





## **B2. LIST OF FABRICATED TOOLS AND APPARATUSES, INCLUDING RELEVANT INFORMATION**

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

	UNIVERSITY OF SOUTHERN MINDANAO			
	List of Fabricated Tools and Apparatuses			
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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