2500 building rooms 202 and 203. Any standard routine maintenance will be provided by PE/Athletics assistants per manufacturers specifications.

Visibility/Profile within Community

Is this a "flagship" item that will bring recognition/notoriety to the College or raise the stature of the program? Will it attract students and/or enhance the image of the College in the community because of its rare, one-of-a-kind status?

It is an item that is an upgrade to the elliptical style and can be found in many different realms of fitness and exercise. It will enhance the overall image of the fitness center because of being new and from the versatility. Walk,run, stair climb, deep lunges are all the exercises the AMT can accomplish. The AMT gives you the freedom to create a challenging and completely unique workout every time.

Commitment to Sustainability

How does this equipment exceed basic sustainability goals and encourage renewable resources at the College? Is the design/operation of this item in keeping with the College's commitment to sustainable practices?

The user self powers the machine which saves use on electricity. Display panel is battery operated with disposable recyclable batteries. Made of recyclable materials plastics and metals.


Health, Safety & Security

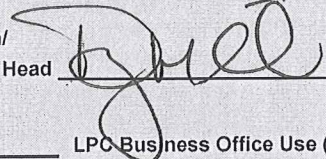
Does this equipment address any health, safety & security concerns? If so, please explain below.

The extent of the various workouts listed in prior sections are beneficial to addressing health concerns. The equipment if used properly is safe. A product manual with all necessary information for safety is included. No security concerns addressed. One of the key functions of this machine is reducing the risk of injury by limiting the impact to joints. Rehab, cross training and injury prevention are other areas the machine addresses.

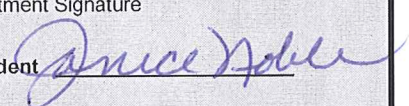
Signatures (required)

(If requesting computer-related equipment/software, LPC IT Department Review is required.)

Requested by 

Dean/
Unit Head 

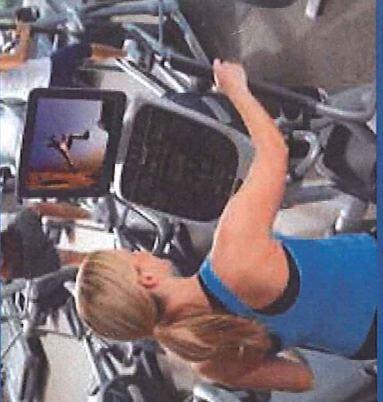
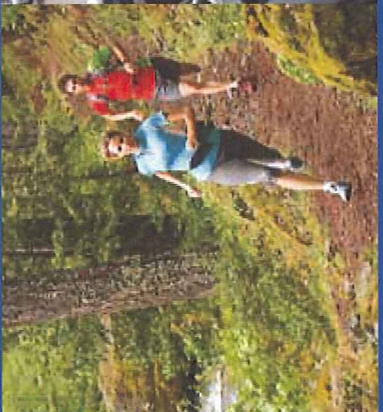
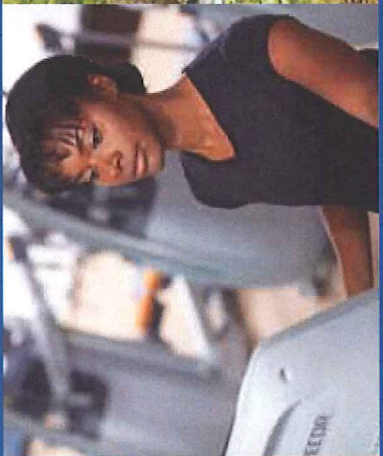
IT Department Signature _____

Vice President 

LPC VP Business/President _____

LPC Business Office Use (Account Number) _____

COMPLETE
FITNESS
SOLUTIONS



EXPERIENCE SERIES™
830 LINE

PRECOR®

Experience Series™ 830 Line

Introducing the **Experience Series™ 830 Line**, where tried and true technology and performance gets a fresh look and feel - along with a technology update that's fit for today.

Right from the start, you'll see that the form and function of the 830 Line console complements the 880 Line console, right down to the same easy-to-use motion controls. From there, the 830 Line console uses an LED-based display that focuses on the essential fitness stats and displays that keep members moving.

And, just as with all Experience Series™ cardio, the 830 Line features the same smooth, flowing, and precise cardio equipment from Precor - now refined for 2011.

P30 Console Specifications	
Display Type	Large LED Display
Machine Controls	Motion Controls
Numeric Key Pad	Standard
Units Selection	Metric and U.S. Standard
Languages	English, French, Dutch, German, Italian, Russian, Spanish
Reading Rack	Standard
Personal Viewing System (PVS)	Optional - 15" PVS
Entertainment Cap	Optional - 800 / 900 MHz





Adaptive Motion Trainer® AMT® 835

- User-defined motion
- Total body exercise
- Stride length between 0 and 27 inches (69 cm)



Elliptical Fitness Crosstrainer™ EFX® 835

- CrossRamp® technology: adjustable ramp between 13 and 40°
- Total body workout
- Moving upper body handlebars



Elliptical Fitness Crosstrainer™ EFX® 833

- CrossRamp® technology: adjustable ramp between 13 and 40°
- Fixed upper body handlebars



Treadmill TRM 833

- Incline range: 0% to 15% incline
- Ground Effects® Impact Control System
- Integrated Footplant Technology™
- 0.5-16 mph / 1-25.5 km/h
- 4.0 hp AC motor with IFT
- Auto stop™



