

Setting up equipment
and field for the
fitness challenge and
SPEEDFIT

IFBB



description of the Venue for fitness challenge competition

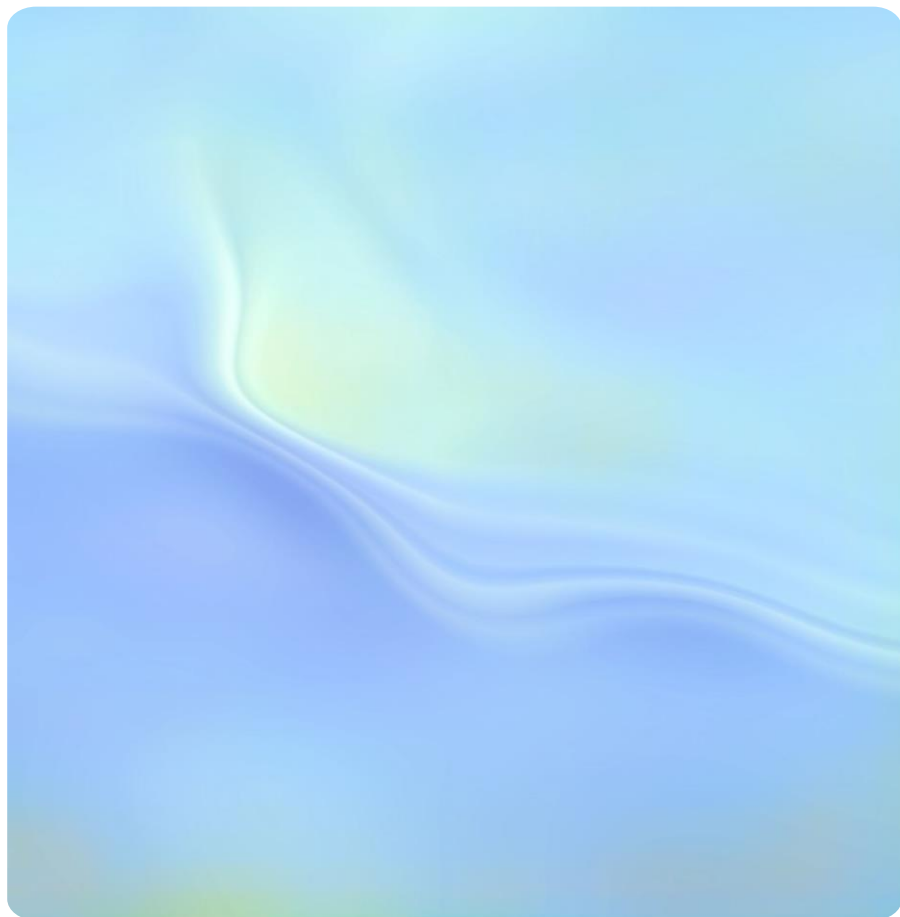
- Venue Overview: The stadium boasts a spacious and meticulously organized layout, purpose-built for hosting a fitness challenge competition. Its expansive floor is entirely covered with a durable black PVC mat, ensuring participants' comfort and safety during the rigorous challenges.
- Fitness Challenge Equipment: At the heart of the stadium, two sets of fitness challenge equipment are strategically positioned in parallel rows. Each station is precisely spaced 2 meters apart, allowing participants to transition smoothly between exercises. The walking lunges station, in particular, offers a generous 10-meter distance to accommodate the walking portion of the exercise. These thoughtfully arranged stations create a diverse and challenging workout experience for competitors.



description
of the
stadium for
fitness
challenge
competition

- Scoreboards: Along the starting line, three large scoreboards, each spanning 8 meters in width, are prominently placed. These scoreboards serve as the focal point for displaying vital competition information and real-time scores. They ensure that both participants and spectators can easily track progress and results throughout the event.





Additional Facilities:



Microphone and Speaker System



DJ Services



Timer/Countdown System



Reliable Internet Access



Printer



Designated Technical Team Area



Security Personnel for Crowd Control



Clear Demarcation Between Competition Area and Other Sections



Judge Counting Devices:

Install electronic counting devices at each station where judges will be present to count repetitions or score participants.

Each device should have a prominent and easily accessible button that judges can press to increment the count.

