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Standard Warm-Up Equipment on GB Racecourses (no Warm-Up Area)

For racecourses where there is currently no dedicated Warm-Up Area. Portable equipment should be locked away in the Physiotherapy or Jockeys Medical Room after use. The Racecourse Physiotherapist can advise on appropriate use and location on a raceday.

Variation from this list should be discussed with the BHA Medical Department in advance.

Code	Product	Quantity
PB354A	Foam Roller (FULL) 35" x 4"	2
PB388F	TRIGGER POINT - Massage Balls - MBX	1
PB322D	Mini Band Combi Pack - 1 x Yellow, Green, Blue & Black	1
PB324Y	19" Strength Band-Combi pack (1 x of each band)	1
PB328A	Jungle gym XT	1
PB551A	Black Rubber Covered Kettlebell - 6kg	1
PB551D	Black Rubber Covered Kettlebell - 12kg	1
PB36911	Vinyl Aerobic Mat 100cm x 50cm x 9.5mm - Black	2
PB623AR	Spinning Bike – e.g. KEISER - M3	2
PB305F1	Speed Skipping Rope Adjustable - Black	2

Prepared by IJF S&C Team in conjunction with
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