



## JUMP FOR HEART HEALTH SERVICES

No 63A, Jalan SJ 1, Taman Setia Jaya, 48000 Rawang,  
Selangor Darul Ehsan

*Jump For Heart Health*  
**SERVICES**

No. Faks/Tel : +603-60916100 No. H/Phone : +6012-3631804

E-mail : [jfh\\_services@yahoo.com](mailto:jfh_services@yahoo.com)

Web Site : <http://www.saief.com.my>

Kepada:

**Sesiapa Yang Berkenaan**

**13hb Disember 2023**





**JFHH/QTN/bil.00/23**











Tuan / Puan








### **SEBUTHARGA ALATAN DAN BARANGAN KECERGASAN**




Dengan segala hormatnya merujuk kepada perkara tersebut di atas.










2. Bersama ini kami sertakan Sebutharga Alatan dan Barangan Kecergasan untuk tahun 2021 bagi rujukan pihak tuan / puan :



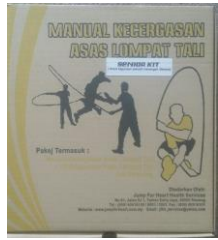




Bil	Peralatan	Unit	Harga	Gambar
2.1	<b><u>Fitball (Italy Made)</u></b>			
	-55 cm	1	RM 155.00	
	-65 cm	1	RM 168.00	
	<b><u>Fitball (Jerman Made)</u></b>			
-55 cm	1	RM 85.00		
-65 cm	1	RM 95.00		
	Hand Pump Fitball (Sweden)	1	RM 68.00	
2.2	<b><u>Quick Ladder</u></b>			
	3 meter	1	RM 60.00	
	4 meter	1	RM 90.00	
	6 meter	1	RM 125.00	
	9 meter	1	RM 165.00	









2.3	<b><u>Speed Hurdle</u></b>				
	- 6"	1	RM 45.00		
	- 9"	1	RM 50.00		
	- 12"	1	RM 55.00		
	- 15"	1	RM 60.00		
	- 6", 9", 12" Adjustable Hurdles <ul style="list-style-type: none"> <li>• Beg</li> <li>• 1 Set (6 Pcs)</li> </ul>	1	RM 320.00		
2.4	<b><u>Strech Band / Tridex Band 1.35M</u></b>				
	- Medium (Green) [1 pcs]	1	RM 40.00		
	- Strong (Blue) [1 pcs]	1	RM 45.00		
	- Strong (Blue) [1 box (25 meter)]	1 Box	RM 550.00		
2.5	<b><u>Step Board</u></b>				
	- Aerobic Step Board (China)	1	RM 390.00		
	- Reebok Step Board	1	RM 690.00		
	- JFHH Step Board	1	RM 190.00		
2.6	<b><u>Barang-Barang Segak / My HeSS Fitness Test</u></b>				
	Collapsible Sit & RENCH	1	RM 650.00		
	Collapsible Step Bench	1	RM 695.00		
	Skin Measure Caliper Skinfold <ul style="list-style-type: none"> <li>• Size : Appr 16.5cm x 10.2cm x 0.5cm (L*W*H)</li> <li>• Material : ABS</li> <li>• Measurement Range : 0~70mm</li> </ul>	1	RM 65.00		
	Nikko Metronome-NS 20	1	RM 280.00		

	Yoga Exercise Mat	1	RM 135.00	
	Digital StopWatch	1	RM 105.00	
	Curl Up Mate	1	RM 75.00	
	Pulse Oxi Meter ( China )	1	RM 89.90	
	My Hess Bunting ( 1 Set ) 5 Keping	1 Set	RM 2,200.00	
2.7	<b><u>KARADAN SCAN</u></b>  HBF 214 <ul style="list-style-type: none"> <li>• Body Weight</li> <li>• Body Mass Index (BMI)</li> <li>• Body Fat</li> <li>• Visceral Fat</li> <li>• Skeletal Muscle</li> <li>• Resting Metabolism</li> <li>• Body Age</li> <li>• 4 Users memory with Guest Mode</li> </ul>	1	RM 1,350.00	
	HBF 375 <ul style="list-style-type: none"> <li>• Body Weight display</li> <li>• BMI</li> <li>• Body Fat Percentage &amp; classification</li> <li>• Segmental Subcutaneous Fat &amp; Skeletal Muscle Percentage (Whole Body, Trunk, Legs and Arms)</li> <li>• Resting Metabolism</li> <li>• Visceral Fat Level and classification</li> <li>• Body Age</li> <li>• Same Age comparison</li> <li>• Progress Chart</li> <li>• Memory up to 90 days ago</li> </ul>	1	RM 1,290.00	

