

Setting up equipment  
and field for the  
fitness challenge and  
**SPEEDFIT**

IFBB



# description of the Venue for fitness challenge competition

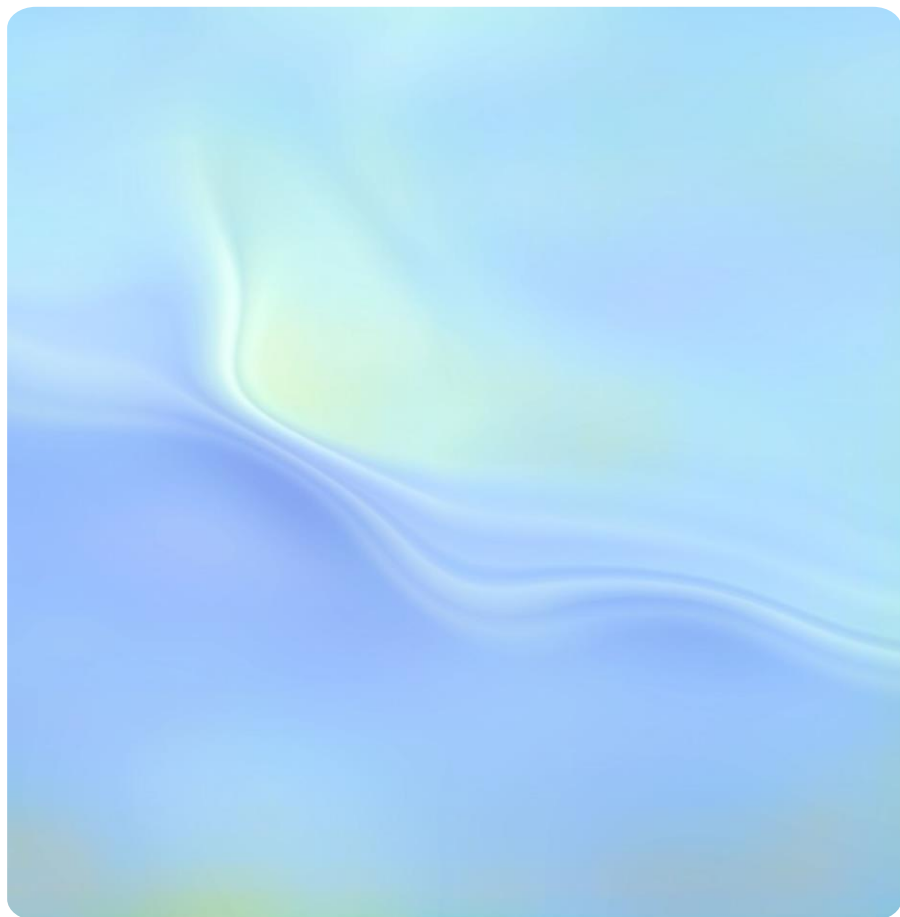
- **Venue Overview:** The stadium boasts a spacious and meticulously organized layout, purpose-built for hosting a fitness challenge competition. Its expansive floor is entirely covered with a durable black PVC mat, ensuring participants' comfort and safety during the rigorous challenges.
- **Fitness 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