The devices should have a clear digital display that shows the current count.

Ensure that these devices are securely mounted or placed at a convenient height for judges to access and use comfortably.

Counters with
Display Output





Finger Handheld Counters

GOLD INDIVIDUAL: WOMEN R1

REST TIME 2:00

European Championship, Gold

			Pull-Up	Box Jump	Dips	Walking-Lungs	Situps	Devil Press	Total
1	10	Lilla Kanizsay	0	0	0	0	0	0	0
2	1	Elena Masarikova	0	0	0	0	0	0	0
3	2	Lenka Pilarciková	0	0	0	0	0	0	0
4	3	Oana Vasilescu	0	0	0	0	0	0	0
5	4	Tamara Voroschenko	0	0	0	0	0	0	0
6	5	Camelia Stefan Lacramioara	0	0	0	0	0	0	0
7	6	Maria Luisa Doukaki	0	0	0	0	0	0	0
8	7	Anastasia Cheimarioti	0	0	0	0	0	0	0
9	8	Elena Novac	0	0	0	0	0	0	0
10	9	Cecilia Ardusatan	0	0	0	0	0	0	0

Standard judging program of Fitness Challenge



Gold Stations

Exercise	Equipment Required
Pull-Up	Pull-Up Bar
SQUAT AND PULL	KB 32 kg and 24 kg
Dips Bar	Dips Bar
Walking Lunges	Barbell (50 kg men, 30 kg women), Squat rack
TOES TO BAR	Pull-Up Bar
Devil Press	Dumbbells (15 kg men, 10 kg women) , Mat



