

Training Spaces

The future of weightroom design is here now with the BFS Elite Station



If there is one universal truth about strength training it's that there is no such thing as a weightroom that is too big. Whereas 20 or 30 years ago having a small weightroom with a few barbells and dumbbells in the back of the men's locker room was fine, now there are many athletes, both male and female, who want to improve their performance by lifting weights. Football players now must share their weightrooms with swimmers, basketball players and even golfers! But that's not all.

Weight training classes have become popular among students who are not involved in sports. Paris High School in Paris, Illinois, was featured in our January/February 2005 issue. The weight training class taught by physical education teacher Mick

Roberts is so popular that last year one third of the entire school tried to enroll! To quote National Weightlifting Champion Robert Murphy, "There's nothing wrong with being strong!"

Although it would be great to simply build larger facilities to accommodate more weight training equipment, budget cuts have made such expansion more difficult to obtain. Relatively speaking, it usually costs much less to buy more weight training equipment than it does to build a larger weightroom. As such, coaches need to learn how to use the space



JENKINS HS 3D weightroom preview; model#181
 x-760" y-324" z-120" poly cnt. 66,862
 interpolation: %20; multi-threading+; photon cnt. 4000+



Jenkins High School utilized BFS Elite Training stations to conserve valuable space and while providing an ideal weight-room environment.

3-D Concept



they have more efficiently. That's why BFS invented the Elite Training Station, which is the hottest new trend in weightroom design and organization.

The BFS Elite Training Station enables athletes to perform multiple lifts in one location measuring approximately 8 feet by 9 ½ feet. To perform every lift you can do on the Elite Training Station, you would have to separately purchase – at much greater expense – a lifting platform, power rack, flat bench, incline bench, chin-up bar and plate holders.

The design of the BFS Elite Training Station enables athletes to complete their workouts faster, and the space-saving design increases safety by reducing overcrowding and traffic flow. In fact, the illustrations on the following page show how the BFS Elite Training Station can easily reduce the amount of floor space needed by as much as 75 percent!


When we designed the BFS Elite Station we insisted on following the axiom "You only pay for quality once!" We could have cut corners to shave a few hundred dollars off the price as our competitors have, but we built the BFS Elite Training Station to last forever, as evidenced by the following features:

- ✓ Steel-framed platform with non-slip lifting surface that will never warp
- ✓ Shock-absorbent rubber areas for weight plates
- ✓ 2" x 3", 7-gauge steel frame uprights
- ✓ Solid steel, quick-adjusting bar holder pins
- ✓ Stainless steel chin-up bar

- ✓ 1-inch-thick, laser-cut, solid steel, chromed adjustment slots
- ✓ Rubber protective strips protect paint at contact points
- ✓ Powder-coated steel
- ✓ Heavy-duty, flat-to-incline bench

The stock version of the unit is white, but we offer customized colors of all the vinyl and major steel areas. We can also personalize the platform with your school or gym logos. A great example of how dramatic a presentation these custom features make can be found at Jenkins High School. The school's beautiful weightroom, which contains several BFS Elite Training Stations, is illustrated as a 3-D layout and photo above.

One smaller high school that is making the switch to the Elite stations is Portage High School of Portage, Pennsylvania, which has only 320 students. The Mustangs were featured in our Summer 2004 issue, and this year their football team continued its winning tradition by finishing with a 7-1 record.

In the past the Mustangs' weightroom consisted primarily of individual workout stations; but after purchasing a BFS Elite Training Station, head football coach Gary Gouse decided to change his focus. "We recently budgeted to buy one each year until we have six total. They are so much safer, and they help protect the floor." As they say, the customer is always right! 

The BFS Elite Training Station

Simply...the best



Total Cost Just \$2299

Only 76 Square feet Needed!

The BFS Elite Training Station takes the place of all this equipment



Total Cost \$2493 Over 200 Square feet Needed!

BIGGER FASTER STRONGER



The BFS Elite Training Station Features

- 1" thick, laser-cut, solid steel adjustment area
- 6'x 8' platform with rubber and Protect-All finish
- NO WOOD! to ever warp or splinter
- 12 chromed plate pins
- Full color logos available for only \$189

Only From BFS 1-800-628-9737