

B2. List of fabricated tools and apparatuses, including relevant information

|  | <b>UNIVERSITY OF SOUTHERN MINDANAO</b>                         |                                                    |                                                     |                                           |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|-------------------------------------------|
|                                                                                   | <b>List of Fabricated Tools and Apparatuses</b>                |                                                    |                                                     |                                           |
| Item Name                                                                         | Description                                                    | Materials Used                                     | Purpose                                             | Maintenance Notes                         |
| Wooden Plyo Box                                                                   | A sturdy wooden box with various height levels (20", 24", 30") | Marine plywood, nails, screws                      | Used for plyometric exercises (box jumps, step-ups) | Check for loose screws and cracks monthly |
| Parallette Bars                                                                   | Low horizontal bars used for calisthenics like dips and L-sits | Metal/wooden base, steel or PVC pipe bars          | Builds upper body and core strength                 | Tighten connections regularly             |
| Pull-up Frame                                                                     | Freestanding or wall-mounted frame for bodyweight exercises    | Welded metal pipes, bolts, reinforced base         | Used for pull-ups, hanging leg raises, etc.         | Lubricate joints; tighten bolts           |
| Medicine Balls (DIY)                                                              | Weighted balls used for power and coordination drills          | Old basketballs filled with sand, sealed with tape | Functional strength, throwing, core training        | Inspect for leaks or deflation            |
|                                                                                   |                                                                |                                                    |                                                     |                                           |

  
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