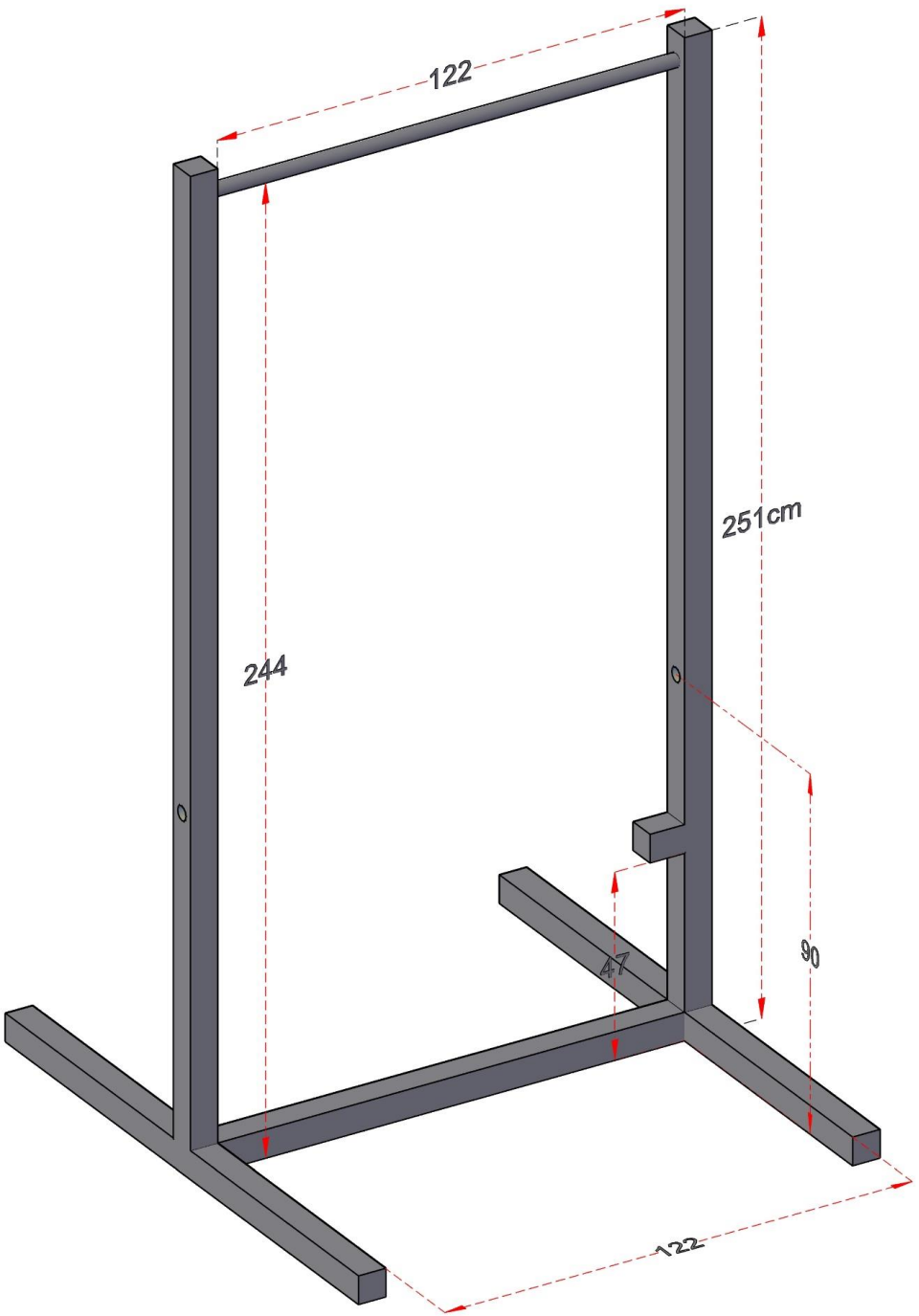
Silver Stations

Exercise	Equipment Required
Lying Pull-Up	Bench, Pull-Up Bar
Squat Jefferson	Barbell (60 kg men, 40 kg women)
Bench Dip	2 Benches
Lunges with Dumbbell	Dumbbells (15 kg men, 10 kg women) , Mat
Sit-Ups	Weight Plate (10 kg) , Mat
Kettlebell Snatch	Kettlebell (12 kg men, 8 kg women)



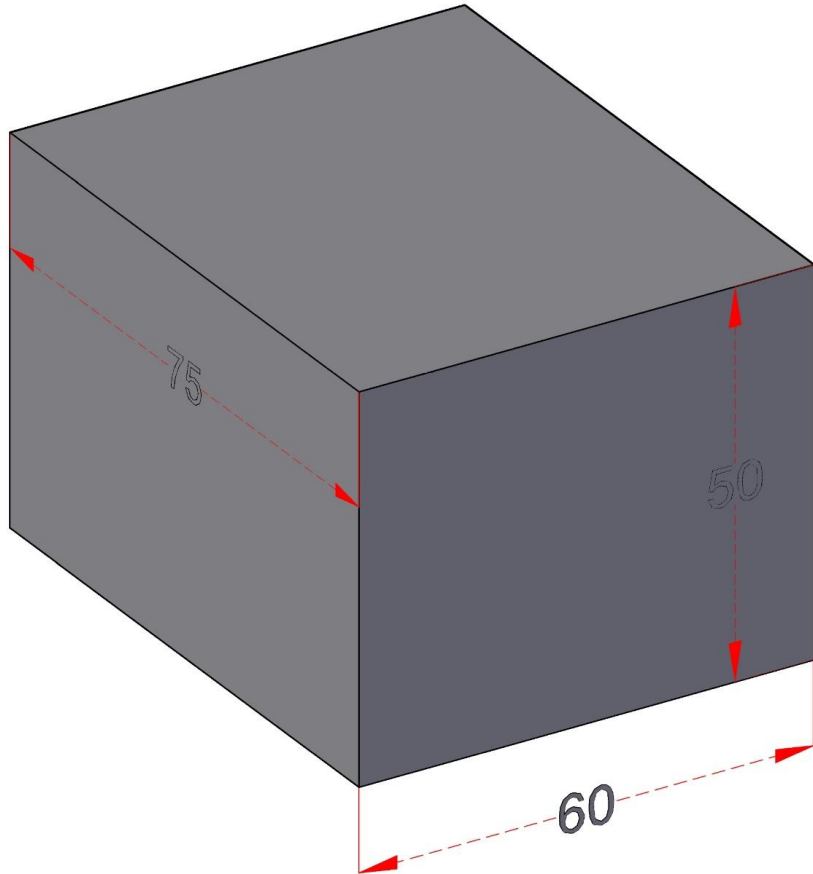
Bronze Stations

Exercise	Equipment Required
Lying Pull-Up	Pull-Up Bar
Kettlebell Squat	Kettlebell (32 kg men, 24 kg women)
Push-Up	Bodyweight, Mat
Lunges with Dumbbell	Dumbbells (12.5 kg men, 7.5 kg women)
Sit-Ups	Bodyweight, Mat
Kettlebell Swing	Kettlebell (12 kg men, 8 kg women)



