

# Weight Room (Phase 2) Flooring Request

# Why It Is Needed

- Better for our students and athletes' experience and safety while in the weight room
- Maximize usable space
- Protect flooring and equipment
- This is a classroom that has been ignored
- Most used room in the school
- Not just for KHS. K-fit, other groups.

# Student Perspective

- Kade Larson- Football, Basketball, Baseball/Track
- Eva Ward- Cheerleading, Track

# Fitness Class Breakdown

	Champlin O hour	Olsen 1A	Olsen 2A	Olsen 3A	Toone 4A	Olsen 1B	Olsen 2B	Olsen 3B	Champlin 4B	Total	Class Average
Total	7	13	21	24	32	18	16	22	30	183	20
Athlete	5	7	14	16	19	8	8	14	15	106	12
Varsity Athlete	4	3	7	6	13	2	4	7	8	54	6

58% Percent of student in fitness who are athletes

30% Percent of students in fitness who are varsity athletes

# What we started with

- 3 Squat Racks
- 3 Deadlift/Power Clean Platforms
- 4 bench presses
- 1 non-adjustable incline bench press
- 3 auxiliary benches (1 adjustable)
- Wooden/metal plyometric boxes
- A mixture of dumbbells (mostly metal)
- Limited rubber-coated plates (mostly metal plates)
- Other miscellaneous problems

# Problems With the Old Space

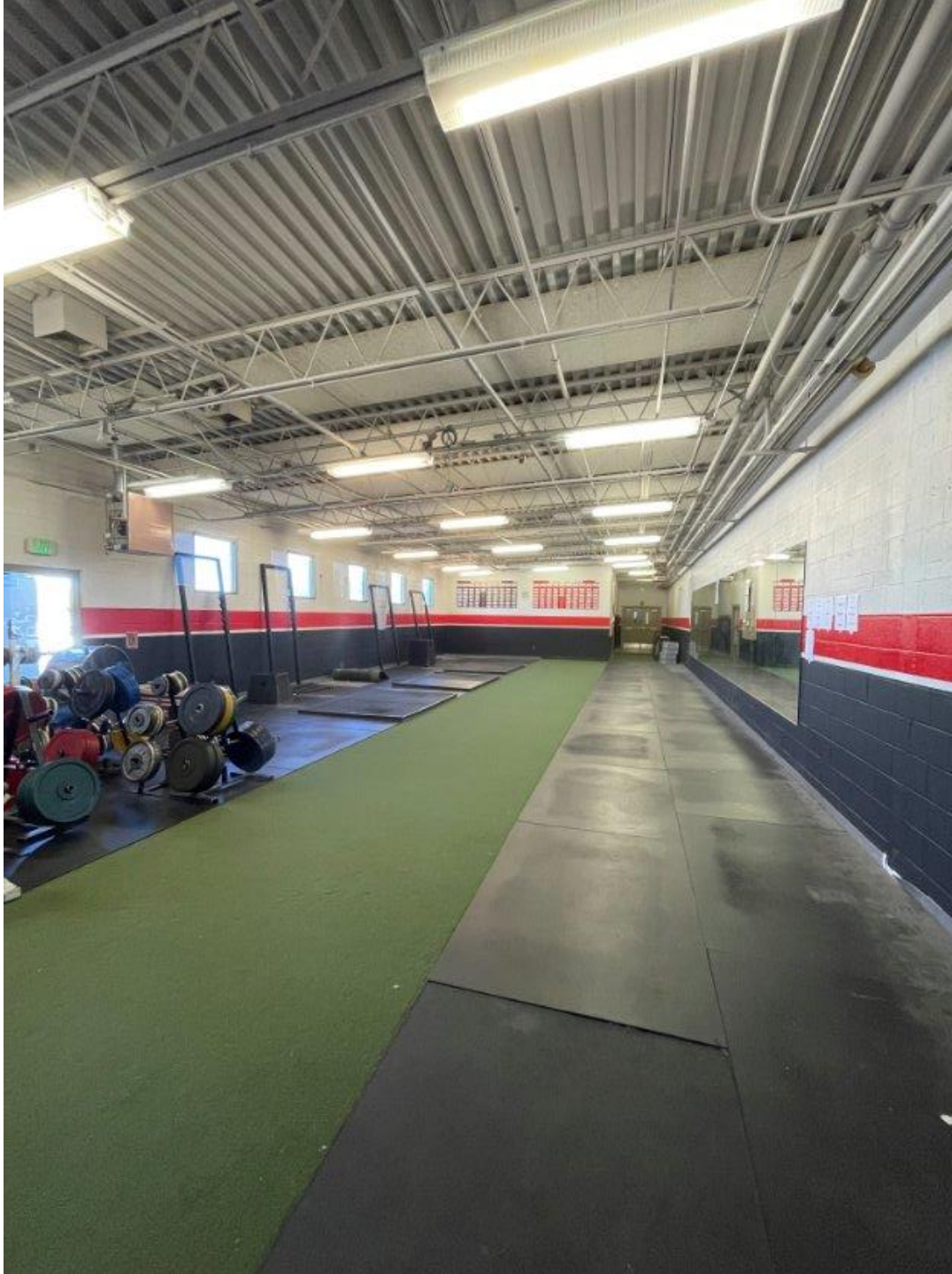
- Inefficiency of space
  - Leading to inefficiency in teaching/coaching
- Old equipment
- Broken equipment
- Lack of proper storage
  - Equipment had to be left on the floor
- Tripping hazards
- Exposed concrete was a slipping hazard







