

## 3. FITNESS GYM

Technical Aspects	Requirement
Size	Ideally 400 m <sup>2</sup> if not exclusive to teams. Should allow all 14 players to be able to train comfortably simultaneously.
Warm-Up/Stretch/Core area	Adequate space to be provided
Location	At the training or competition venue, or at a facility located no further than 15 driving minutes from the hotel, or volleyball venues.
Equipment	Requirement
Squat racks w/ Olympic barbell at each rack	4
Weights to accompany squat racks (4x25kg/rack, 4x20kg/rack, 2x10kg/rack, 2x5kg/rack, 2x2.5kg/rack)	2 sets
Barbell collars (2/rack, 2/platform)	1 set
Dumbbells (ranging from 2.5kg/5lbs - 45kg/90lbs in 2.5kg/5lb increments)	1 full set
Bench press	2
Adjustable benches	2
Medicine balls (ranging from 3kg-10kg (in 1 kg increments))	1 full set
Adjustable height cable/pulley system	2
Lat pulldown machine	2
Seated row machine	2
Leg press	2
Prone leg curl machine	2
Seated leg extension machine	2
Spin bikes	5
Treadmills	2
Elliptical machines	2
Smith machine	2
Pull-up bar	2
Box jump	4
Floor mats	20
Swiss ball	4
Kettlebell (ranging from 6kg - 20kg)	1 full set
Pvc or wood stick (1m50cm long)	5
Trap bar	2