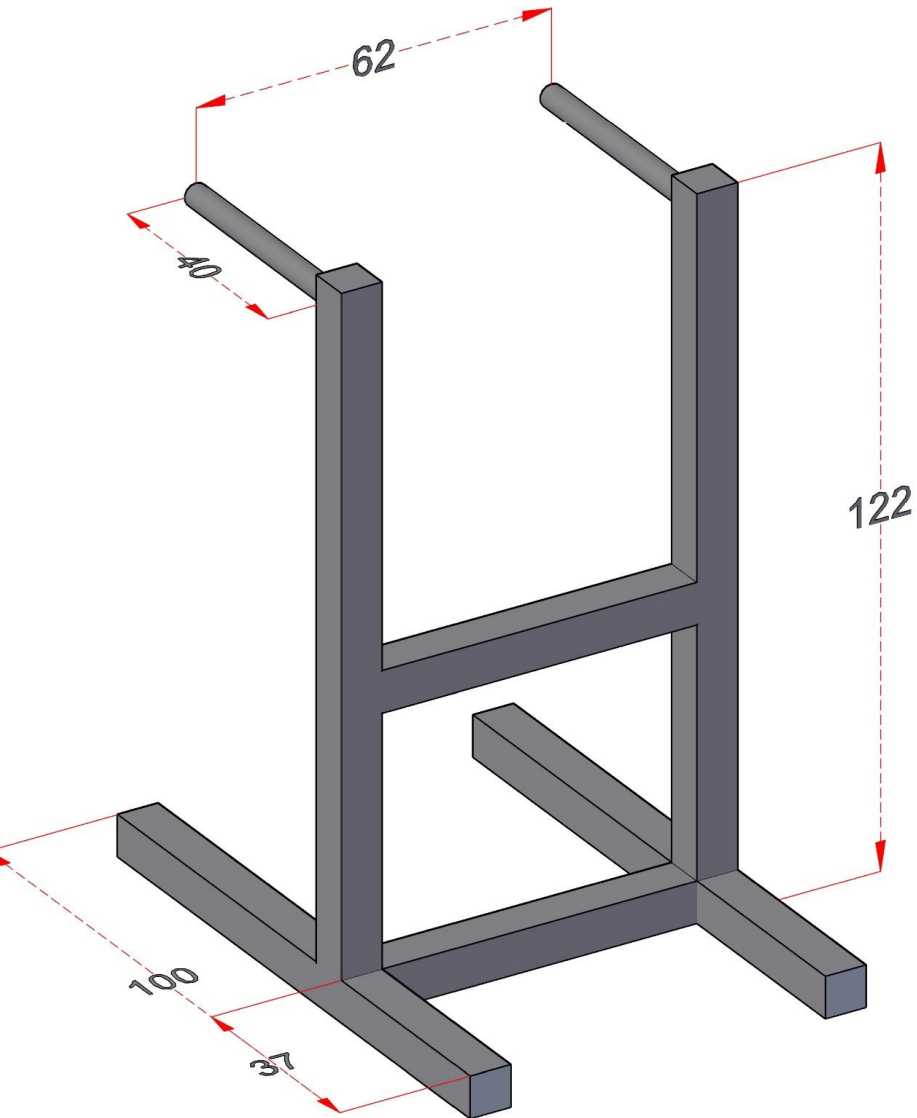
pull-up bar setup

- **Height:** The height of the pull-up bar column will depend on the available space and the desired positioning of the bar. It is common for the column height to be around 220-240 cm (approximately 7.2-7.9 feet). This height allows for a suitable range of motion for most individuals.
- **Hole Spacing:** The holes on the column are used to adjust the height of the bar according to the user's preference. The hole spacing can vary, but a common spacing is around 10-15 cm (4-6 inches) between each hole. This spacing allows for multiple height options to accommodate different exercises and user heights.
- **Bar Length:** The length of the bar itself will depend on the width of the pull-up bar setup. A standard length for a pull-up bar is approximately 110-130 cm (43-51 inches). This length provides enough space for a comfortable grip and allows for various hand positions during pull-up exercises.