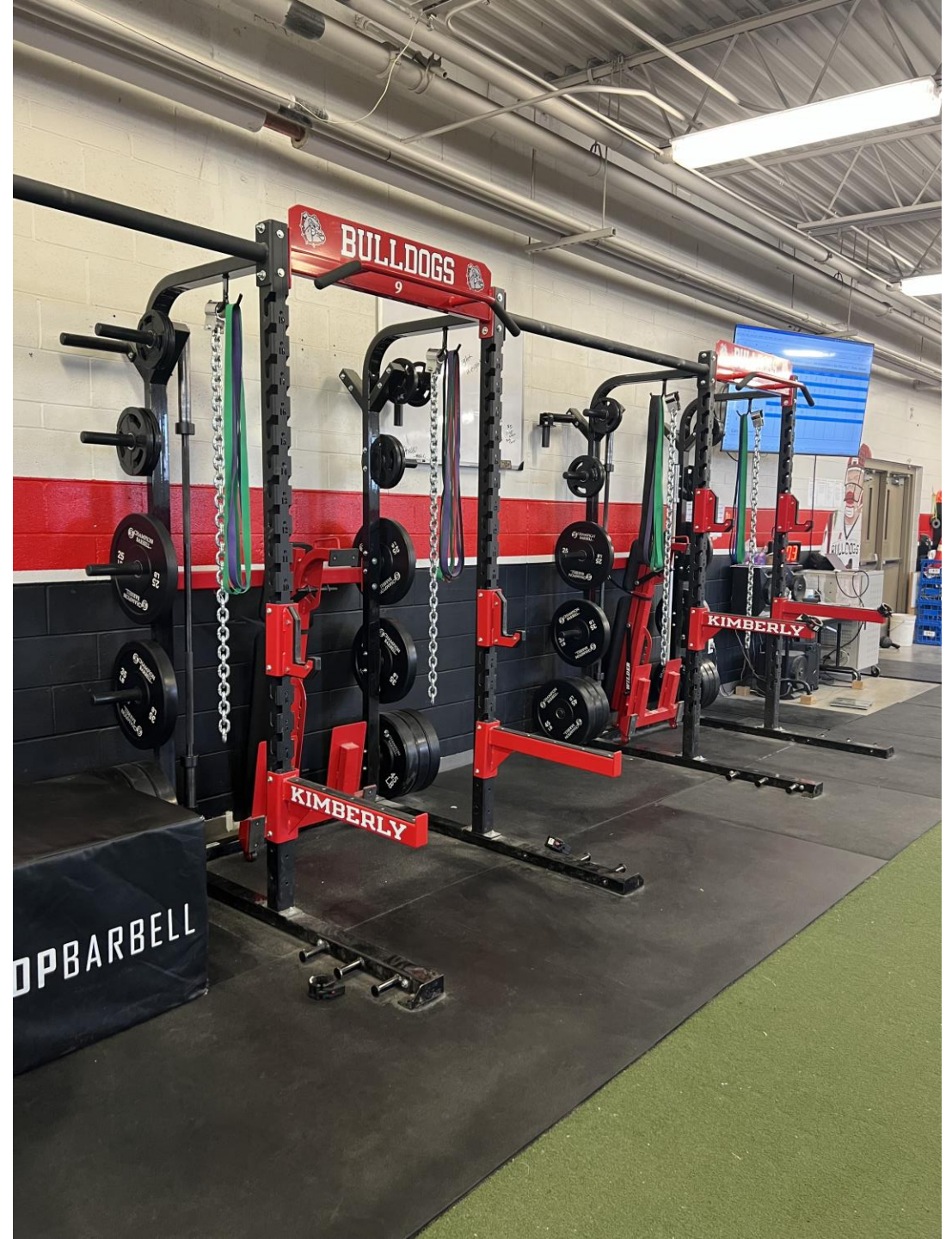






# Phase 1

- 10 lifting stations
  - Usable bridges in between lifting stations
- 10 adjustable benches
- 2 deadlift/power clean platforms
- Foam plyometric boxes
- Rubber coated plates
- Rubber coated dumbbells
- Same rubber flooring, same turf















# Problems With the Existing Space

- Inefficiency of space
- Limits movement patterns
  - Can't do deadlifts and Olympic lifting properly
- Hardness of the tiles damages equipment
  - Damages concrete floor underneath
- Rubber tiles are different sizes and shapes
- Rubber tiles and turf constantly move
- Turf is hard
