

WEIGHT ROOM SOLUTIONS

Your Official Dynamic
Site Planning Guide

**MORE STRENGTH
PER SQUARE FOOT™**

500-999 SQ. FEET

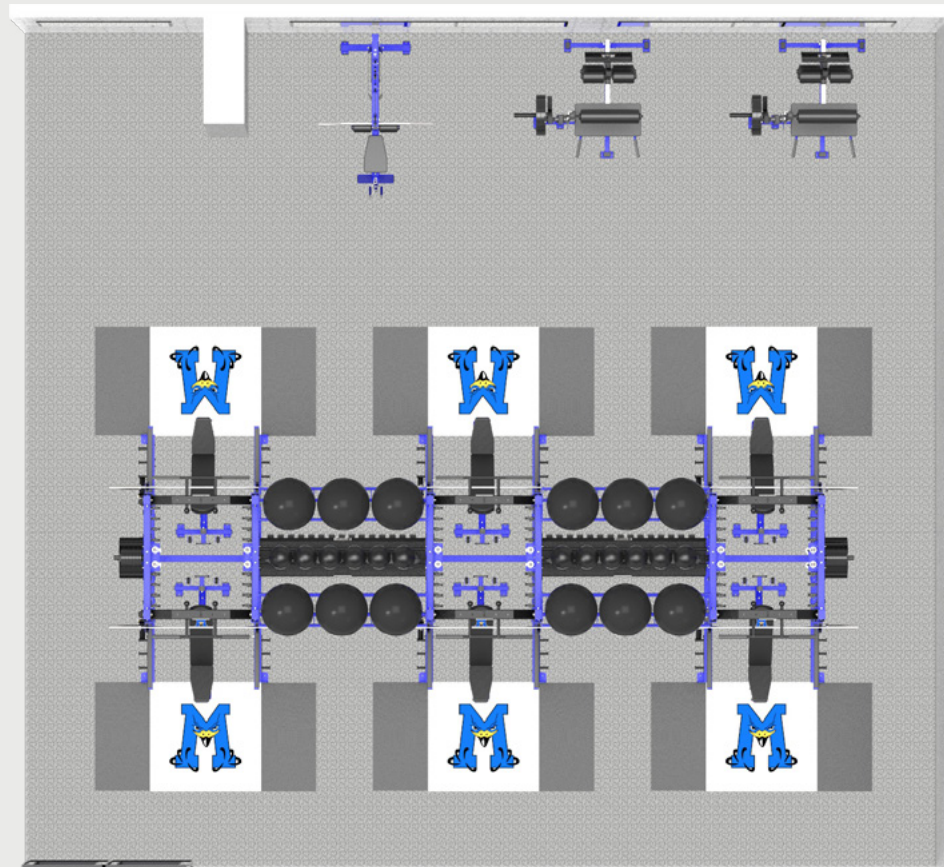
Cost Range:
\$40 - \$60 per sq ft

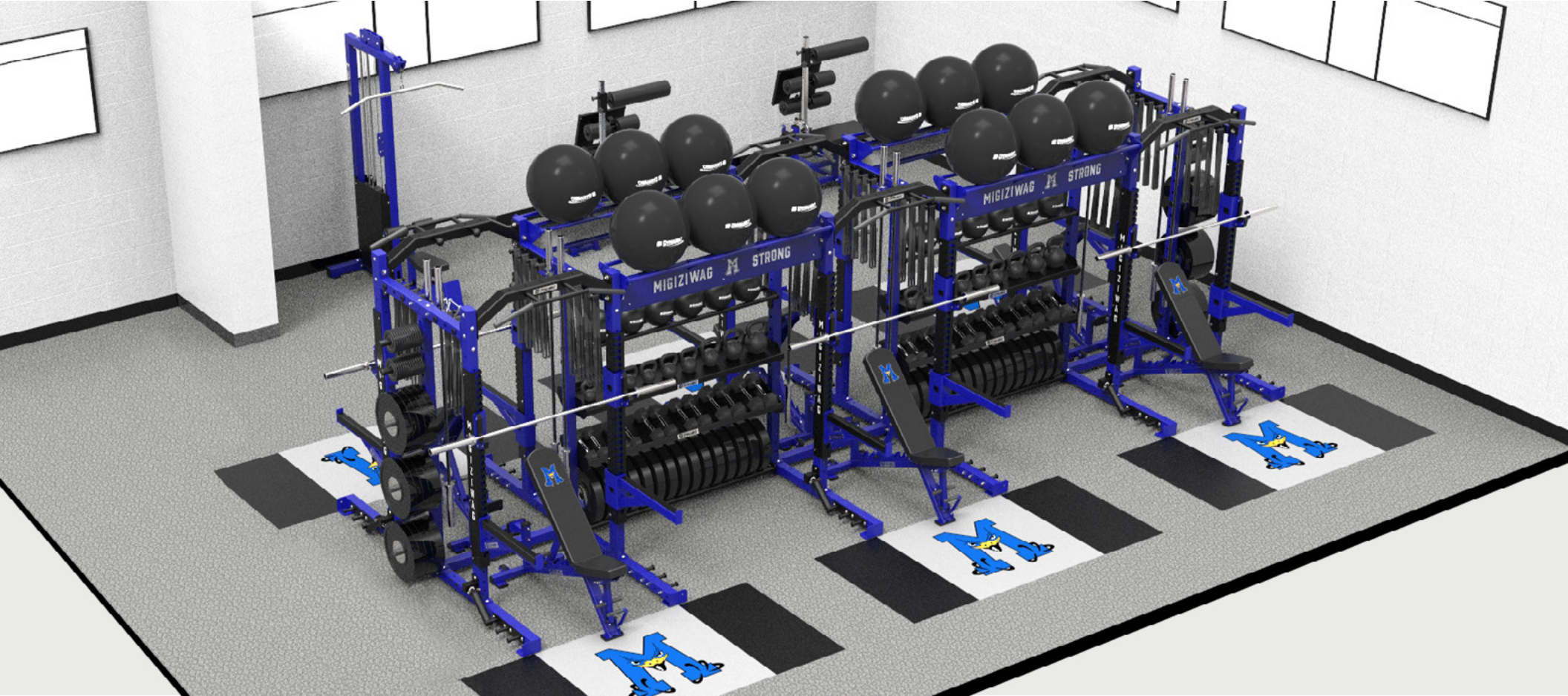


Solution 1

Lac Courte Oreilles Ojibwe School
Hayward, WI

Dollar amounts represent a baseline starting point for planning your room.
Cost can vary significantly depending on equipment customization and modification





EQUIPMENT:

- (3) Ultra Pro G2 Double Half Rack Single Post
- (6) Ladder Bench
- (2) Inverse Leg Curl
- (1) Lat/Low Row
- (2) Annex Plate Storage
- (2) Annex Medicine Ball Shelf
- (4) Annex Dumbbell/Kettlebell Shelf

ACCESSORIES:

- (1,220LB) Bumper Plates - 45/25/10/5/2.5
- (6) Resistance Band Set
- (6) Olympic Barbells
- (6) Power Barbells
- (6) Technique Training Barbells
- (12) Collar Sets
- (2) 5-50LB Hex Dumbbell Set
- 55-75LB Hex Dumbbell Set
- Kettlebells
- Slam Balls
- Physio Balls

CUSTOMIZING:

- Rack Uprights
- Bench Slip Covers
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms