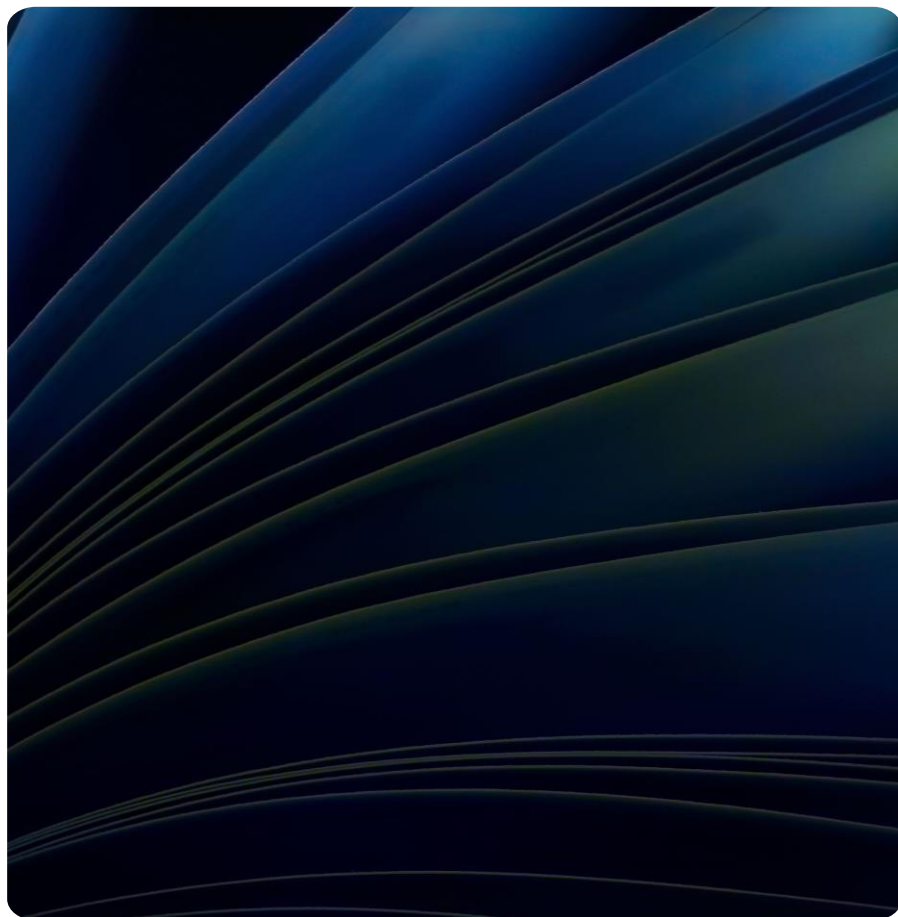
Designated Technical Team Area



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

<b>Exercise</b>	<b>Equipment Required</b>
Pull-Up	Pull-Up Bar
Box Jump	Plyometric Box
Dips Bar	Dips Bar
Walking Lunges	Barbell (50 kg men, 30 kg women), Squat rack
Sit-Up	Weight Plate (10 kg), Mat
Devil Press	Dumbbells (15 kg men, 10 kg women) , Mat