  - Has no base layer for protection
  - Turf gets damaged, and already has holes in it
  - Turf moves since it's not glued down
- Racks get moved since they are not fixed into the floor
- Still have tripping hazards
- Exposed concrete is a slipping hazard
- Difficult to clean







# Requested Flooring

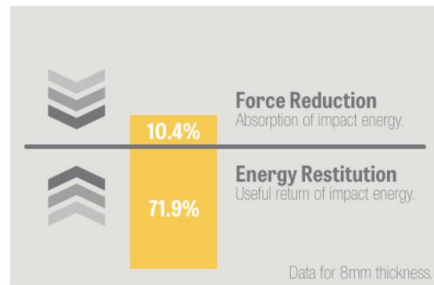
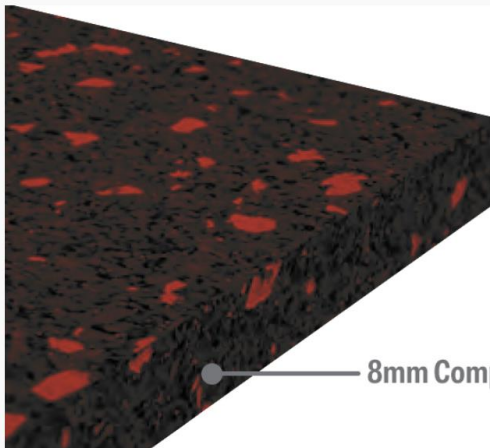
- New rubber flooring for the entire weight room
- 10 Inlaid Olympic lifting platforms
- New turf

# Benefits of New Rubber Floor

## Rolled Rubber

Affordable, easy to maintain. Near-seamless, cleaner look. Platform areas and custom logos available.