1000-1999 SQ. FEET

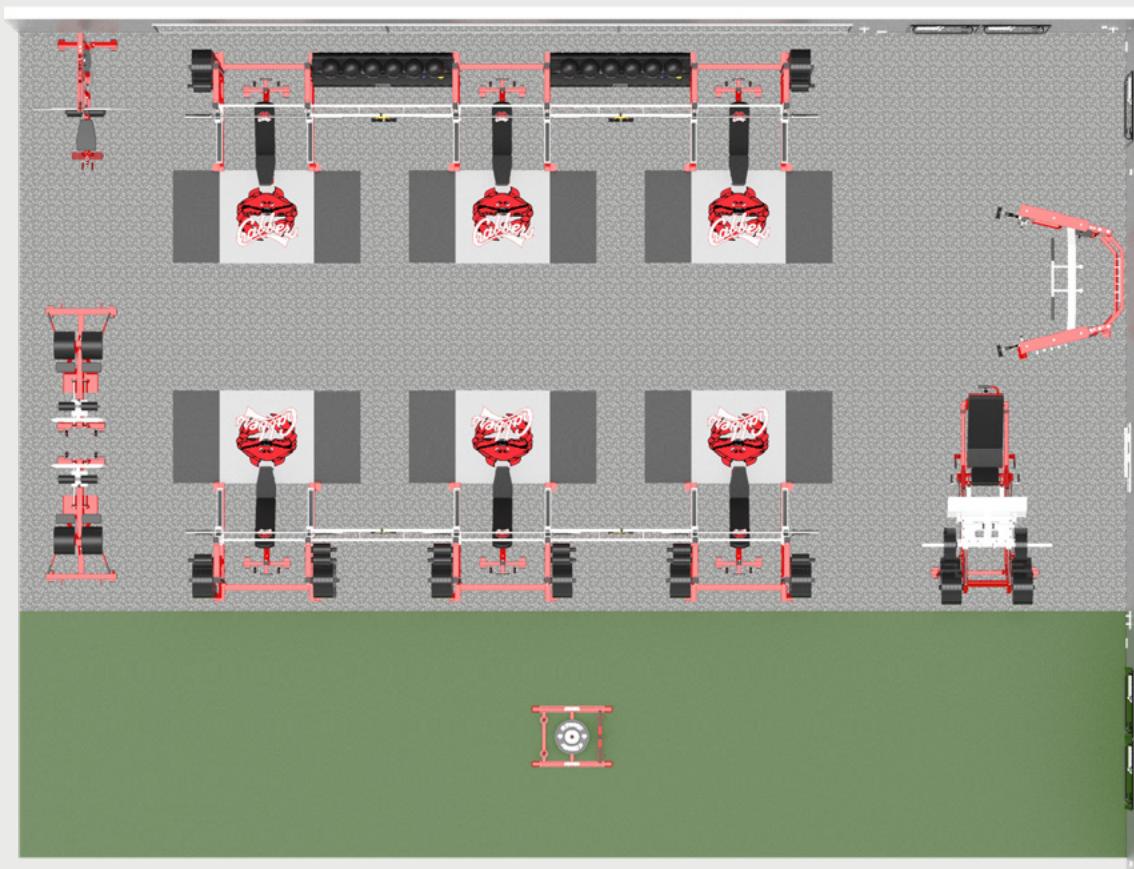
Cost Range:
\$45 - \$65 per sq ft

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Solution 1

Hampton High School
Hampton, VA





EQUIPMENT:

- (6) Titan G2 Half Rack
- (8) Ladder Bench
- (1) Lat/Low Row
- (1) Functional Trainer
- (1) Leg Press
- (1) Accell Sled
- (2) Linear GHD
- (2) Annex Plate Storage
- (1) Annex Medicine Ball Shelf
- (5) Annex Dumbbell/Kettlebell Shelf
- (4) TRX Suspension Trainer

ACCESSORIES:

- (3,200LB) Bumper Plates - 45/25/10/5/2.5
- (6) Olympic Barbells
- (6) Collar Sets
- 5-100LB Hex Dumbbell Set
- (3) Titan Athletic Training Arms
- (2) Titan Quick-Change Dip Station
- (2) Battle Rope
- Medicine Balls
- Kettlebells
- (1) Resistance Band Set

CUSTOMIZING:

- Laser-Cut Logo Connector Bars
- Bench Slip Covers
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms
- Turf Option

