



Strongman and Plural Sports Academy Announced as the National Governing Body for Functional Fitness in Cameroon

Yaounde, Cameroon December 31, 2023:

Today, the International Functional Fitness Federation (iF3) announced its recognition of the Strongman and Plural Sports Academy as the national governing body for competitive functional fitness in Cameroon.

Wilfred Kebenghe, President of the Cameroonian Federation, announced, *“From 2024 we plan to put much effort into organizing seminars with the collaboration of the International Fitness Federation for the betterment of the game, athletes, judges, referees and of the International Fitness Federation as well.”*

He went on to explain that, *“In 2024, we will also endeavor to organize events within Cameroon.”*

The Cameroonian Federation is now eligible to send athletes to iF3 International events. Their first opportunity to do so will be at 2024 iF3 World Championships this fall.

Kebenghe expressed his excitement about the future saying, *“I look forward to full collaboration of all iF3 member countries for seminars and joint training programs throughout the world.”*

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, *“We are very excited to add Cameroon to our family of iF3 Federations. Functional Fitness is continuing to grow and develop on the African continent, and we are thrilled that more athletes will now get to experience the sport in Cameroon.”*

More Information:

Strongman and Plural Sports Academy is the national governing body for competitive functional fitness in Cameroon. It is a non-profit organization headquartered in Yaounde Cameroon. For more information, please visit <https://www.facebook.com/Strongman-And-Plural-Sports-Academy>.