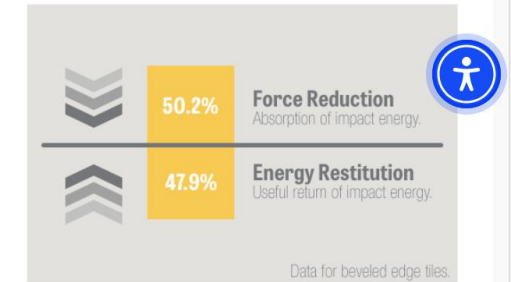
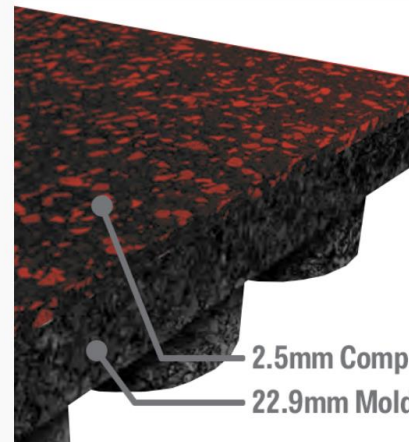
- Glued down.
- Requires professional installation.
- Solid composition rubber or combination composition rubber and shock pad options available.
- Less force reduction, but more energy restitution.
- Roll lengths available are:
  - 0.24in by 48in (6mm by 1.22m)
  - 0.30in by 48in (7.5mm by 1.22m)
  - 0.31in by 48in (8mm by 1.22m)
  - 0.35in by 48in (9mm by 1.22m)
  - 0.41in by 48in (10.5mm by 1.22m)
  - 0.57in by 48in (14.5mm by 1.22m)
  - 0.89in by 48in (22.5mm by 1.22m).



## Rubber Tiles

Non-permanent, great for weight training. Platform areas and custom logos available.

- Not glued down.
- Professional installation not required.
- Composition rubber atop a molded base.
- Near-equal amounts of force reduction and energy restitution.
- Tiles are available with beveled edges or in flush interlocking.
  - Beveled edge tiles are 1in (2.54cm) thick and measure 24in by 24in (60.96cm by 60.96cm).
  - Interlocking tiles measure 23in by 23in (58.42cm by 58.42cm) and are available in:
    - 0.31in (8mm) thickness
    - 0.57in (14.5mm) thickness



**Rubber flooring is available in the following colors.** Some colors may be an additional charge depending on the type of flooring ordered. Due to differences in monitor settings, these colors may appear differently. As always, you can ask your Legend Fitness Territory Manager for samples if color match is critical.

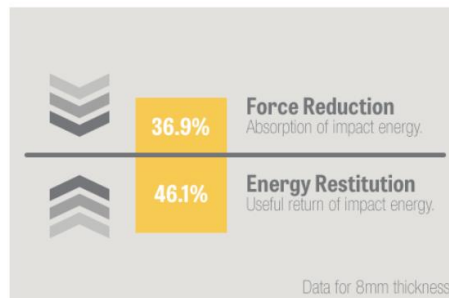
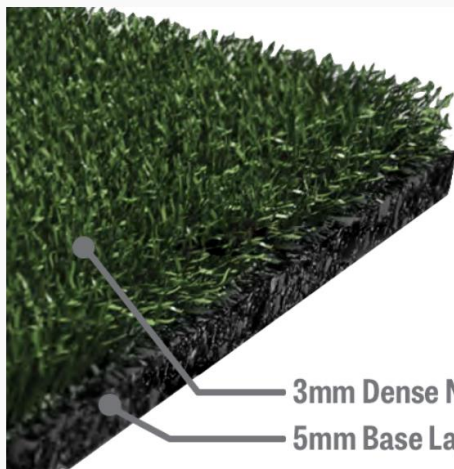


# New Turf

## Indoor Turf

Build speed and agility indoors.