2000-2999 SQ. FEET

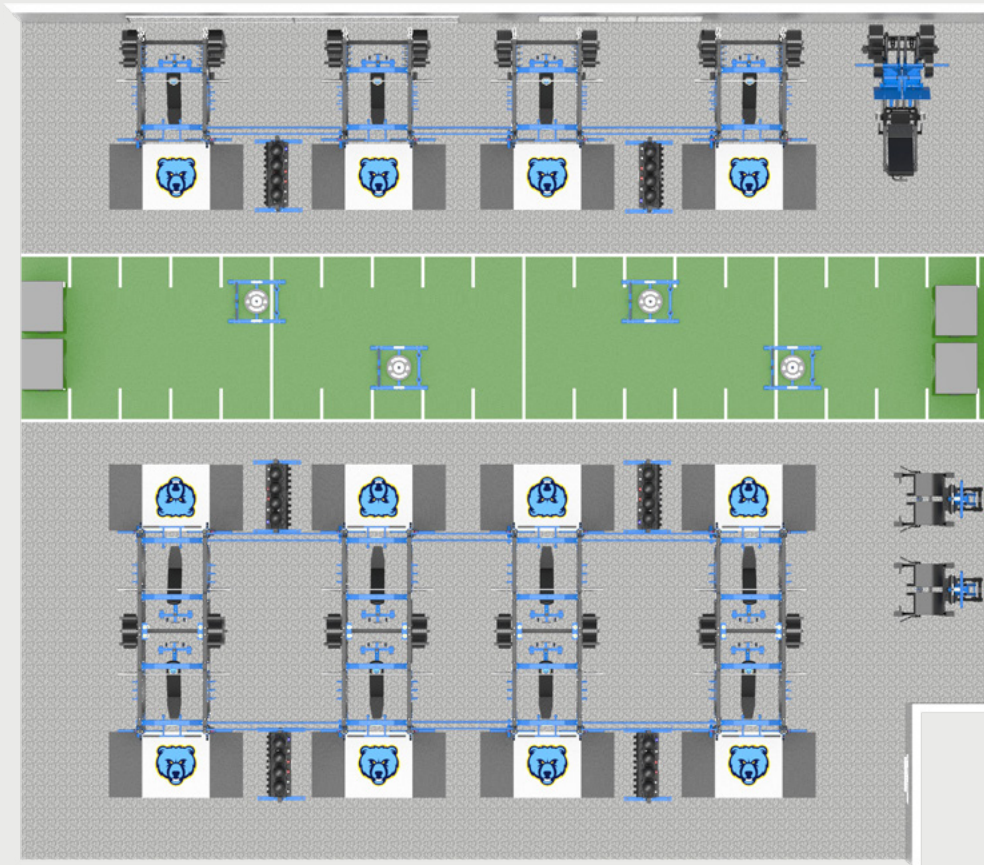
Cost Range:
\$45 - \$65 per sq ft

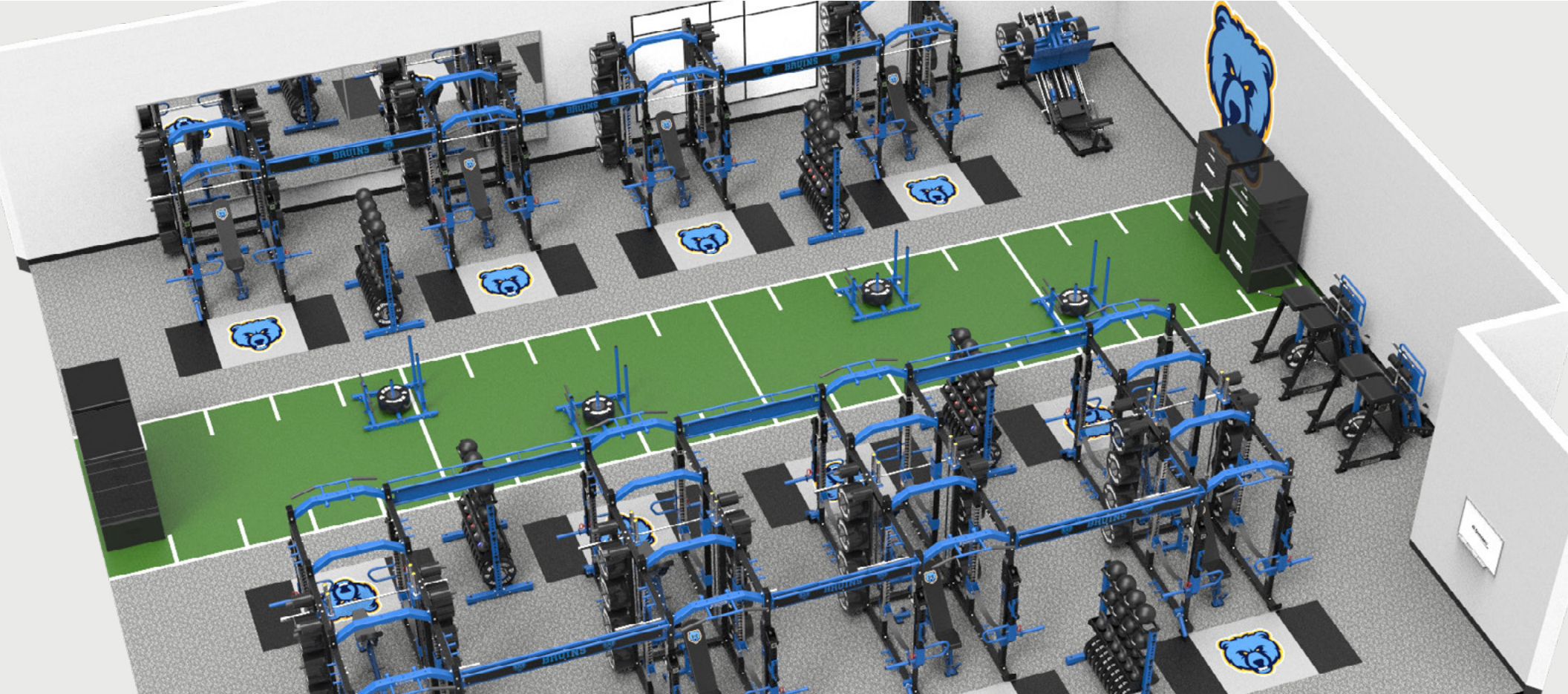
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Solution 1

South Florence High School
Florence, SC





EQUIPMENT:

- (4) Ultra Pro Double Power Rack
Single Post
- (4) Ultra Pro Power Rack
- (12) Ladder Bench
- (2) Hyper/GHD Combo
- (4) Accell Sled
- (1) Bilateral Leg Press
- (6) Annex Plate Storage
- (12) Ultra Pro Upright Storage
- (12) Annex Medicine Ball Shelf
- (6) Annex Dumbbell/Kettlebell
Shelf

ACCESSORIES:

- (2,250LB) Bumper Plates -
45/25/10/5/2.5
- (24) Power Barbells
- (12) Hex/Trap Bar
- (12) Collar Sets
- (12) Ultra Pro Reverse Dip Station
- (12) Ultra Pro Athletic Training
Arms
- Medicine Balls
- (4) Battle Rope
- (12) Lifting Chain Set
- (4) Soft Plyo Set

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary &
Secondary Colors
- Inlaid Platforms
- Turf Option

3000-3999 SQ. FEET

Cost Range:
\$65 - \$85 per sq ft

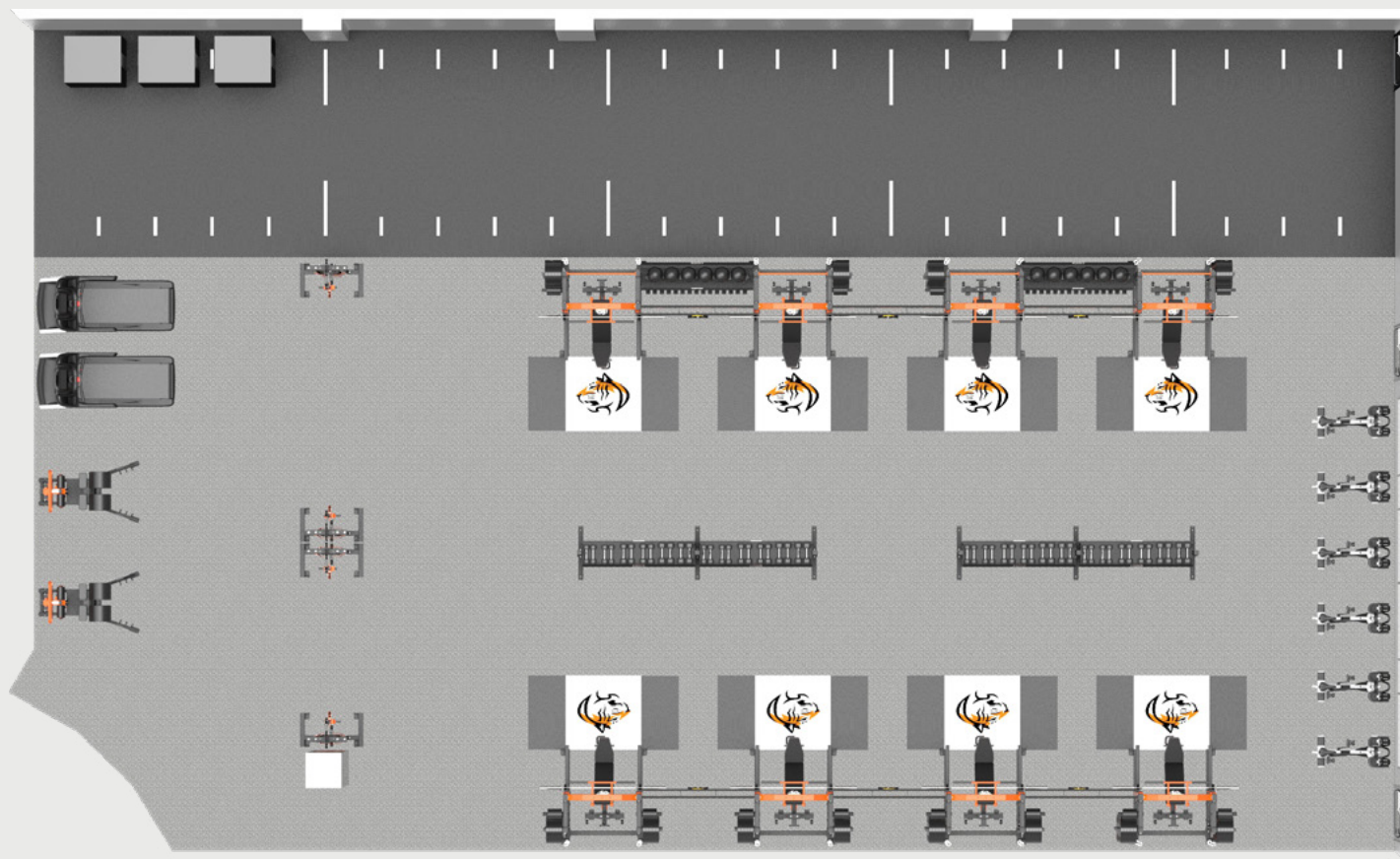
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DYNAMIC
FITNESS & STRENGTH



Solution 1

Greenwich Country Day School
Greenwich, CT





EQUIPMENT:

- (8) Ultra Pro G2 Half Rack
- (8) Ladder Bench
- (4) Cable High/Low Trainer
- (2) Walk Thru GHD
- (4) Annex Saddle Dumbbell Shelf
- (2) Annex Plate Storage
- (6) Ultra Pro Upright Storage
- (2) Annex Medicine Ball Shelf
- (16) Annex Dumbbell/Kettlebell Shelf
- (1) 2-Tier Foam Roller Rack
- (2) Vertical Bumper Tree

- (2) Treadmill

- (8) TRX Suspension Trainer

ACCESSORIES:

- (2,100LB) Bumper Plates - 45/25/10/5/2.5
- (16) Olympic Barbells
- (8) Hex/Trap Bar
- (8) Collar Sets
- (3) 5-50LB Hex Dumbbell Set
- (2) 55-75LB Hex Dumbbell Set
- (2) 80-100LB Hex Dumbbell Set
- (12) Ultra Pro Dip Station

