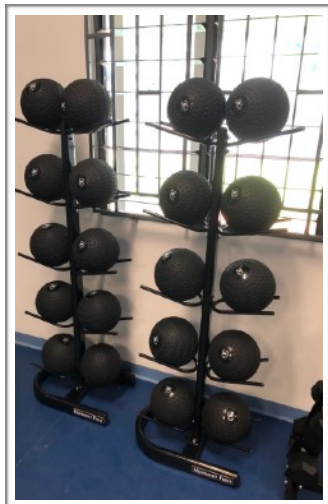


# Recommendations for Strength and Conditioning Gym Training Room

*A critical look at functional requirements for Secondary Schools  
and Junior Colleges in Singapore*



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## Common Situations

In our experience with working with schools in revamping their gym rooms, Movement First has found that the gym room set up was awarded via a tender system with equipment that is illogically procured. The common items which are in a gym room but unused are:

Multi-Station Cable Machine	Not applicable in a school setting due to bodybuilding style training without usage for large groups at one time. It becomes the elephant in the room. Even moving it to a different location would cost about \$300 - \$600 when you hire a moving company as it requires time intensive dismantling.
Insufficient dumbbells	Typically a token 1 - 10kg dumbbell set is provided which is insufficient for group training.
Standard Weight plates and Barbells	Not durable and not user friendly. Olympic plates are usually better, but cost more, hence in the tender process, the cheaper Standard plates and bars will win the tender
Rowers, Treadmills and other Cardio Machines	Insufficient quantity and poorly maintained because a retainer contract is not part of the tender. Within 2 years, the machines breakdown and is never repaired.

Teachers do not know how to approach the problem of revamping their school gym. Precisely because of the inadequacies of the gym room equipment, it is seldom used, and the equipment fall into disrepair and eventually the gym room becomes used for storage of school items.

In our recommendations, we would consider 2 scenarios.

To train a sports team of up to 10 students at one time, please see **Page 3**.

To train a group of 30 - 40 students at one time, please see **Page 5**.

# Sports Team Training

For training a school sports team for higher athletic performance, these are the typical equipment which you can consider.

**Power Racks / Workout Bench** - at least 2. Power racks allow you to do the main compound movements of squat, bench press, deadlift, pull ups and accessory movements like rows, tricep pull downs, lat pull downs.

**Olympic Barbells** - at least 2. We recommend our Amateur Bar as suitable for use in Singapore schools. Used together with power racks.

**Olympic Weight Plates** - at least 80kg in total weight per power rack purchased.

**Dumbbells** are great for all forms of strength training. 2 sets. 1 set consists of 1 x Commercial HexHead Dumbbell Rack, Pairs of 2kg, 3kg, 5kg, 7.5kg, 10kg, 12.5kg, 15kg, 17.5kg, 20kg, 25kg, 30kg

**Slam Balls** are economical medicine balls compared to rubber or leather covered ones. 2 sets. 1 sets consists of 2 x 2kg, 2 x 3kg, 2 x 4kg, 2 x 5kg, 1 x 6kg, 1 x 9kg and 1 x Medicine Ball Rack.

**Kettlebells** are great for dynamic power generation drills. 1 set consists of 1 x 3 Tier Kettlebell Rack with 2 pcs each of 6kg, 8kg, 10kg, 12kg, 16kg, 20kg.

**Battling Ropes.** Great for conditioning and building aerobic capacity. 8m - 4 pcs

**Suspension Trainer.** Used for mainly pulling and pushing strength using the body weight as resistance. 4 pcs - Usually it is attached to a pull up bar. It can also be installed with X mount to the ceiling or wall.

**Wide Grip Wall Mount Pull Up Bar** - Each bar is about 1.2m. Depends on total length required.

# Sports Team Training

## (Estimated Pricing)

	Quantity	Unit Price	Sub Total
<u>Premium Power Rack</u>	2	\$899	\$1798
<u>Olympic Amateur Barbell with 80kg TriGrip Rubberized Weight Plates</u>	2	\$563	\$1126
<u>MF Adjustable Bench with Wheels</u>	2	\$279	\$558
<u>Professional Dumbbell &amp; Rack Set - Set C</u> Comes with: 1 x Commercial HexHead Dumbbell Rack, Pairs of 2kg, 3kg, 5kg, 7.5kg, 10kg, 12.5kg, 15kg, 17.5kg, 20kg, 25kg, 30kg	2	\$1089	\$2178
<u>Slam Balls Set</u> 1 x Medicine Ball Rack, 2 x 2kg, 2 x 3kg, 2 x 4kg, 2 x 5kg, 1 x 6kg, 1 x 9kg	2	\$508	\$1016
<u>Kettlebell Set</u> 1 x 3 Tier Kettlebell Rack with 2 x 6kg, 8kg, 10kg, 12kg, 16kg, 20kg	1	\$1379	\$1379
<u>Battling Rope (8m)</u>	4	\$89	\$356
<u>BodyWeight Trainer Pro (Suspension Trainer)</u>	4	\$149	\$596
<u>X-mount (optional)</u>	4	\$28	\$112
<u>Wide Grip Wall Mount Pull Up Bar (1.2m wide, get as required)</u>	1	\$120	\$120

For the latest prices, please check the website [www.movementfirst.sg](http://www.movementfirst.sg)

# Group Training

For a group of 30 - 40 students, efficient use of space is a requirement. Hence, we can think of each space as a “pod” for the relevant equipment. Each pod can train an estimated 10 students at one time. You can get as many sets as budget or space allows, or as required by your needs.

	Quantity	Unit Price	Sub Total
<u>Dumbbell Pod Set</u> 1 x Dumbbell Rack (20 pc Capacity) 4 x 2kg, 4 x 4kg, 6 x 6kg, 4 x 8kg, 2 x 10kg	1	\$747	\$747
<u>Slamball Pod Set</u> 1 x Medicine Ball Rack (10 pc Capacity)	1	\$563	\$563
<u>Suspension Training Pod</u> 6 Suspension Trainers	1	\$894	\$894
2m Wall Rung with installation provided for Suspension Trainers (optional)	2	\$600	\$1200
<u>Kettlebell Pod</u> 1 x 3 Tier Kettlebell Rack with 2 x 6kg, 8kg, 10kg, 12kg, 16kg, 20kg	1	\$1379	\$1379
<u>Battling Rope Pod</u> Battling Rope (8m) - 4 pc	4	\$89	\$356
<u>Body Balance Bar Pod:</u> Useful for transverse movements 1 x Body Bar Rack (30 pc capacity) 3kg x 3, 4kg x 3, 5kg x 3, 6kg x 3, 7kg x 2, 8kg x 2, 9kg x 1, 10kg x 1	1	\$1084	\$1084
<u>Bosu Ball Pod (as many as required):</u> to train balance and muscle activation Professional Half Dome Ball	1	\$119	\$119
<u>Power Tower Set (as many as required)</u> 1x Power Tower 1 x Functional Pull Up Power Band Set	1	\$424	\$424

For the latest prices, please check the website [www.movementfirst.sg](http://www.movementfirst.sg)

# Contact

The annual budget is finite and should be spent wisely. We have worked with many schools to create the ideal gym for their usage. We understand that as teachers, you have a shortage of time and would like to get the advice in your best interests.

Do contact us at [6481 0412](tel:64810412) or [hello@movementfirst.sg](mailto:hello@movementfirst.sg) for us to visit your school to provide helpful advice on the best way to optimize your space.