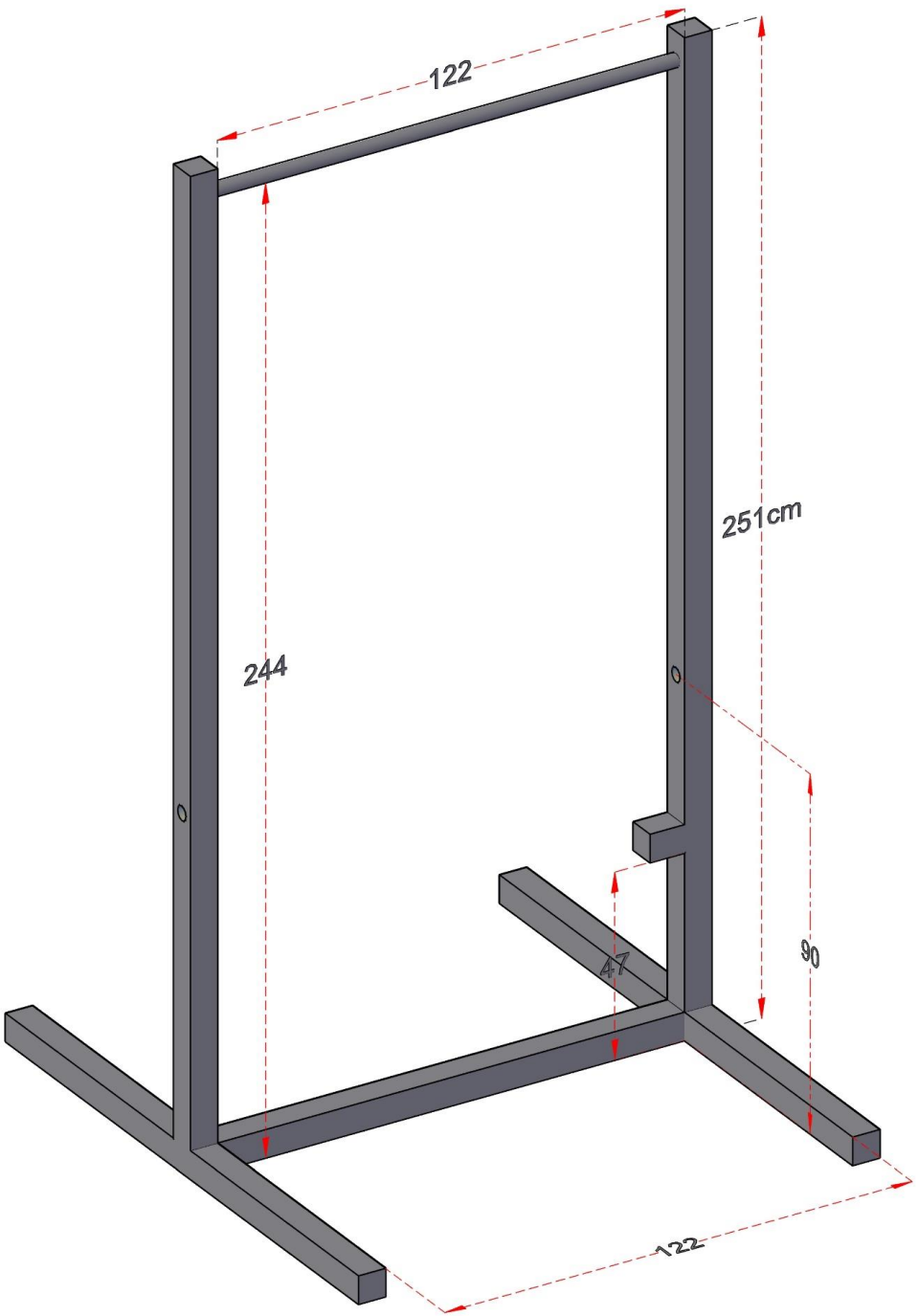
# Silver Stations

<b>Exercise</b>	<b>Equipment Required</b>
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

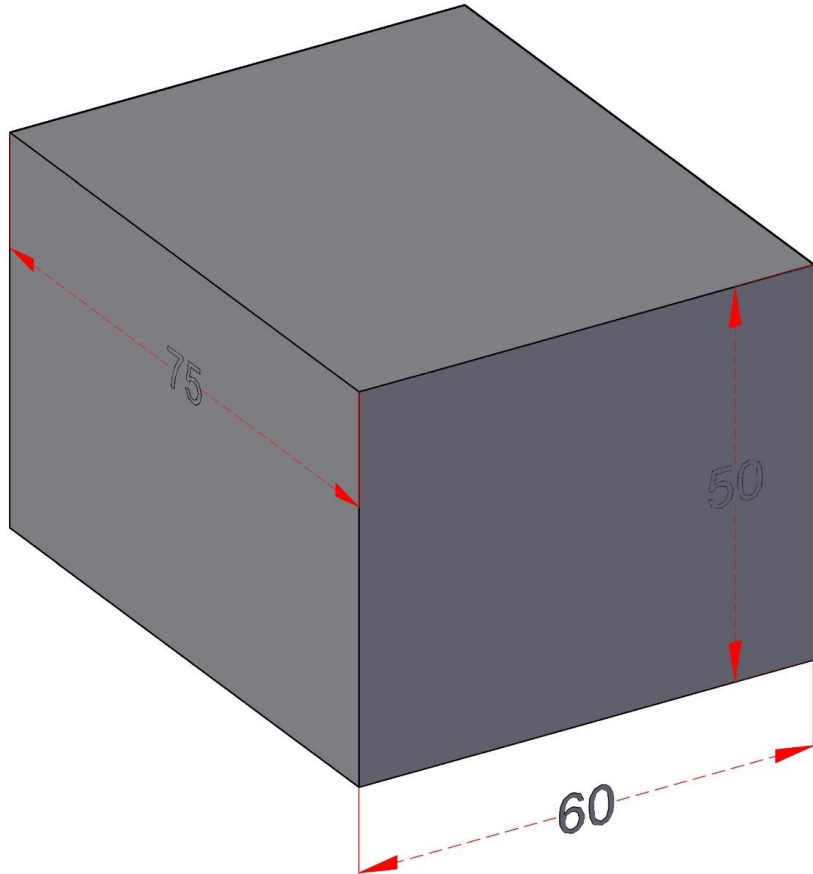
<b>Exercise</b>	<b>Equipment Required</b>
Lying Pull-Up	Pull-Up Bar
Kettlebell Squat	Kettlebell (32 kg men, 24 kg women)
Push-Up	Bodyweight, Mat
Lunges with Dumbbell	Dumbbells (12.5 kg men, 7.5 kg women)
Sit-Ups	Bodyweight, Mat
Kettlebell Swing	Kettlebell (12 kg men, 8 kg women)