- (10) Weight Vest

- (10) Airex Balance Pad
- Wall Balls

- Physio Balls
- Kettlebells

- (20) Foam Roller
- (2) Battle Rope
- (4) Agility Ladder
- (18) Resistance Band Set
- (8) Split Squat Roller
- (8) Ultra Pro Plyo Step Set
- (1) Just Jump System

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Bumper Plates
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms
- Turf Option

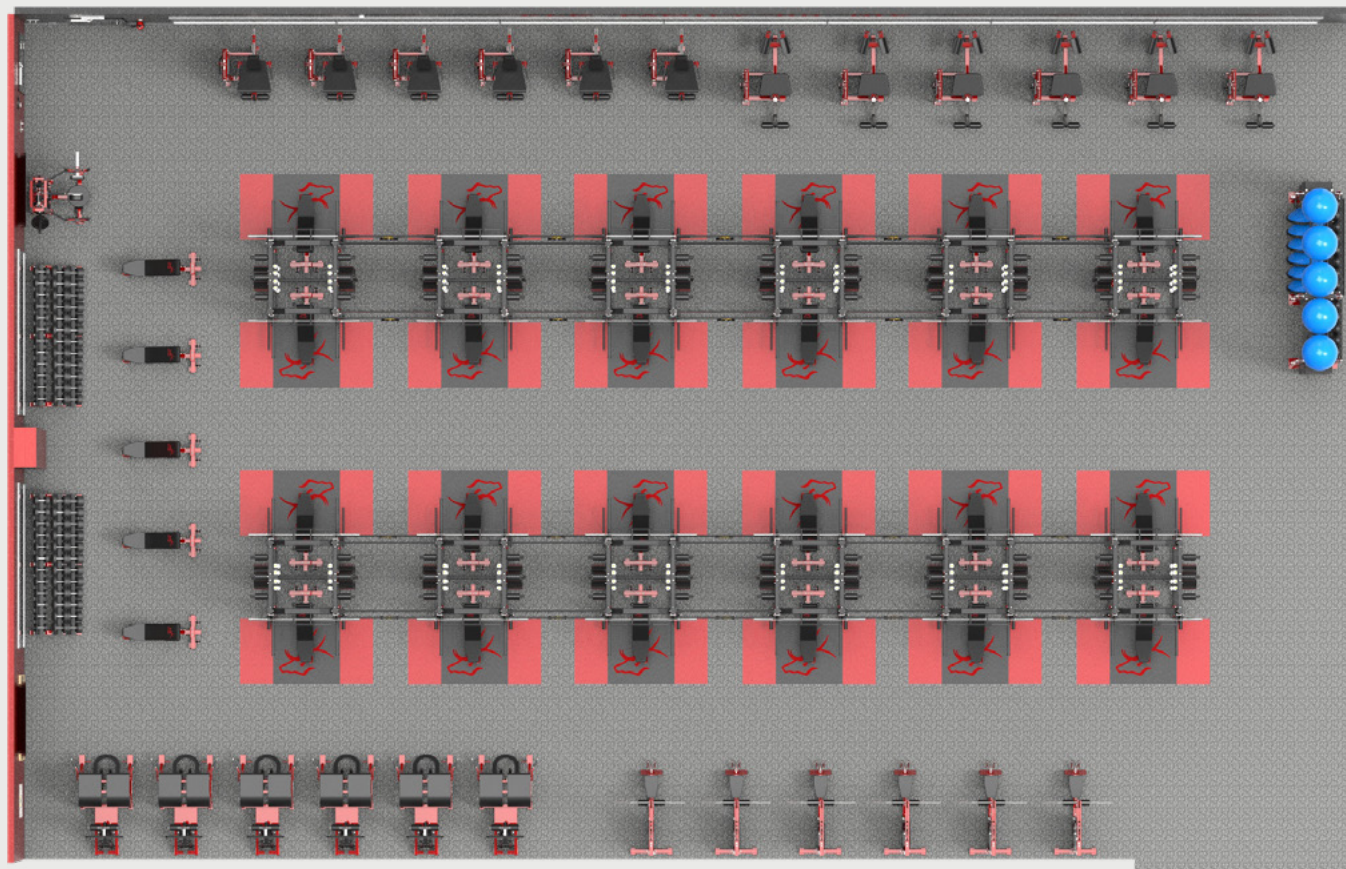
4000-4999 SQ. FEET

Cost Range:
\$45 - \$65 per sq ft



Solution 1
Burleson High School
Burleson, TX

Dollar amounts represent a baseline starting point for planning your room.
Cost can vary significantly depending on equipment customization and modification





EQUIPMENT:

- (12) Ultra Pro Double Half Rack Single Post
- (29) Ladder Bench
- (6) Lat/Low Row
- (6) Hyper/GHD Combo
- (1) Head & Neck Isolator
- (6) Leg Extension
- (6) Prone Leg Curl
- (2) Ultra Pro 3-Tier Dumbbell Rack
- (1) 10-Foot Storage Locker
- (20) TRX Suspension Trainer

ACCESSORIES:

- (8,400LB) Bumper Plates - 45/25/10/5/2.5
- (12) Olympic Barbells
- (12) Power Barbells
- (7) Olympic Curl Bar
- (24) Collar Sets
- (3) 5-50LB Hex Dumbbell Set
- (2) 55-75LB Hex Dumbbell Set
- (2) 80-100LB Hex Dumbbell Set
- Physio Balls
- Slam Balls
- Kettlebells

BOSU Balls

- (2) Foam Roller
- (2) Battle Rope
- (24) Resistance Band Set
- (10) Foam Floor Mats
- (12) Lifting Chain Set

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Bumper Plates
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms
- Barbell Caps

5000-5999 SQ. FEET

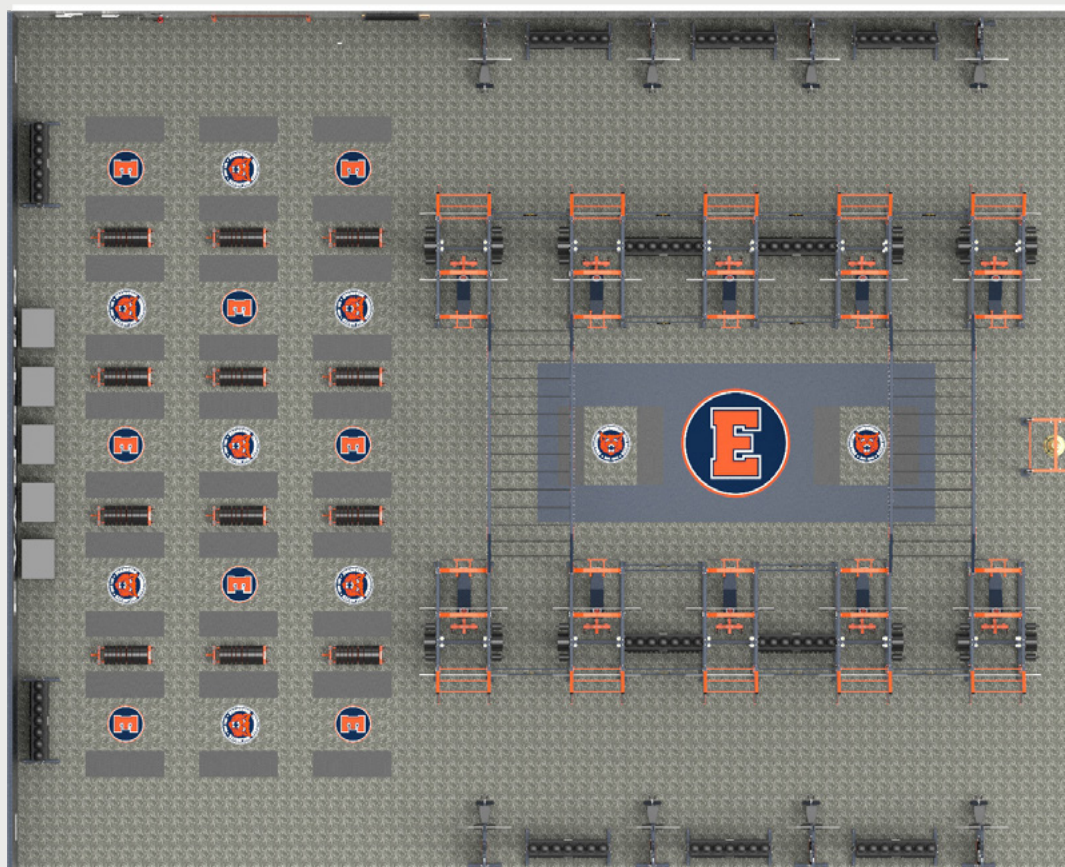
Cost Range:
\$65 - \$85 per sq ft

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Solution 1

Evanston High School
Evanston, IL





EQUIPMENT:

