

FEMSPORT

Women's Strength & Fitness Challenge

EQUIPMENT DETAIL / SPECS FOR COMPETITION

The following describes the regulations equipment used during Femsport competitions.

Several pieces of equipment may be obtained from local gyms, fitness centers or stores. However, some apparatus requires a little construction. As much detail has been provided to keep it as simple as possible.

It is not mandatory for your gym to have regulation equipment in your facility, but it does help with your training program.

Equipment and events may change without notice. In order to keep up-to-date with any changes, please visit our website often.

DISCLAIMER:

Please ensure proper safety precautions are practiced with use of all equipment and machinery. Femsport Athletics, Nancy Lockington and its officers, agents, representatives and associates and all others are not responsible or liable for injuries or damages caused by equipment or machinery purchased, constructed, used or suggested in this document.

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SANDBAG BURPEE / PRESS

Obtain from fitness centres, stores or gyms:

- Medium size bag
- Fill inside pouches with 40 lbs of sand
- Obtain sand from garden centre



BOX JUMPS

Obtain from fitness centres, stores or gyms:

- 18" high Plyo Box



Building your own:

If you cannot locate an 18" high plyo box, here are the details when building your own box apparatus.

- 18" height x 30" length x 18" wide
 - There is also a 1/4" thickness piece of rubber matting fastened to the top of each box.



KETTLEBELL LIFT

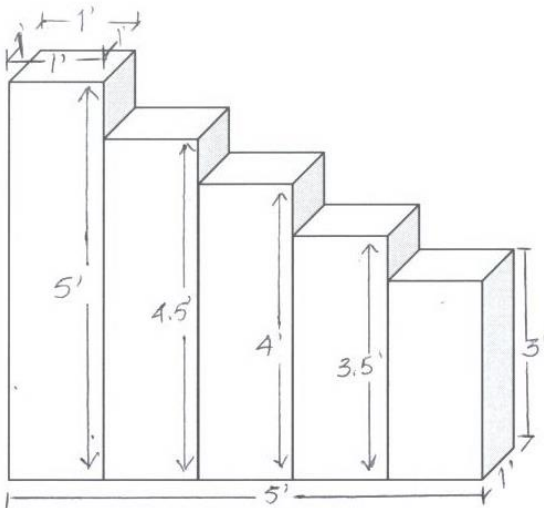
Kettlebells - Obtain from fitness centres, stores or gyms:

- Kettlebells 20kg (44 lbs) x 2
- Kettlebells 24kg (52.8 lbs) x 2
- Kettlebells 32kg (70.4 lbs) x 1

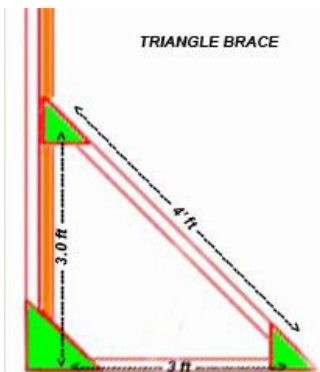


Stand - To be built

- Kettlebell Stand
 - Measurements are exact on actual stand!



- Triangle Brace x 2
 - Place on backside of kettlebell stand for support
 - Measurements are approx. 3' x 3' x 4'



TIRE FLIP

Try a commercial used tire outlet...we use Kal Tire Commercial facility (no cost).

The actual tire you see in the photo is a **FIRESTONE A.N.S. Tractor 23.1 – 26 on 20” Rim 18 - 26**



- Approx. 260 - 280 lbs Tractor Tire
 - Make sure you can get your hands under the edge of tire to flip it
 - The thicker the tire the better...less digging into the biceps during initial lift.
 - Large diameter is better as it decreases tire wobbling.

TIRE DRAG

Weights - Obtain from fitness centres, stores or gyms:

- 45 lb Rubber Olympic plate
- 10 lb Rubber Olympic plate

Tires

- 21 lb Car Tire
 - Must be a max of 15" diameter of inside tire (rim area). This will help to ensure Olympic plates do not fall through.
 - Steel belted tires are less soggy and weights will not fall through.
 - Used tires are recommended (no cost), try a used tire outlet...we use Kal Tire



To be built:

- "U" bolt
 - Drill holes into tread of tires
 - CAUTION!!! Wear safety goggles and gloves as most tires are "steel belted" and may cause injury when drilling through them
- 15 ft length x 1.5 in diameter rope
 - Nylon rope is preferred as does not wear through as much, and is easier on the hands.
 - Wrap ends of rope (8") with hockey tape for easy grip
 - Obtained from Marine Supply store...OR...some fitness supply stores carry them
- EZ Bar ends
 - Remove ends from EZ Bars with an Allen Key (Hex Key)
 - These ends fit down the center of the pile of weights that sit on the tire, stops weights from shifting



