





APARTADO M

DESCRIPCIÓN ILUSTRATIVA RELACIONADA CON LAS CARACTERÍSTICAS MÍNIMAS DE LOS BIENES REQUERIDOS DEL EQUIPAMIENTO PARA GIMNASIO DE ACONDICIONAMIENTO FÍSICO, EN EL COMPLEJO DEPORTIVO "HERMANOS FLORES MAGÓN".

N° DE PARTIDA	Fotografía
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8	 <p>A seated chest press machine with a black seat and backrest, and a silver frame. The machine has two horizontal handles for the chest press.</p>
9	 <p>A standing chest press machine with a silver frame and a black seat. The machine has a vertical handle for the chest press.</p> <p><small>FRAME SHOWN IN - 60°</small></p>
10	 <p>A seated chest press machine with a black seat and backrest, and a silver frame. The machine has two horizontal handles for the chest press.</p> <p><small>FRAME SHOWN IN - 12°</small></p>
11	 <p>A seated chest press machine with a black seat and backrest, and a silver frame. The machine has two horizontal handles for the chest press.</p>





12	 A gym machine with a red seat and backrest, and silver frame. It features a vertical column on the left and a horizontal bar with handles on the right, designed for chest and shoulder exercises.
13	 A large, silver gym machine with two vertical columns and a central horizontal bar. It has multiple handles and pulleys, typical of a cable crossover or similar multi-functional machine.
14	 <p><small>FRAME SHOWN IN -13°</small></p> A gym machine with a black seat and backrest, and silver frame. It has a vertical column on the left and a horizontal bar with handles on the right, similar to machine 12 but with a different seat design.
15	 A gym machine with a black seat and backrest, and silver frame. It has a vertical column on the left and a horizontal bar with handles on the right, similar to machine 14 but with a different seat design.




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20	 A leg press machine with a silver frame and black padding. The seat is reclined, and the footplate is positioned for the user's feet. It features a safety bar and a weight stack.
21	 A chest press machine with a silver frame and black padding. It has a horizontal seat and a vertical handlebar. The machine is designed for chest and triceps exercises.
22	 A bench press machine with a red padded bench and a silver frame. It features a barbell with red weights and a safety rack. The machine is designed for bench press exercises.
23	 An ab machine with a silver frame and black padding. It has a curved seat and a horizontal handlebar. The machine is designed for abdominal exercises.

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44	 A red and black medicine ball with a textured red upper half and a smooth black lower half. A white circular logo on the black section contains the number '05' and the brand name 'ZIVA' below it.
45	 A set of resistance bands consisting of black and yellow straps with metal buckles and handles, arranged in a tangled pile.
46	 A thick, coiled black resistance band with two black handles at one end, resting on a white surface.
47	 A red and black resistance band rack with four vertical black posts and a horizontal red bar across the top, designed to hold multiple resistance bands.

48	 A black rectangular step platform with yellow raised edges. The brand name "ZIVA" is printed in yellow on the top surface.
49	 A grey metal ball rack with 10 vertical slots. Each slot contains a column of balls in different colors: black, blue, orange, blue, red, and yellow.
50	 A large, shiny blue exercise ball with horizontal ridges.