- (10) Ultra Pro Power Rack/Half Rack Combo
- (25) Ladder Bench
- (8) Lat/Low Row
- (4) Accell Sled
- (2) Ultra Pro Bridge
- (4) Annex Plate Storage
- (8) Annex Medicine Ball Shelf
- (36) Annex Dumbbell/Kettlebell Shelf
- (16) Annex Free-Standing Upright Storage

- (12) Horizontal Rolling Bumper Storage
- (2) 10-Bar Wall Mount Storage
- (12) TRX Suspension Trainer

ACCESSORIES:

- (8,900LB) Bumper Plates - 45/25/10/5/2.5
- (20) Olympic Barbells
- (35) Collar Sets
- (6) 5-50LB Hex Dumbbell Set
- (2) 55-75LB Hex Dumbbell Set
- (2) 80-100LB Hex Dumbbell Set

- Slam Balls
- Medicine Balls
- Kettlebells
- (20) Resistance Band Set
- (20) Split Squat Roller
- (10) Dip Belts
- (5) Soft Plyo Set

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Bumper Plates
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms
- Barbell Caps
- Bridge Logos
- Custom Bell Tower

6000-7999 SQ. FEET

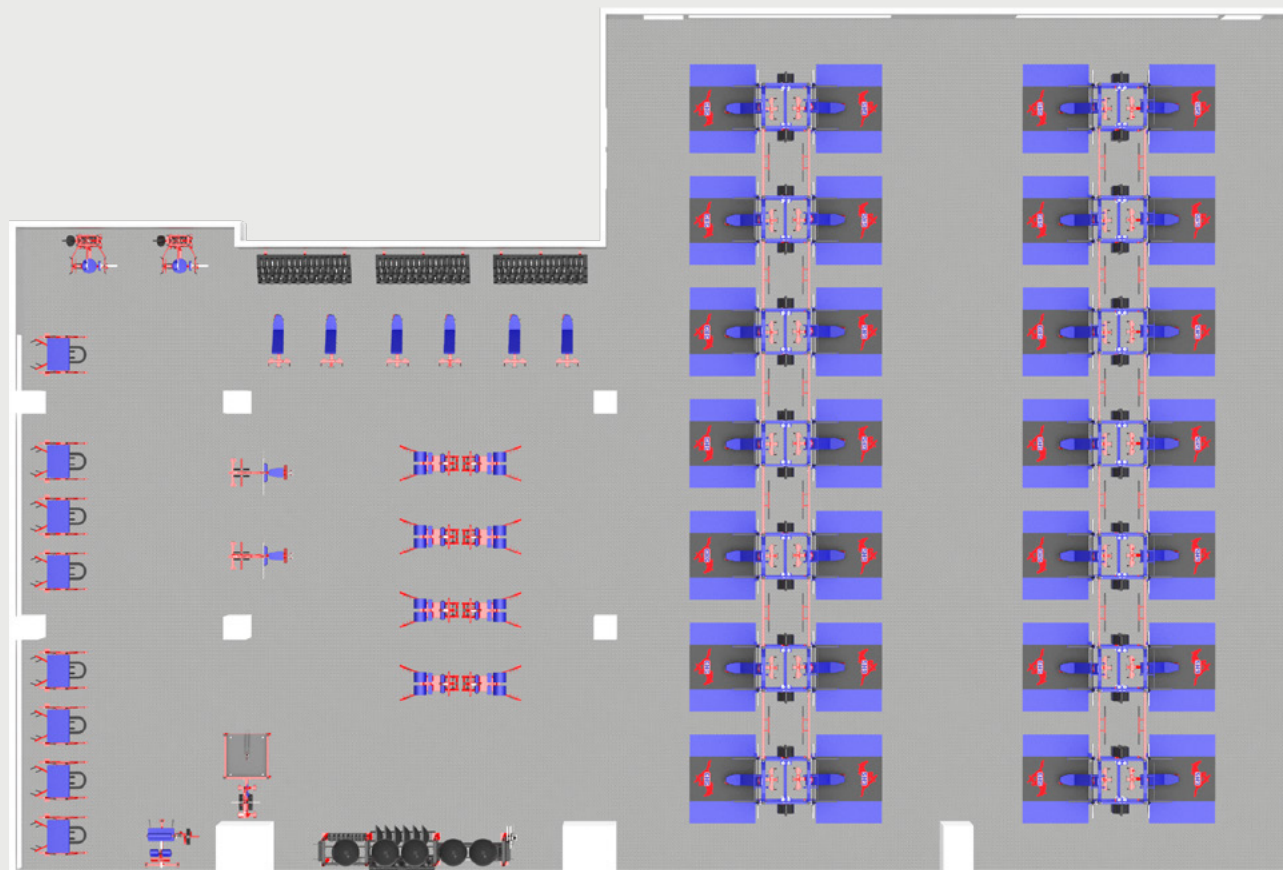
Cost Range:
\$45 - \$65 per sq ft

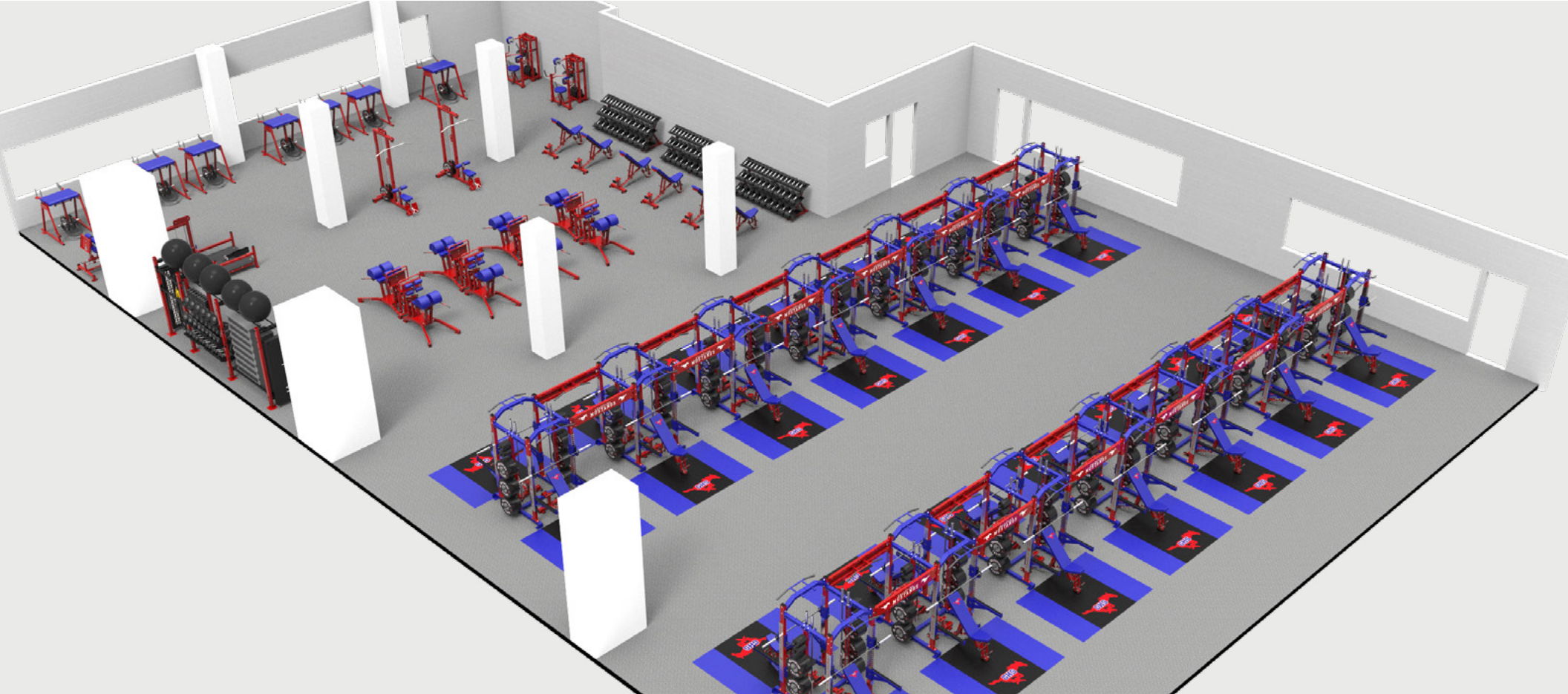
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Solution 1