2.8	<p><b><u>TANITA</u></b></p> <p>DC-360</p> <ul style="list-style-type: none"> <li>• Body fat%</li> <li>• Fat mass kg</li> <li>• Fat free mass kg</li> <li>• Muscle mass kg</li> <li>• Total Body Water%</li> <li>• Body mass index</li> <li>• Bone mass kg</li> <li>• Physique rating</li> <li>• Visceral fat rating</li> <li>• Technical Specification</li> <li>• Basal Metabolic Rate kcal</li> <li>• Basal Metabolic Rate indicator</li> <li>• Metabolic Age</li> <li>• Print Out Analysis: <ul style="list-style-type: none"> <li>- Body Fat Analysis</li> <li>- Muscle Mass Indicator</li> <li>- BMR Indicator</li> <li>- Physique Rating</li> <li>-Target: BF and Weight</li> </ul> </li> </ul>	1	RM 22,069.00	
2.9	<p><b><u>TRAMPOLINE</u></b></p> <p>Sport (Made in German) - 125 kg ▼</p> <p>Pro (Made in German) - 180 kg ▼</p> <p>Kettler (China) - 90 kg ▼</p> <p>Foldable Trampoline With Stabality Bar 48'</p>	1	RM 1,350.00	
2.10	<p><b>Tali Skipping Short Handle</b></p> <p>- 2.6m ( Individu &lt; 165 cm ) - Kettler</p>	1	RM 20.00	








	- 2.6m ( Individu < 165 cm )	1	RM 28.00	
	- 3.0m ( Individu > 166 cm )	1	RM 30.00	
	- 5.0m ( Kumpulan )	1	RM 35.00	
	<b><u>Tali Skipping Long Handle (Individu)</u></b> - Dynamic Long Handle Rope - Freestyle <ul style="list-style-type: none"> <li>• Taiwan made</li> <li>• Material : Plastic and PVC</li> <li>• Diameter : 12mm</li> </ul>	1	RM 38.00	
	<b>Tali Skipping Super Beaded</b> - Super Beaded Rope 3.0m (Taiwan Made)	1	RM 58.00	
	<b>Tali Skipping Super Beaded</b> - Super Beaded Rope 5.0m (Taiwan Made)	1	RM 68.00	
	<b>Tali Skipping Beaded Short Handle (Individu)</b> - Speed Rope ( 3.0m )	1	RM 37.00	
2.11	<b><u>VCD / DVD</u></b>			
	- VCD Lompat Tali Prestasi Tinggi	1	RM 15.00	
	- DVD Pergerakan Asas Lompat Tali	1	RM 30.00	

	- Buku Manual Kecergasan Asas Lompat Tali	1	RM 30.00	
2.12	<b><u>Manual Kit Kecergasan Lompat Tali</u></b>  <b><u>Junior Kit Untuk Guru / Individu / Instruktur Ketinggian 150cm ke bawah</u></b>  - Buku Manual Kecergasan Asas Lompat Tali - DVD Pergerakan Asas Lompat Tali - Tali Skipping 2.6m	1 Set  1 Unit 1 Unit 1 Unit	RM 80.90	
	<b><u>Junior Kit Untuk Guru / Individu / Instruktur Ketinggian 150cm ke atas</u></b>  - Buku Manual Kecergasan Asas Lompat Tali - DVD Pergerakan Asas Lompat Tali - Tali Skipping 3.0m	1 Unit 1 Unit 1 Unit	RM 81.90	
2.13	<b><u>Kit Lompat Tali untuk Kumpulan Bertanding</u></b>  - Buku Manual Kecergasan Asas Lompat Tali - Dvd Pergerakan Asas Lompat Tali - Tali Skipping ( 4 Unit @ 2.6m , 2 Unit @ 3.0m , 3 Unit @ 5.0m )	1 Unit 1 Unit 9 Unit	RM 330.00	
2.14	Wireless Head Mic	1	RM 380.00	
2.15	<b><u>STRESS BALL</u></b>  - Stress Relief Balls • Min Order : 100 pcs • Size : 19.5 cm • Random Pattern & Color	1	RM 3.80	
	- Stress Relief Balls • Min Order : 100 pcs • Size : 22 cm • Random Pattern & Color	1	Rm 4.50	

