































## **OUARTERFINALS - INDIVIDUALS**

Bear KompleX

## FEMALE ATHLETES

- Tape to mark competition floor for each test
- Two 35-lb. dumbbells (15 kg)
- Jump rope
- · Wall space
- GHD measuring 37 inches from the ground to the top of the support pad
  - A riser may be used to create a distance of 37 inches from the top of the riser to the top of the support pad.
  - Shorter GHDs may be placed on a stable, elevated surface to create a distance of 37 inches from the floor to the top of the support pad.
- · Climbing rope, 15 ft.
- · Concept2 rower
- · Medicine ball, 14 lb.
- Wall-ball target, 9 ft.
- Squat rack
- 35-lb./15-kg barbell
- Standard bumper plates and change plates
- Collars
- Box, 30 in. (The top of the box must be at least 15-by-15 inches.)
- Device for recording video of all performances

## MALE ATHLETES

- · Tape to mark competition floor for each test
- Two 50-lb. dumbbells (22.5 kg)
- · Jump rope
- Wall space
- GHD measuring 40 inches from the ground to the top of the support pad
  - A riser may be used to create a distance of 40 inches from the top of the riser to the top of the support pad.
  - Shorter GHDs may be placed on a stable, elevated surface to create a distance of 40 inches from the floor to the top of the support pad.
- Climbing rope, 15 ft.
- · Concept2 rower
- Medicine ball, 20 lb.
- Wall-ball target, 10 ft.
- · Squat rack
- 45-lb./20-kg barbell
- Standard bumper plates and change plates
- Collars
- Box, 30 in. (The top of the box must be at least 15-by-15 inches.)
- Device for recording video of all performances