Grapevine High School
Grapevine, TX





EQUIPMENT:

- (14) Ultra Pro Double Half Rack Single Post
- (34) Ladder Bench
- (2) Lat/Low Row
- (8) Walk Thru GHD
- (8) Hyper/GHD Combo
- (1) Inverse Leg Curl
- (1) Belt Squat
- (2) Head & Neck Isolator
- (3) Ultra Pro 3-Tier Dumbbell Rack
- (1) 16-Foot Storage Locker
- (1) TRX Suspension Trainer

ACCESSORIES:

- (8,200LB) Bumper Plates - 45/35/25/10/5/2.5
- (10) Olympic Barbells
- (18) Power Barbells
- (6) Technique Training Barbells
- (28) Collar Sets
- (3) 5-50LB Hex Dumbbell Set
- (3) 55-75LB Hex Dumbbell Set
- (3) 80-100LB Hex Dumbbell Set
- Slam Balls
- Physio Balls
- Kettlebells

- (14) Resistance Band Set
- (14) Foam Floor Mats
- Lifting Chain Set
- (12) Aerobic Step Platforms
- (24) Exercise Step Risers

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Bumper Plates
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms

8000-9999 SQ. FEET

Cost Range:
\$45 - \$65 per sq ft

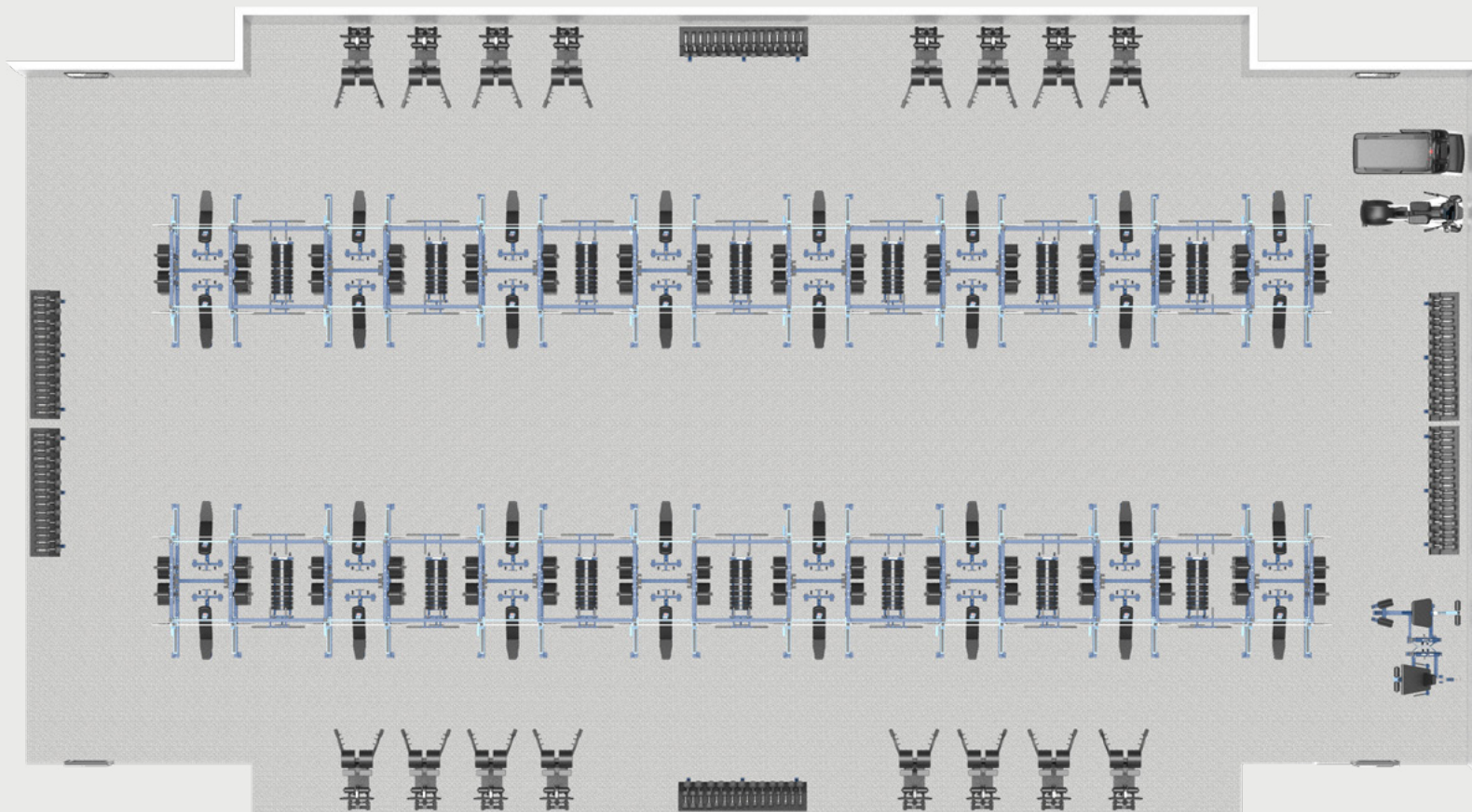
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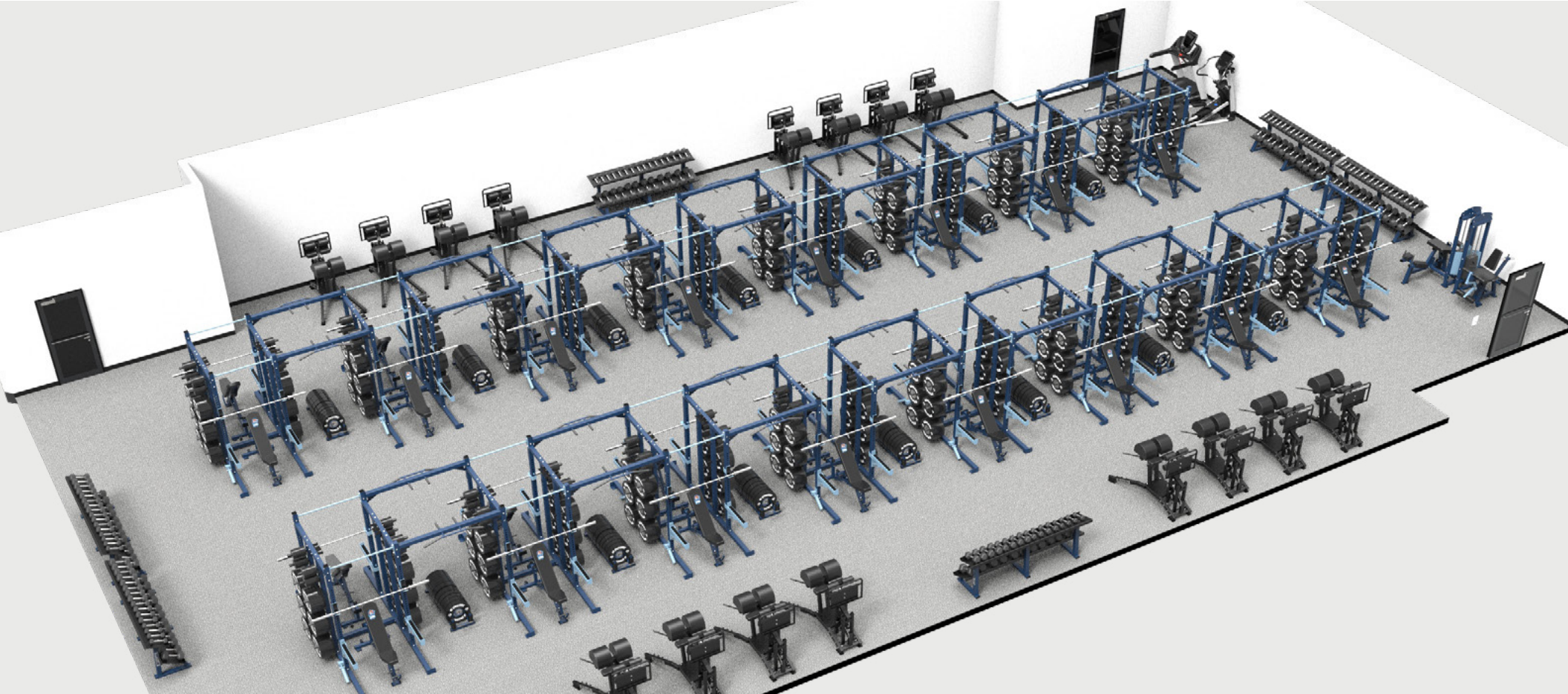
DYNAMIC
FITNESS & STRENGTH