# pull-up bar setup

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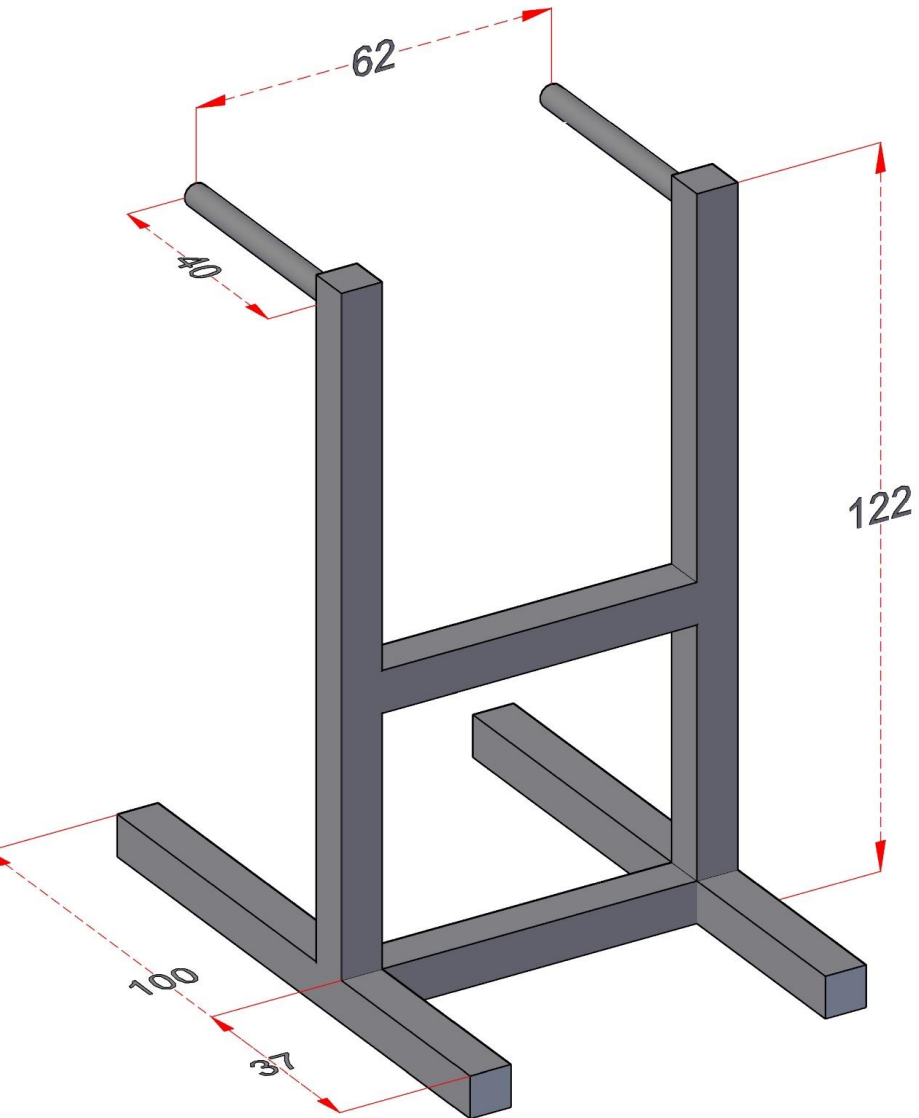
- **Height:** The height of the pull-up bar column will depend on the available space and the desired positioning of the bar. It is common for the column height to be around 220-240 cm (approximately 7.2-7.9 feet). This height allows for a suitable range of motion for most individuals.
- **Hole Spacing:** 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