Upright Bike UBK 835

- Over-molded handlebars
- Ergonomically designed saddle
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment



Recumbent Bike RBK 835

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment



Climber CLM 835


- Smooth feel and quiet movement
- Self-powered generator resistance system
- Belt drive system

	AMT® 835	EFX® 835	EFX® 833	TRM 833	UBK 835	RBK 835	CLM 835
Console Features							
Stride Dial™	•	-	-	-	-	-	-
Muscle Monitor™	-	•	•	-	-	-	-
Numeric Keypad	•	•	•	•	•	•	•
QuickStart™	•	•	•	•	•	•	•
Motion Controls	•	•	•	•	•	•	•
Heart Rate Monitoring							
Touch	•	•	•	•	•	•	•
Telemetry (Chest Strap Required)	•	•	•	•	•	•	•
Equipment Features							
Adjustable Stride Length	0-27 in / 0-69 cm	-	-	-	-	-	-
CrossRamp® Technology	-	13 - 40°	13 - 40°	-	-	-	-
Ground Effects® Technology	-	-	-	-	-	-	-
Integrated Footplant Technology™	-	-	-	-	-	-	-
Auto Stop™	-	-	-	-	-	-	-
Incline	-	-	-	0% - 15% (0.5% increments)	-	-	-
Resistance Levels	20	20	20	-	25	25	31
Step-up Height	5.5 in / 14 cm	8 in / 20 cm	8 in / 20 cm	11.6 in / 29.5 cm	-	-	-
Speed	-	-	-	0.5-16 mph / 1-25.5 km/h	-	-	-
Integrated Transport Wheels	•	•	•	•	•	•	•
Workouts							
Total Workouts*	4	15	10	25	12	12	14
Electronic Readouts							
Total Readouts*	21	21	21	21	18	18	21
Network Capabilities							
CSAFE-enabled	•	•	•	•	•	•	•
Entertainment Options							
Personal Viewing System (PVS)	○	○	○	○	○	○	○
Entertainment Cap	○	○	○	○	○	○	○
Language selection							
English, French, Dutch, German, Italian, Russian, Spanish	•	•	•	•	•	•	•
Units Selection							
Metric	•	•	•	•	•	•	•
Standard	•	•	•	•	•	•	•
Product Dimensions							
Inches (LxWxH)	74 x 28 x 69	80 x 32 x 68	80 x 32 x 68	88 x 35 x 64	48 x 21 x 62	67 x 23 x 50	47 x 32 x 69
Centimeters (LxWxH)	188 x 71 x 176	203 x 81 x 173	203 x 81 x 173	224 x 89 x 163	122 x 53 x 157	170 x 58 x 127	119 x 81 x 175
Product Height with PVS	82 in / 208 cm	84 in / 213 cm	84 in / 213 cm	80 in / 203 cm	72 in / 183 cm	63 in / 160 cm	85 in / 208 cm
Product Weight	445 lbs / 202 kg	338 lbs / 153 kg	338 lbs / 153 kg	456 lbs / 207 kg	160 lbs / 73 kg	210 lbs / 95 kg	250 lbs / 113 kg
Power							
Self-Powered	•	•	•	Powered	•	•	•
Accessories							
Accessories Holder	•	•	•	•	•	•	•
Reading Rack	•	•	•	•	•	•	•
Cable Management	○	○	○	○	○	○	○
Regulatory Approvals							
FCC, ETL, CE, EN957	•	•	•	•	•	•	•
Warranty							
Frame	7 years	7 years	7 years	7 years	7 years	7 years	7 years
Parts (Mechanical & Electronic)	2 years	2 years	2 years	2 years	2 years	2 years	2 years
Wear Items	1 year	1 year	1 year	1 year	1 year	1 year	1 year
Labor	1 year	1 year	1 year	1 year	1 year	1 year	1 year

KEY: • Standard ○ Optional - Not available

Visit www.precor.com for the most recent information on all our products.

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 dba Precor Commercial Fitness
 15400 NE 20th Street, #8
 Bellevue, WA 98007
 425.338.2008, Fax 425.338.3538
 www.precorcommercialfitness.com

Date	Estimate #
3/19/2012	5953

Bill To	Ship To
Dyan Miller Las Positas College 3033 Collier Canyon Road Livermore CA 94551 United States	Las Positas College 3033 Collier Canyon Road Livermore CA 94551 United States

Quote Expires	Terms	Sales Rep	PO #	Ship Via	Ship Date
4/18/2012	50% down, 50% Net 30	Christine Michaud			3/19/2012

Qty	Item	Description	Rate	Amount	Tax
3	EPRCMT® 835-P30	Precor Adaptive Motion Trainer- P30 console w/open stride	6,795.00	20,385.00	Yes
3	Shipping	Incoming Freight	80.00	240.00	Yes
3	Delivery	Delivery and Setup	200.00	600.00	Yes

Return Policy: Retail products full refund within 7 days of purchase; Store credit only within 60 days of purchase. Commercial products are special order and subject to restocking fees upon cancellation. PRECOR HOME FITNESS is independently owned & operated by PNW COMMERCIAL FITNESS SALES, LLC, under license from Precor Inc.	Subtotal Tax (AVATAX 8.7501%) Total	21,225.00 1,857.21 \$23,082.21
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