

All Mining Equipment
Unit 3 / 1 Aitken Way
Kewdale 6105
Ph: (08) 9353 1869
Fax: (08) 9353 1430



www.allminingequipment.com.au

All Mining Equipment's Mobile Gym's.

Gym Descriptions / Features

All gym exterior units are painted blue.

Locking Front Door – Locks Supplied

External 15amp Power Outlet – Supplies Power to the Gym.

All Containers are CSC rated and can be used on Sea Freight.

Insulated 50mm Refrigeration Panel

Power Fuse Breaker Unit

3x Lights

Clothing and Bag Hooks

6x Mirrors

2x 37inch Plasma TV

1x DVD Player

1x Amplifier

4x Surround Sound Speakers

1x Subwoofer

1x Split Air-conditioning Unit

Rubber Floors

4x Internal A/C power supply outlets

Muscle Charts

Refrigeration Door Flaps

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EQUIPMENT

Each unit designed is normally designed to cater for a specific user group.

A typical design for each is as follows. A full breakdown of health equipment combinations can be read at the end of this document.

Mach 1 Design – Body Building Unit –

This unit is designed mainly for the body builder. The unit contains 455kg in free weights, dumb bell range from 3kg to 30kg and specialised equipment.

Mach 2 Design – Cross training Unit –

This unit is designed mainly for the cross trainer. The unit contains 250kg in free weights, dumb bell range from 3kg – 15kg. Small selection of body building and toning machines, treadmill, rowing machine and bike.

Mach 3 Design – Cardio Unit –

This unit is designed to cater for the weight loss and cardio users. The machine contains Treadmills, Bikes and Seated Row machines. No free weights. No Body building or toning machines.

All Mining Equipment can also design mobile gyms to the customer's requirements. Simply let us know what you require, and we will design a unit to cater for your needs.

Transport Requirements

Delivery to and from site is charged at \$5 per Kilometre and done by All Mining Equipment

All dumb bells need to be placed on the ground prior to transport

All Free Weights must be on the towers

6ft Bars in locking positions or on the ground braced between machines to prevent damage

ALL LIFTING OF THE UNITS MUST HAVE ALL MINING EQUIPMENTS APPROVAL AND DONE BY A QUALIFIED CRANE OPERATOR AND ACCOMPANIED WITH JSA AND LIFTING PLAN

Personal Training Program

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For 1 week, per month, All Mining Equipment will fly a qualified, credited personal trainer to your location.

In this time, the personal trainer will:

- Teach your staff how to correctly use the equipment.
- Maintain and repair any equipment
- Put your staff on programs for body building / weight loss / fitness.
- Suggest diet plans and changes

This option is only available for clients on the hire plans. Outright purchases of the units are not entitled to the personal training option or maintenance.

Maintenance

All Maintenance will be done by All Mining Equipment. If something breaks, we will replace it.

Our Personal Trainers can notify us of equipment wear and we will have the equipment replaced or repaired.

Charges will incur for repairs if damage is a result of neglect or misuse or equipment has been misplaced or stolen.

Cleaning

Cleaning is done by the customer. As All Mining Equipment will not have a staff member onsite 24/7 we cannot keep the units clean. The units will need to be cleaned daily, and the equipment wiped down regularly to maintain health and safety standards.

Equipment Combinations

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MACH 1 Body Builder

2x Benches

Bench Press Machine

Smith Machine

Lateral Pull down Machine

Leg Extension Machine (Front and Rear)

Calf Machine

Preacher

Seated Row Machine

32x Dumb bells; 2x each from 3kg – 30kg

455kg Free Weights

2x Weight Tower

2x 6ft Olympic Bar

1x Ezy Bar

MACH 2 – Cross Trainer -

1x Bench Press

1x leg extension machine

2x Benches

1x Smith Machine

1x Ezy bar

1x Preacher

1 x Treadmill

1x Seated row machine

1x Exercise Bike

Mach 3 – Cardio Unit -

2x Seated Rowing Machine

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3x Exerscise Bikes

3x Treadmills

These are standard machine configurations which can be altered and changed around per customer requirement.

Prices:

Remote locations - \$375.00 per day

Local (Perth Metro) - \$175.00 per day

Outright Purchase - \$85'000.00 + GST

Delivery:

Remote Locations / Interstate- \$5.00 per Kilometre

Perth Metro - \$500.00 (delivery and pickup)

Perth Metro - \$250.00 (outright purchase only)

All prices quoted are exclusive GST

For additional information please feel free to contact All Mining Equipment

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