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- 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.



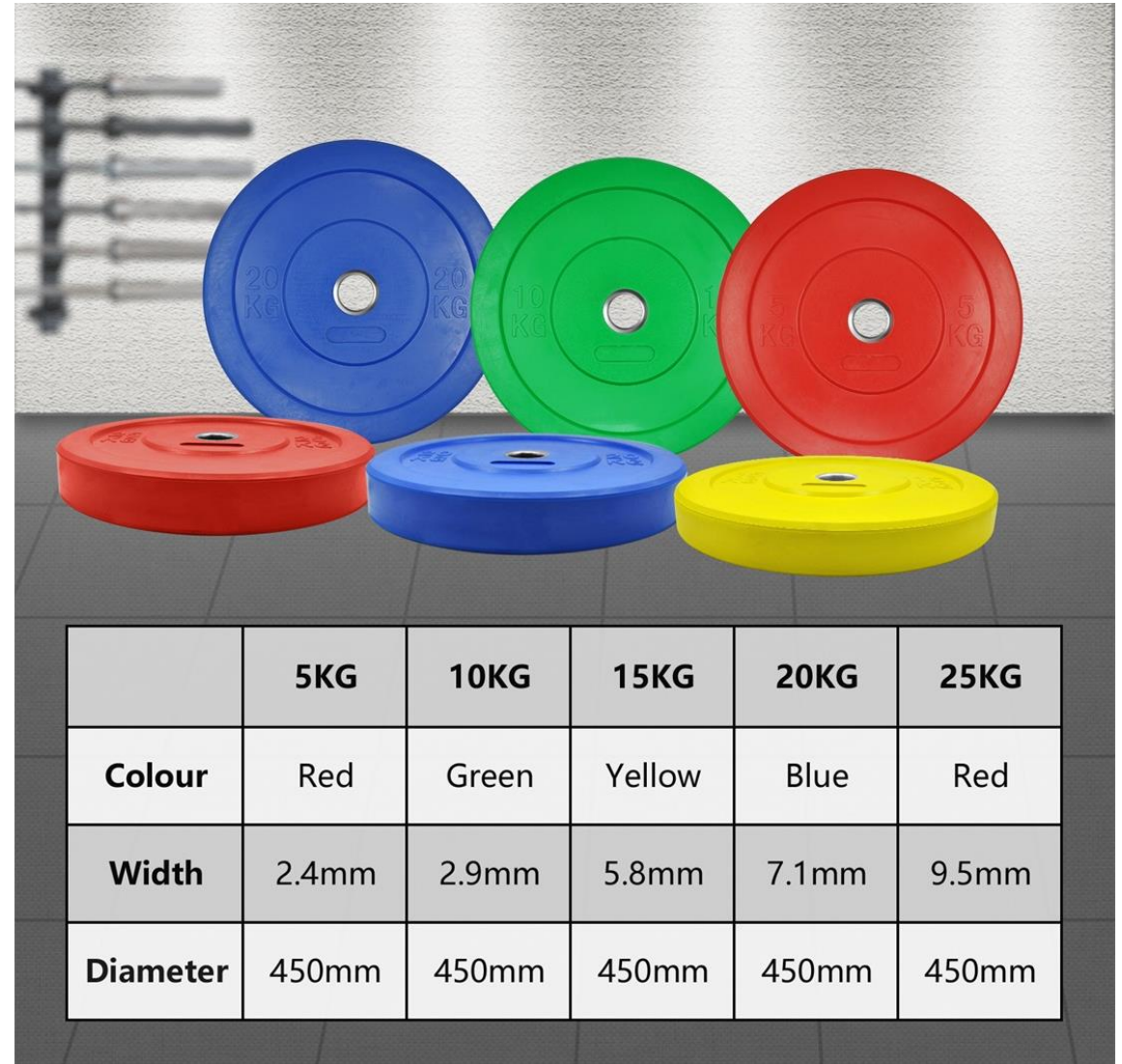
# Dips bar

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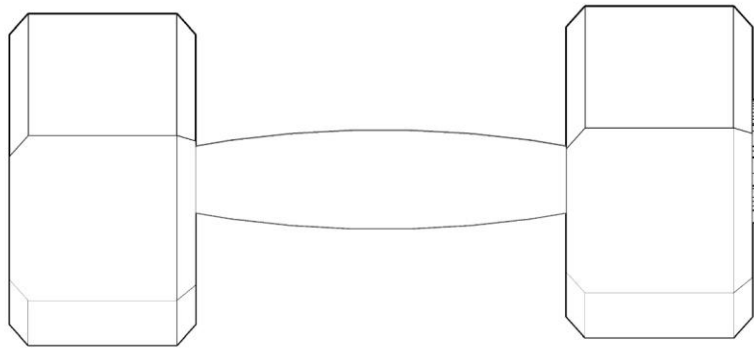
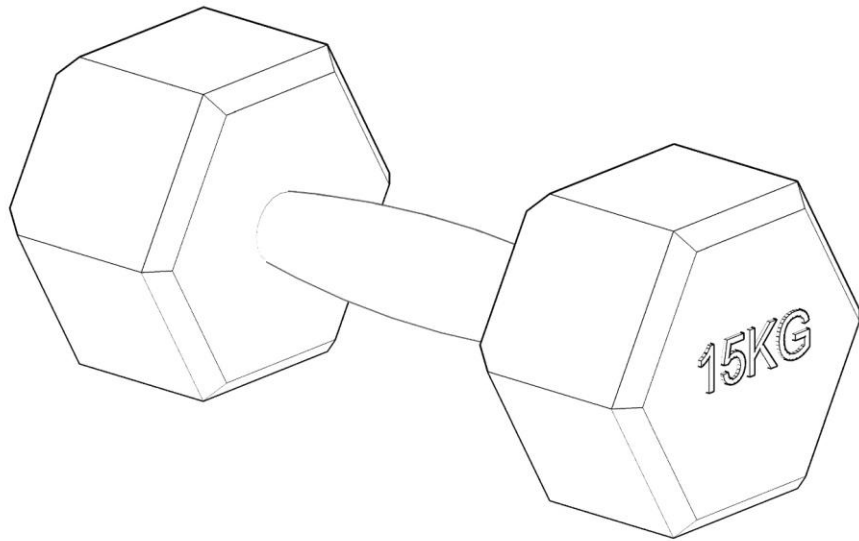
- Height: The height of the dips bar will depend on the desired positioning and user preferences. Typically, the height of the bars from the ground is around 75-120 cm (30-47 inches). This range allows for different users to perform dips comfortably.
- Bar Width: The width between the two parallel bars 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

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- 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