2.16	<b><u>Carbon Monoxide</u></b>				
	- Breath Carbon Monoxide (CO) Monitor <ul style="list-style-type: none"> <li>• Model : BMC-2000</li> <li>• Mouthpiece : 200 Pieces</li> </ul>	1 Set	RM 3,900.00		
	- Mouthpiece <ul style="list-style-type: none"> <li>• 200 Pieces / Box</li> </ul>	1	RM 320.00		
	- Dshape for Mouthpiece <ul style="list-style-type: none"> <li>• 10 Pieces / Box</li> </ul>	1	RM 220.00		
2.17	Home Office Exercise Bike Gym Workout Fitness Sport Equipment Trainer Bicycle AD-747	1	RM 1,600.00		
2.18	BPS TLST-66 GYM Grade Multi Function Home GYM Station : Fitness Workout Press Machine with 65KG Weight Stack	1	RM 2,200.00		
2.19	<b><u>Neoprene Dumbbell</u></b>				
	2 Lbs (0.907 Kg)	1	RM 16.00		
	3 Lbs (1.361 Kg)	1	RM 24.00		
	4 Lbs (1.814 Kg)	1	RM 32.00		
	5 Lbs (2.268 Kg)	1	RM 39.00		
	6 Lbs (2.722 Kg)	1	RM 47.00		
	8 Lbs (3.629 Kg)	1	RM 62.00		
10 Lbs (4.536 Kg)	1	RM 78.00			
12 Lbs (5.4 Kg)	1	RM 93.00			
2.20	<b><u>Battle Rope</u></b>				
	<ul style="list-style-type: none"> <li>• Diameter 50 mm x 15.2M (50')</li> <li>• Diameter 38 mm x 15.2M (50')</li> </ul>	1	RM 900.00		
		1	RM 650.00		
2.21	<b><u>Kettlebell</u></b>				
	- 2 Kg	1	RM 60.00		
	- 4 kg	1	RM 135.00		
	- 6 kg	1	RM 195.00		
	- 8 Kg	1	RM 260.00		
	- 10 Kg	1	RM 350.00		
	- 12 Kg	1	RM 399.00		
	- 16 Kg	1	RM 498.00		
- 20 Kg	1	RM 558.00			

2.22	<b>Hula Hoop</b> - hula hoop 30" - hula hoop 36"	1 1	RM 24.00 RM 30.00	
2.23	<b>Cone Maker</b> - 1set / 40 pcs	1	RM 100.00	
2.24	Olympic Bar	1	RM 450.00	
2.25	<b><u>Black Rubber Ized Olympic Weight Plate</u></b> • 5 Kg • 10 Kg • 15 Kg	1 1 1	RM 150.00 RM 240.00 RM 360.00	
2.26	<b><u>Ivanko Rubberized Olympic Weight Plate</u></b> • 5 Kg • 10 Kg • 15 Kg	1 1 1	RM 100.00 RM 180.00 RM 270.00	
2.27	<b><u>Tire (SecondHand)</u></b> • 14.9 x 24 (Tractor Tire) • 14 - 15 (Car Tire)	1 1	RM 1,800.00 RM 55.00	
2.28	<b><u>Medicine Ball - Two Tone With Bounce</u></b> • 4 Kg • 5 Kg	1 1	RM 250.00 RM 280.00	
2.29	Exercises Resistance Bands Latex Tubes Pedal	1	RM 65.90	
2.30	<b><u>Exercise Bike</u></b> - Flexi Bike	1	RM 480.00	
	- Exercise Bike	1	RM 400.00	



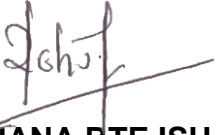
2.31	<b><u>SmartWatch Bracelet</u></b>			
	- Xiami Youth Bracelet Smartwatch	1	RM 98.00	
	- M4X Pro Smart Watch Bracelet	1	RM 99.00	
	- M5 Smart Watch Bracelet (XMSH07HM)	1	RM 59.90	
2.32	<b><u>Waist Twisting Disc</u></b>			
	- Fitness Waist Twisting Disc - 80 kg	1	RM 68.00	
	- Healthy Massage & Waist Twisting Disc - 100 kg	1	RM 78.00	
	- Fitness Balance Board	1	RM 98.00	
2.33	<b><u>Portable Stage</u></b>	1	RM 480.00	
	- Size : 3 ft 4 inches (W) x 3 ft 4 inches (L) x 20 inches (H)			

3. Pembayaran melalui LO hendaklah dialamat kepada “ ***Jump For Heart Health Services***” - ***No. Akaun : Maybank – 512503200620 Bandar Baru Selayang***. No Kementerian Kewangan ialah 357-01016546 dan nombor daftar syarikat ialah 001249889-V. Harga di atas **TIDAK** termasuk kos penghantaran.

4. Sila berhubung dengan kami sekiranya terdapat sebarang pertanyaan mengenai perkara tersebut di atas.

Sekian, terima kasih.

Yang benar,

A handwritten signature in black ink, appearing to read 'Rohana Bte Ishak', with a long horizontal stroke extending to the right.

**ROHANA BTE ISHAK**  
**Pegawai Pentadbiran & Jualan**