

advanced  
EXERCISE EQUIPMENT

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LAUSD Washington Prep High School

Los Angeles, CA



**Location:** Los Angeles, CA

**Commercial Consultant:** Rick Moser

**Equipment Overview:**

- \* Life Fitness Integrity Series Cardio
- \* Life Fitness Pro2SE & Cable Motion Series Strength Machines
- \* Hammer Strength Iso, Plate Loaded & Ground Based Machines
- \* Hammer Strength Olympic Bench & Incline Stations
- \* Hammer Strength Heavy Duty Half Rack Stations with Platforms
- \* Urethane Dumbbells & Olympic Plates
- \* Flat Benches, Multi Adjustable Benches & Body Weight Stations

**Facility Bio:** Washington Prep High School is one of Los Angeles Unified School Districts oldest schools - founded in 1927. It is currently undergoing a Facilities Modernization Project which includes transforming an old 4200 Sq Ft Gymnasium into a State of the Art Fitness and Athletic Weight Training Center.

**Challenge:** Principal Dr. Todd Ullah's vision is to provide his students, athletes, staff and local community with a facility that effectively allows for all levels of users: Beginner (Fundamental), Intermediate (Developmental), and Advanced (Specialized). "Designing a floorplan to separate each area was the most challenging aspect of this facility's layout" says Dr. Ullah. "With Rick Moser's expertise and guidance I believe we went above and beyond our vision and goal to provide the best, most functional exercise and weight training facility in the District if not Southern California"