Jump box (SPEEDFIT)

- The dimensions and material of a jump box can vary, but here are some common specifications:
- Dimensions:
 - Height: Typically available in multiple height options, such as 50 cm, 60 cm, and 75 cm.
 - Material:
 - Plywood: sturdy plywood, which provides durability and stability.
 - Exterior Coating: The plywood may have a protective coating or finish to enhance its longevity and prevent wear and tear.
 - Foam Padding: on the top surface for added comfort and safety during jumps.

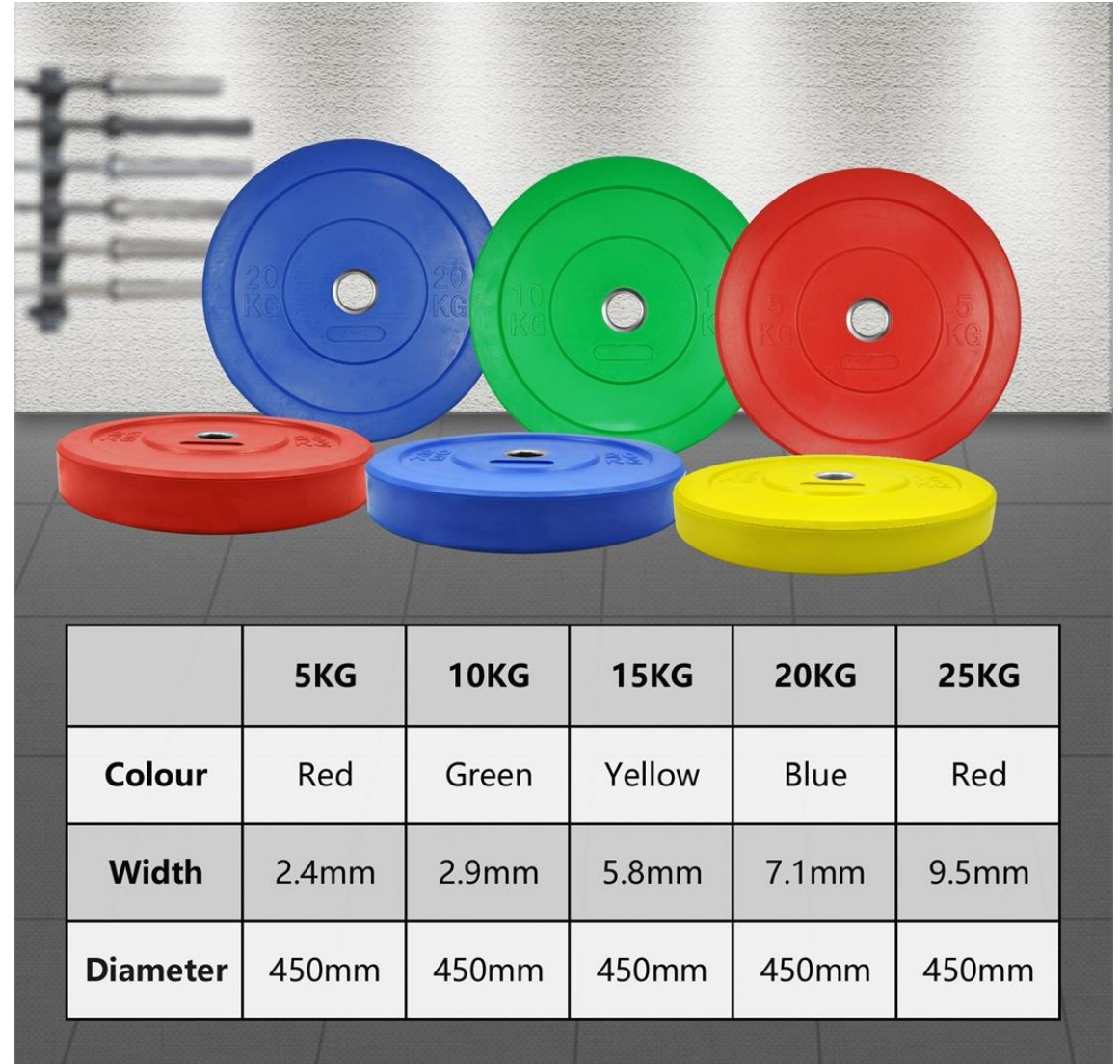


Dips bar

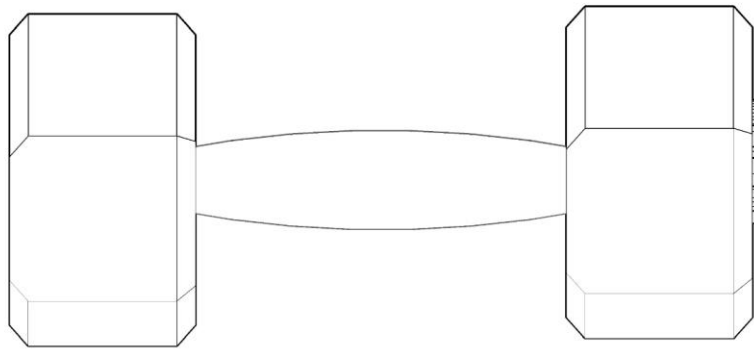
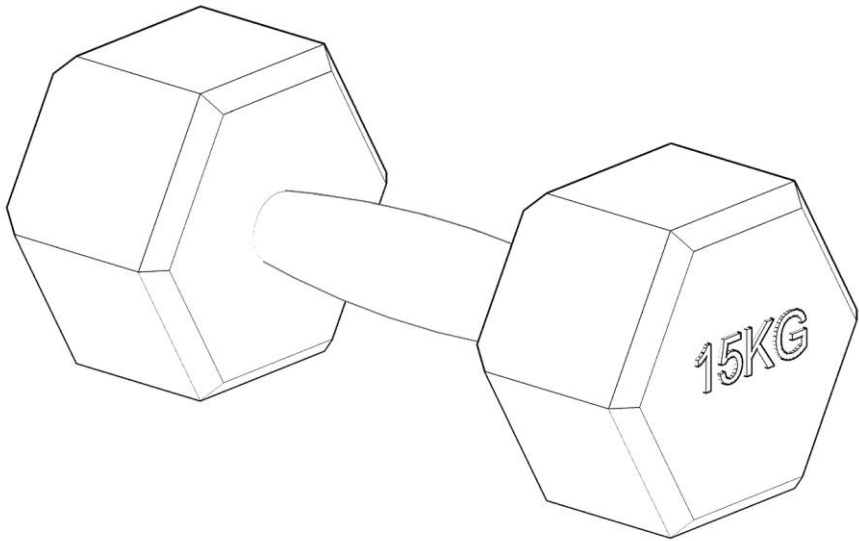
- Height: The height of the dips bar will depend on the desired positioning and user preferences. Typically, the height of the bars from the ground is around 75-120 cm (30-47 inches). This range allows for different users to perform dips comfortably.
- Bar Width: The width between the two parallel bars is an essential measurement for a dips bar. The standard width is approximately 50-70 cm (20-28 inches), providing enough space for the user to position their hands comfortably.
- Bar Diameter: The diameter of the bars can vary, but a common diameter is around 3-4 cm (1.2-1.6 inches). This diameter allows for a secure grip during the exercise.

Weight plate standards

- Diameter: The standard diameter for weightlifting plates is 45 cm.
- Thickness/Width:
 - 5 kg plate: Approximately 2.4 cm in thickness.
 - 10 kg plate: Approximately 2.9 cm in thickness.
 - 15 kg plate: Approximately 5.8 cm in thickness.
 - 20 kg plate: Approximately 7.1 cm in thickness.
- Hole Diameter: The center hole of weightlifting plates has a standard diameter of 5 cm. This size fits Olympic barbells with a 50 mm sleeve diameter.