- Available in rolls or interlocking tiles.
- Solid rubber base layer with dense nylon wear layer.
- Layers fused for extra durability.
- Less force reduction, but more energy restitution.
- Yard lines and custom logos available.
- Available in rolls measuring:
  - 0.31in with 0.20in base layer, .011in wear layer by 75in (8mm with 5mm base layer, 3mm wear layer by 1.83m)
  - 0.59in with 0.47in base layer, 0.11in wear layer by 75in (15mm with 12mm base layer, 3mm wear layer by 1.83m)
- Custom roll lengths available.
- Tiles are 0.59in with 0.47in base layer, 0.11in wear layer (15mm with 12mm base layer, 3mm wear layer) and they measure 23in (58.42cm) by 46in (116.84cm).
- Interlocking transition system also available.



3mm Dense Nylon Wear Layer

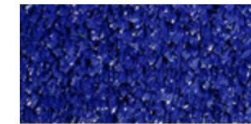
5mm Base Layer

## Available Turf Colors

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Black



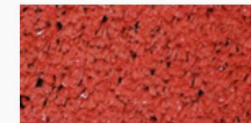
Florida Blue



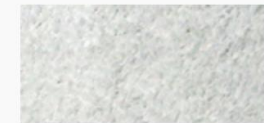
Meadow Green



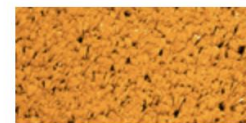
Navy



Red

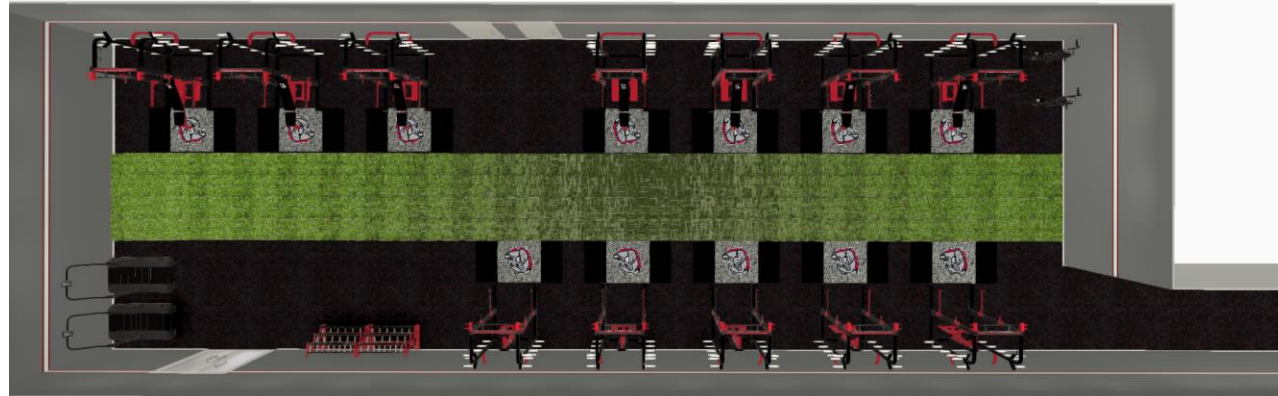
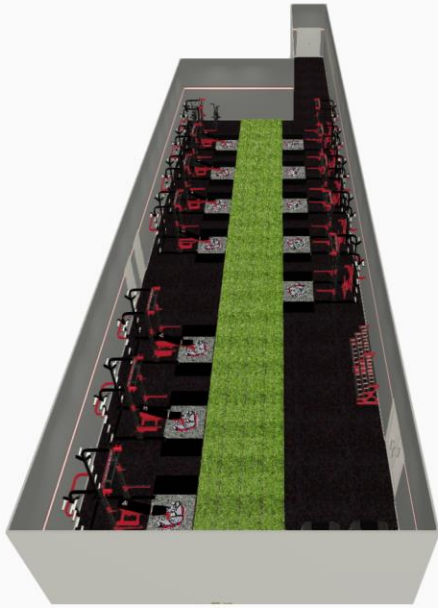


White



Yellow







# Quotes

<b>Company Name</b>	<b>Price</b>
BSN Sports	\$60,638.50
Grid	\$59,670.39
Legend (Install Not Included)	\$39,756.50
SPEC Athletic 12mm	\$41,280.70
SPEC Athletic 24mm	\$61,277.55