



Appendix A — Equipment & Space Requirements

The following equipment must be available at your gym for all Trial Season 2026 fixtures. All items must be in good working order and safe condition. Quantities are the minimum required per fixture. Where two units of the same specification are required, both must be identical in model or resistance level to ensure fair comparison of results.

Barbells & Plates

- Barbells — 20 kg (male) and 15 kg (female)
- Standard bumper plates, change plates, and collars

Free Weights

- Dumbbells — 10 kg, 15 kg, 22.5 kg, 32.5 kg
- Kettlebells — 16 kg, 24 kg, 32 kg
- Medicine balls — 6 kg, 9 kg

Plyometric & Gymnastics

- Plyo boxes — 20 in, 24 in, 30 in
- Gymnastics rings — to a height suitable for performing ring muscle-ups
- Jump ropes

Cardio Equipment

- Concept2 RowErg — 2 units, same specification
- Concept2 SkiErg — 2 units, same specification
- Assault bike — 2 units, same specification

Pull-Up Structure

- Pull-up bar or rig capable of supporting movements including but not limited to:
 - Pull-ups
 - Toes-to-bars
 - Bar muscle-ups

Wall Space

- Unobstructed wall space suitable for movements including but not limited to:
 - Wall walks
 - Handstand push-ups
 - Wall-ball shots

If your gym does not currently hold all the above equipment, please proceed with your registration and we will be in touch to discuss a reasonable alternative.

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