	5KG	10KG	15KG	20KG	25KG
Colour	Red	Green	Yellow	Blue	Red
Width	2.4mm	2.9mm	5.8mm	7.1mm	9.5mm
Diameter	450mm	450mm	450mm	450mm	450mm



Dumbbell

1. Hexagonal 15 kg dumbbell:
 - ⌚ Total Length: Varies depending on the design, typically ranging from 35 cm to 40 cm.
 - ⌚ Grip Length: Varies depending on the design, typically ranging from 10 cm to 15 cm.
 - ⌚ Grip Diameter: Varies depending on the design, typically ranging from 2.5 cm to 3.5 cm.
 - ⌚ Hexagonal Head Width: Varies depending on the design, typically ranges from 10 cm to 15 cm.
 2. Hexagonal 12.5 kg dumbbell:
 - ⌚ Total Length: Varies depending on the design, typically ranges from 30 cm to 35 cm.
 3. Hexagonal 7.5 kg dumbbell:
 - ⌚ Total Length: Varies depending on the design, typically ranges from 25 cm to 30 cm.
- Hexagonal Head Width: Varies depending on the design, typically ranges from 6 cm to 10 cm.

Squat Rack

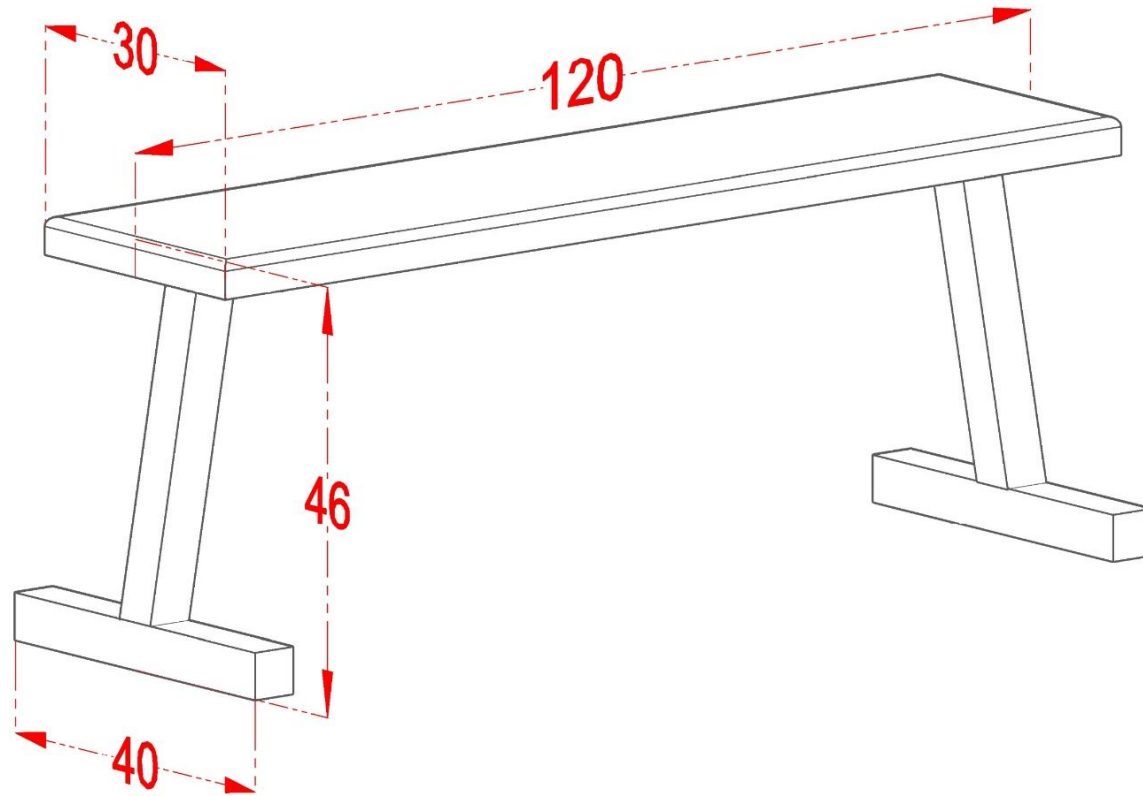
- Width: 100 cm to 150 cm (adjustable width to accommodate different barbell sizes)
- Depth: Varies, but typically ranges from 100 cm to 150 cm
- For the fixed part and adjustable part dimensions, you mentioned:
 - Fixed Part: 91 cm
 - Adjustable Part: 70 cm