Solution 2

Mary Carroll High School
Corpus Christi, TX





EQUIPMENT:

- (16) Titan G2 Double Half Rack
- (32) Ladder Bench
- (16) Accell GHD
- (1) Leg Extension
- (1) Prone Leg Curl
- (16) Horizontal Rolling Bumper Storage
- (6) Ultra Pro 2-Tier Dumbbell Rack
- (1) Treadmill
- (1) Elliptical or Cycle Trainer

ACCESSORIES:

- (17,920LB) Cast Iron Plates - 45/25/10/5/2.5
- (5,120LB) Bumper Plates - 45/25/10
- (32) Olympic Barbells
- (32) Power Barbells
- (32) Technique Training Barbells
- (96) Collar Sets
- (4) 5-50LB Hex Dumbbell Set
- (2) 55-75LB Hex Dumbbell Set
- (2) 80-100LB Hex Dumbbell Set
- (32) Battle Rope

- (32) Lifting Chain Set

CUSTOMIZING:

- Bench Slip Covers
- Powder-Coat Primary & Secondary Colors

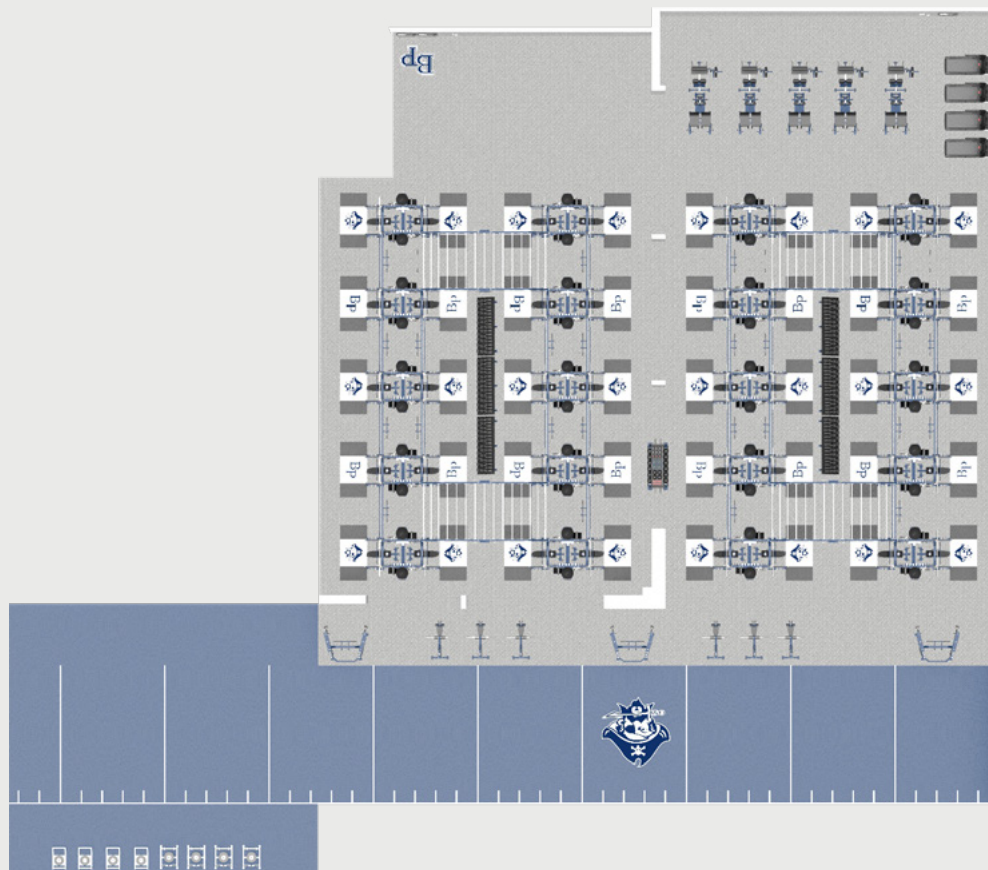
10000-11999 SQ. FEET

Cost Range:
\$65 - \$85 per sq ft

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Cost can vary significantly depending on equipment customization and modification



Solution 1 Bay Port High School Green Bay, WI





EQUIPMENT:

(20) Ultra Pro G2 Double Half Rack
Double Post
(40) Ladder Bench
(6) Lat/Low Row
(5) Inverse Leg Curl
(5) Hyper/GHD Combo
(3) Functional Trainer
(8) Accell Sled
(6) Ultra Pro 3-Tier Dumbbell Rack
(1) Annex Saddle Dumbbell Shelf
(4) Treadmill
(4) Education Tables

(4) Ultra Pro Bridge

ACCESSORIES:

(11,100LB) Bumper Plates -
45/25/10/5/2.5
(45) Power Barbells
(20) Technique Training Barbells
(40) Hex/Trap Bar
(60) Collar Sets
(5) 5-50LB Hex Dumbbell Set
(5) 55-85LB Hex Dumbbell Set
(40) Ultra Pro Dip Station
(40) Squat Box

Medicine Balls
Wall Balls
Physio Balls
Kettlebells
(50) Resistance Band Set
(15) Battle Rope
(8) Soft Plyo Set
(8) Agility Ladder

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Bumper Plates
- Laser-Cut Logo Connector Bars
- Powder-Coat Primary &
Secondary Colors
- Inlaid Platforms
- Barbell Caps
- Bridge Logos
- Turf Option

