Center for Human Performance



Project Description: This project consists of a 22,000 square foot addition to the Center for Human

> Performance to house a new weight room, jogging track and a climbing wall. The facility has limited finishes and is designed to utilize energy efficient heating and cooling. The project was completed and opened to the Students May, 2011 and has had record use since the opening.

Project Budget: \$7,000,000

Project Cost: \$7,000,000



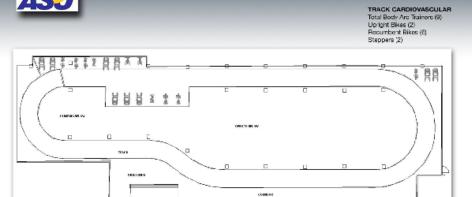


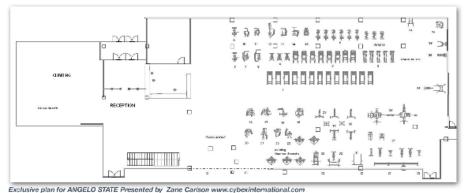
View of Second Floor Jogging

View of the Addition From the East









MAIN FLOOR CARDIOVASCULAR

- Treadmills (13)
 2 Total Body Arc Trainers (8)
 3 Elioticals (6)
 4 Steppers (3)
 5 Recumbent Bikes (6)
 Upright Rikes (3)

VR3 STRENGTH CIRCUIT

- VR3 STRENGTH OF 6 Prone Leg Curl 7 Clube 8 Abrilliotric 9 Adductor 9 Adductor 10 Seated Leg Curl 11 Leg Extension 12 Leg Press 3 Abdominal 14 Back Extension 15 Torso Rotation 16 Chest Press 7 Overneed Press 17 Overneed Press 19 Pulldown 19 Pulldown 20 Latral Raise

- 20 Latral Raise 21 Row 22 Am Extension

FUNCTIONAL TRAINING

- 24 FF-450 Functional Trainer
 25 FF-360 Functional Trainer
 25 FF-360 Functional Trainer
 26 Modular Cable Crossover
 Tower I Lat Pulldown
 Low Row, Arm Curl
 Tower II Lat Pulldown
 Assisted Chin Dip, Hi Lo Column

- FREE WEIGHTS
 27 Twin Tier Dumbbell Racks (3)
 Filst Besich
 -10-80* Adjustable Benefi (4)
 Upright Benefi (2)
 28 Olympic Benefies (3)
 29 Olympic Benefies Benefi
 30 Olympic Deathire Benefi
 31 Squast Rack
 32 Smith Machine
 33 Leg Press

- 33 Leg Press 34 Chin Dip 35 45° Back Extension 36 Bent Leg Abdominal Board

Existing Hammer Pieces (5)

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