Kettlebell

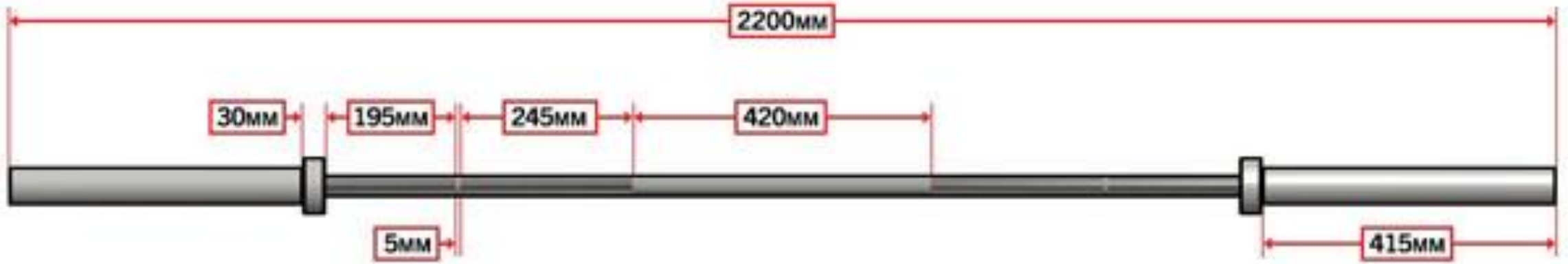
- 8 kg kettlebell: Diameter: around 13-15 cm (5-6 inches), Height: around 19-20 cm (7.5-8 inches)
- 12 kg kettlebell: Diameter: around 14-16 cm (5.5-6.3 inches), Height: around 21-22 cm (8.3-8.7 inches)
- 24 kg kettlebell: Diameter: around 18-20 cm (7-8 inches), Height: around 26-28 cm (10.2-11 inches)
- 32 kg kettlebell: Diameter: around 20-22 cm (8-8.7 inches), Height: around 29-31 cm (11.4-12.2 inches)





Bench

- standard gym benches have approximate dimensions of:
- Length: Between 42 to 48 inches (107 to 122 cm)
- Width: Between 12 to 18 inches (30 to 46 cm)
- Height: Between 16 to 20 inches (41 to 51 cm)



Barbell

- Length: 7 feet (~2.2 meters)
- Weight: 20 kilograms (44 pounds)
- Diameter: 28-29 millimeters
- Sleeve Diameter: 50 millimeters
- Loadable Sleeve Length: 16.5 inches (41.9 centimeters)
- Knurling: Medium-depth knurling for grip
- Shaft Finish: Chrome or black oxide coating
- Maximum Load Capacity: Typically around 700-900 pounds (317-408 kilograms)

Additional Equipment

- Papers
- Computer
- LED monitor (8x3)
- Whistle for head judge
- LED chronometer
- LED counter
- Paper holder for 12 judges
- Pen for 12 judges
- Judges uniform as needed
- And Rubber Gym Flooring for the competition lines (30 meters length, 4 meters width).



checklist for setting up equipment:

Equipment Setting-Up Checklist	Yes	No
1. Inspected for damage or wear		
2. Properly assembled according to manufacturer's instructions		
3. Placed on stable and level footing		
4. Weight capacity checked and within safe limits		
5. Secured in place to prevent movement or tipping		
6. Padding or protective covers installed on sharp edges or hard surfaces		
7. Clear surroundings with no obstacles or hazards nearby		
8. Adequate spacing between equipment to prevent collisions		
9. Safety instructions and signage displayed visibly		
10. Regular maintenance plan established		
11. Emergency procedures in place and communicated to staff		
12. Users educated on proper equipment usage and safety precautions		

checklist table for organizing a fitness challenge competition

Checklist Item	Yes	No
Clear competition area		
Sufficient space		
Secure surfaces		
Equipment inspection		
Proper equipment assembly		
Clear instructions		
Regular cleaning		
Liability waivers		
Conduct warm-up session		
Qualified trainers/coaches		
Participant self-awareness		
First aid kit availability		
Trained personnel		
Clear communication		
Identify medical facilities		
Barriers/spectator areas		
Crowd monitoring		
Mark restricted areas		
Hydration stations		
Designated rest areas		
Monitor for exhaustion		
Communication guidelines		
Regular announcements		
Visible signage		
Staff training		
Assign roles/responsibilities		
Comprehensive risk assessment		