



# Build a Better *Weightroom*

How to design weightrooms that look good and do good

**Y**ou only pay for quality once!" is an essential motto for anyone who is designing a weightroom. After all, if you purchase poor-quality equipment, it will require more maintenance and will need to be replaced sooner. A bonus of having nice equipment is it creates a sense of pride that inspires athletes to take their training seriously and train with greater intensity. Above all, there is the issue of safety.

"I would estimate that 50 percent of all the litigations I have been involved with were the result of poor



The new weightroom at Granger High School in West Valley City, Utah, is equipped with high-quality BFS D1 racks and benches.

facility design,” says sports liability expert Dr. Marc Rabinoff. “One of the major problems is having too much equipment for the space available. Often this is the result of school administrators or gym owners listening to the advice of equipment manufacturers that ignore safety considerations so they can sell as much equipment as possible to increase their bottom line.”

One of the services BFS offers is weightroom planning through the use of 3D illustrations such as the one provided in this article. These illustrations

are drawn to scale to show you exactly how your weightroom can look, thereby ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for a new facility.

For detailed design standards and recommendations for equipment and facilities, the bible in this area is the *Annual Book of ASTM Standards*. Founded in 1898, ASTM International is a nonprofit organization that consists of committees working to provide

standards for materials, products, systems and services.

### The Do-It-All Solution

One practical solution to the challenge of working with a large number of athletes safely is to use do-it-all stations, so you have everything you need to perform all your core exercises in one area. This approach is more efficient because athletes don't have to roam around the weightroom to use different pieces of equipment, and you save space. Let's expand on this point.

If you have a weightroom with 10 do-it-all stations, you can have three athletes per unit, one to lift and two to spot and help with loading the weights. This means 30 athletes can train the core lifts at the same time. It follows that in a weightroom with 15 racks, 45 athletes can train; and with 20 racks, 60 athletes can train. Such

efficiency is why do-it-all stations have been, year after year, our best-selling racks by far.

To see a great example of a school that uses do-it-all-stations and other high-quality BFS equipment, check out the photos in this issue of the weightroom at Granger High School in West Valley City, Utah. This

summer the Lancers equipped their weightroom with six D1 Half Racks and six D1 Double Sided Half Racks, along with many other high-quality pieces of BFS equipment. It's the type of weightroom that boosts pride and encourages athletes to stay focused and train hard. It's what a weightroom should look like. **BFS**



With the addition of key auxiliary equipment such as glute-ham developers and adjustable benches, coaches can train any type of athlete.



To help you decide what type of do-it-all station is best for you, BFS offers a computer-aided weight-room design service that produces 3D illustrations of your future weightroom.



The D1 Double Sided Half Rack with Platform enables six athletes to train at once in all the core lifts, including squats, bench presses, power cleans and deadlifts.

# ULTIMATE ANSWER

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### Standard Features



7-gauge chrome-plated adjustment system with laser cut numbering



4 upright Olympic bar holders



Chrome-plated Olympic plate size horns angled for safety



Bench Docking System for use with Bench #5D107



Multi-grip pull-up bar



Multiple pegs on each side for band resistance exercise

### Package Options



**A** Swivel Handle Chin Up Option: **\$145**  
#5D197SW



**B** Dip Attachment: **\$225**  
#5D118



**C** Land mine option for fulcrum lifts: **\$145**  
#5D197LM



**D** D1 Bench with docking system **\$605**  
#5D107



**E** Modular Power Clean Platform: **\$1695**  
#6D154B

### D1 Half Rack

3" x 3" 11-gauge steel construction. Powder coated frame tubing

**\$2495**

5D197A  
l-57" w-66" h-104"



**MADE IN THE USA**

D1 Half Rack  
Total Package

Package includes rack and options:  
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