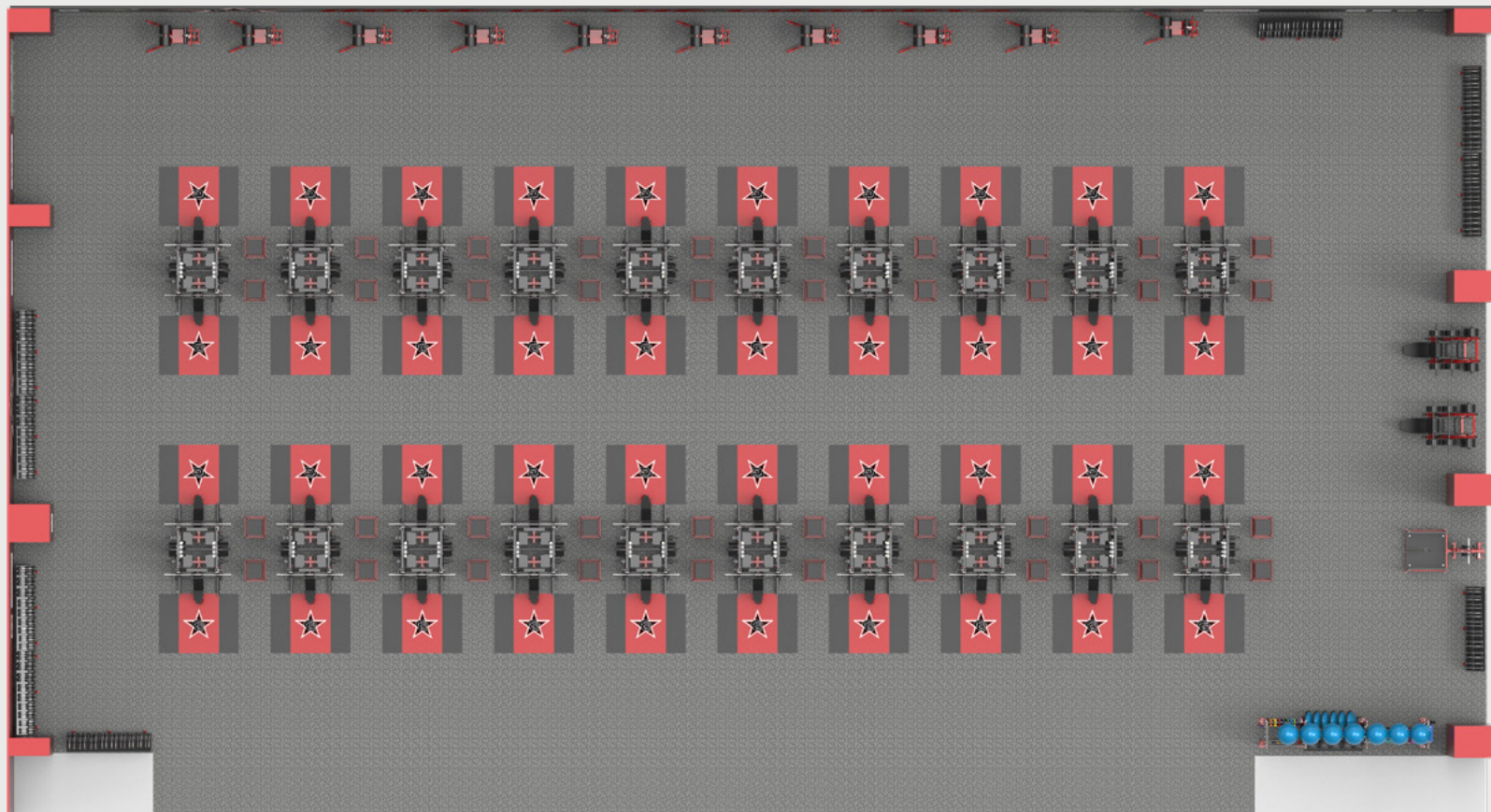
**12000+
SQ. FEET**

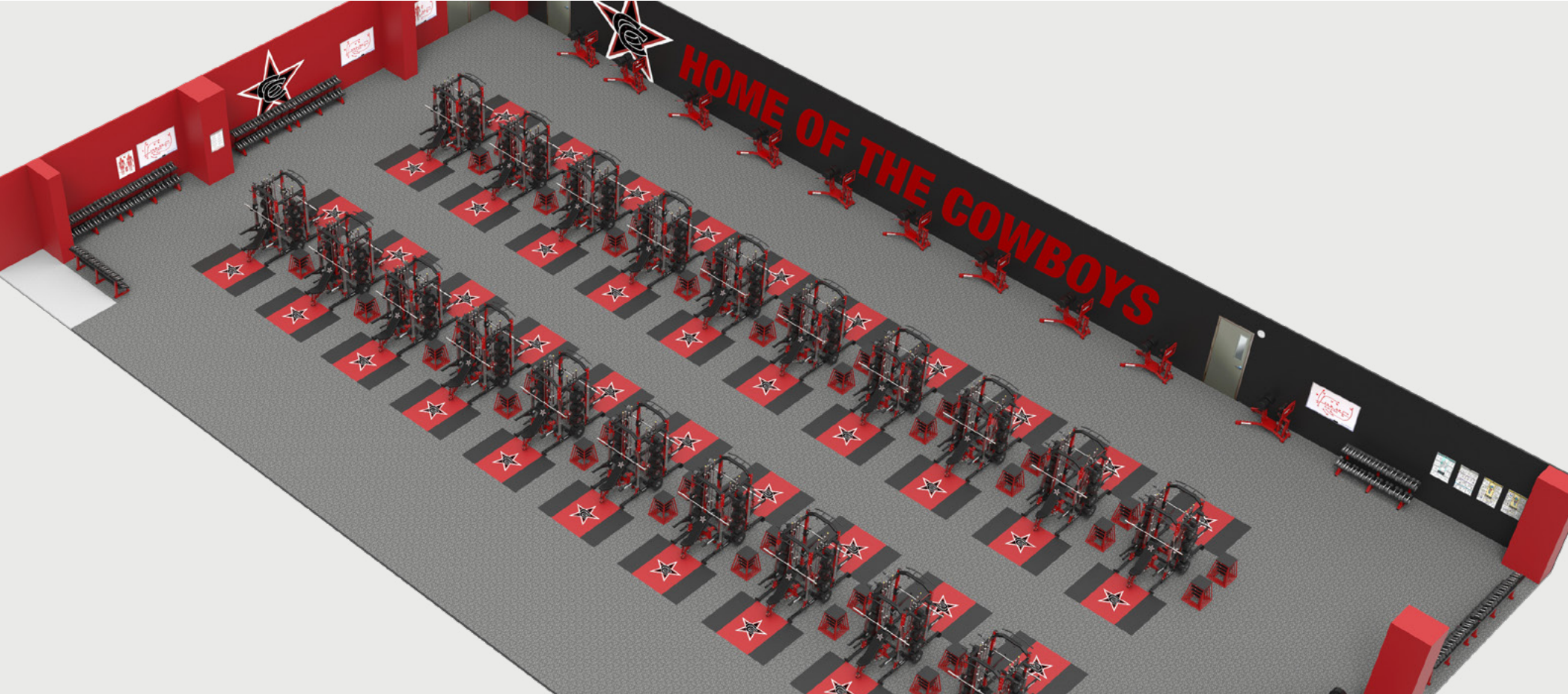
Cost Range:
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Solution 2
Coppell High School
Coppell, TX





EQUIPMENT:

- (20) Ultra Pro Double Half Rack Single Post
- (40) Ladder Bench
- (1) Belt Squat
- (2) Leg Press
- (10) Walk Thru GHD
- (4) Accell 2-Tier Kettlebell Shelf
- (9) Ultra Pro 2-Tier Dumbbell Rack
- (2) TRX Suspension Trainer
- (1) 16-Foot Storage Locker
- (1) Athletic Training Platform

ACCESSORIES:

- (9,120LB) Bumper Plates - 45/35/25/10/5/2.5
- (8) Olympic Barbells
- (10) Technique Training Barbells
- (8) Collar Sets
- (6) 5-50LB Hex Dumbbell Set
- (3) 55-75LB Hex Dumbbell Set
- (3) 80-100LB Hex Dumbbell Set
- (16) Spotter Stands
- Medicine Balls
- Physio Balls
- Kettlebells

- (2) Battle Rope
- (40) Resistance Band Set
- (10) Split Squat Roller
- (40) Ultra Pro Plyo Step Set
- (10) Foam Floor Mats
- Lifting Chain Set
- (12) Aerobic Step Platforms
- (24) Exercise Step Risers
- (10) Jump Ropes
- (20) Padded Lifting Belts

CUSTOMIZING:

- Bench Slip Covers
- Rack Uprights
- Powder-Coat Primary & Secondary Colors
- Inlaid Platforms