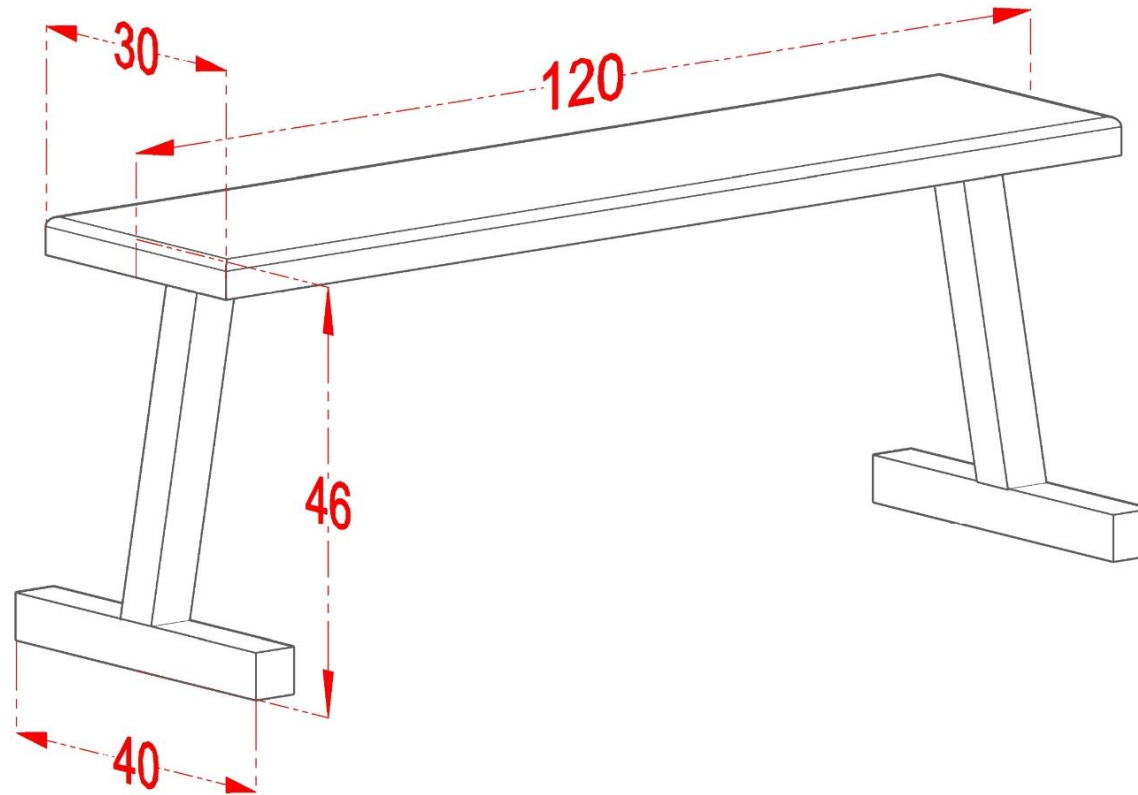


# Kettlebell

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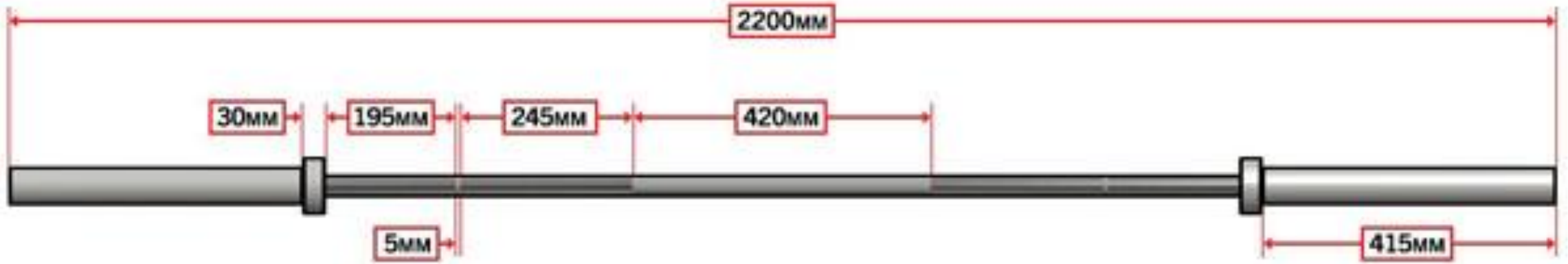
- 8 kg kettlebell: Diameter: around 13-15 cm (5-6 inches), Height: around 19-20 cm (7.5-8 inches)
- 12 kg kettlebell: Diameter: around 14-16 cm (5.5-6.3 inches), Height: around 21-22 cm (8.3-8.7 inches)
- 24 kg kettlebell: Diameter: around 18-20 cm (7-8 inches), Height: around 26-28 cm (10.2-11 inches)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

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

## 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		