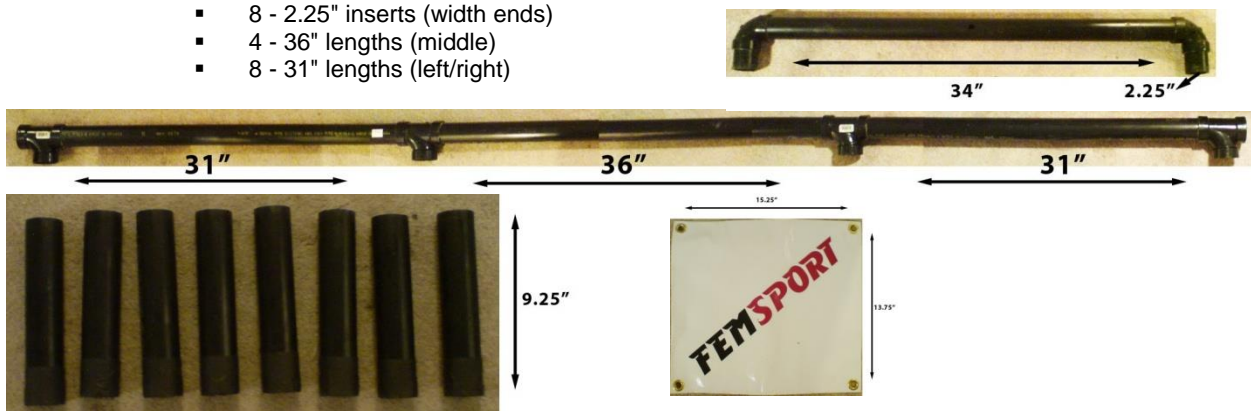
A wooden disc 16" diameter with a 1.5" diameter hole in the center. This can be cut out of plywood. Place disc on tire before loading weights.



OBSTACLE COURSE

To be built:

- Agility Apparatus x 1
 - 1.5" diameter black ABS pipe x 8
 - 16 tees ABS pipe
 - 90° corners ABS pipe x 8
 - 10' Stretch Cord (not bungie cord) x 1
 - 11" Zap Straps x 100 (good to have spares)
 - Vinyl Spacers (*FemSPORT will supply these day of competition if you do not have any*)
 - Cut ABS pipe to these dimensions...
 - 16 - 9.25" feet (filled with concrete for weight)
 - 4 - 34" widths
 - 8 - 2.25" inserts (width ends)
 - 4 - 36" lengths (middle)
 - 4 - 36" lengths (middle)
 - 8 - 31" lengths (left/right)



Vinyl Spacer with rivets at each corner
FEMSPORT WILL SUPPLY THESE

**** Contact CARL if you have questions on the Agility Apparatus: production@femSPORT.tv 778-998-1991 ****

...OR

- Tires (minimum 8)
 If unable to construct agility apparatus, then tires may be used as a final option. As tires take up a larger area, this alternative may not be suitable for all venues.



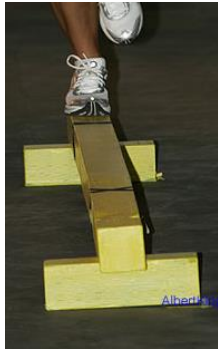
- **Baton & Cylinder**

- 1" diameter Dowel x 1' length
- 1 1/8" Cylinder screwed to...
- 1' diameter plywood circle base



- **Beam**

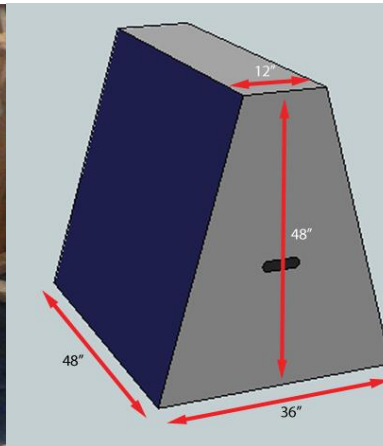
- 4" x 4" x 8' lumber
 - Feet for beam stability = 2" x 4" x 1' lumber x 2
- Note:** make sure to place feet for beam close to each end of beam (approx. 6"). This will ensure the beam does not tip if athlete steps on very end of beam.



- **Vault Box**

We presently don't have any detailed specs on "how" to build a vault box. We simply went to a construction crew working on a building site and they made it for us from scrap material.

Here is the diagram we gave them:



Must be 4' (48") high

Obtain from fitness centres, stores or gyms:

- Agility Poles **OR...** Hurdles



x 6 ...OR...



x 2

- Water Jugs x 2
 - 5 gal Yellow Diesel jerry cans from Canadian Tire x 2 (filled with water to max. line)



- Car
 - Car (standard transmission is best...need to be able to steer when in neutral)
 - Some venues may not be able to accommodate this component of the obstacle course. Therefore other options may be discussed as an alternative (i.e. sleds)

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OUR OFFICE. THANKS!

FEMSPORT