



Federation of Functional All-Around Competitions of the Kyrgyz Republic Announced as the National Governing Body for Functional Fitness in the Kyrgyz Republic

Bishkek, Kyrgyz Republic March 23, 2023:

Today, the International Functional Fitness Federation (iF3) announced its recognition of the Federation of Functional All-Around Competitions of the Kyrgyz Republic as the national governing body for competitive functional fitness in the Kyrgyz Republic.

Dmitrii Golydbin, President of the Kyrgyz Republic Functional Fitness Federation, announced, “The Federation of Functional All-around of the Kyrgyz Republic was established in 2022 with the aim of developing functional fitness in Kyrgyzstan and promoting a healthy lifestyle. Our federation actively holds events aimed at popularizing functional fitness among the population of Kyrgyzstan, especially among young people.”

He went on to explain that, “In 2023 and 2024, we plan to approve a calendar of sports events and competitions aimed at attracting young people to engage in functional fitness and create a team to participate in international competitions, as well as to establish a sports hall for functional fitness training. One of our goals is to create a team to compete in international competitions. We will hold qualification competitions to determine the best athletes and form a strong team that will represent our country on the international stage. Additionally, we plan to establish a sports hall for functional fitness training. This will help to increase the number of people engaged in this sport and create additional opportunities for training and competitions. We are confident that these events will help attract a large number of young people to engage in sports, improve physical fitness levels, and achieve high results on the international stage.”

The Kyrgyz Republic Federation is now eligible to register athletes for iF3 international events. This season they will have quota spots allowing them to send athletes to the Asian Championships in South Korea in April, Masters and Junior Worlds in Canada in October, and Worlds in Norway in November. More information about the work of the Kyrgyz Republic Federation is available at https://www.instagram.com/ffm_kg/



Golydbin expressed his excitement about the future saying, “Together we are stronger!”

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, “The sport of Functional Fitness is still relatively young in the Kyrgyz Republic, and therefore has a lot of potential for growth and development. The establishment of the Federation in the Kyrgyz Republic is an important step in expanding the sport not only in the country but in the entire Central Asia region. We look forward to working with the Kyrgyz Federation and seeing the first Kyrgyz athletes competing on the international stage.”

More Information:

Federation of Functional All-Around Competitions of the Kyrgyz Republic is the national governing body for competitive functional fitness in the Kyrgyz Republic. It is a non-profit organization headquartered in Bishkek, Kyrgyz Republic. For more information please visit Instagram: [ffm_kg](https://www.instagram.com/ffm_kg).

International Functional Fitness Federation (iF3): iF3 is the international governing body for competitive functional fitness. iF3 is a 501(c)(3) non-profit organization made up entirely of volunteers who work to serve the best interests of the sport and athletes. To learn more about iF3, or to donate, please visit: www.functionalfitness.sport