



## SANDEFER FIELDHOUSE WEIGHT ROOM

*Strengthening HSU Athletes*

**H**ardin-Simmons University Athletics is collaborating across the field, pitch, and court to create a new training space for all teams. The Sandefer Fieldhouse Weight Room will provide a space for player development and injury prevention across all HSU athletic programs. The cross-program design will build teamwork and foster growth among the programs.

The state-of-the-art facility will include several new stations, workout equipment, indoor turf, and more.

Coaches are looking forward to the new wave of motivation this building will provide for players as they move into each season.



**HARDIN-SIMMONS**  
UNIVERSITY



**HARDIN-SIMMONS**  
**COWBOYS**

## STRENGTH *and* CONDITIONING

The Sandefer Fieldhouse Weight Room not only brings excitement to each athletic program but also to the strength and conditioning coaches. By incorporating new techniques catered toward each sport, HSU strength and conditioning coaches are excited about the potential this space will provide.

The new weight room is designed and organized to provide efficient and effective training sessions for all teams and individuals.

### FIELDHOUSE FEATURES INCLUDE:

- 16 ADJUSTABLE BENCHES
  - ASSORTED WEIGHTS
  - DC TRAINING BLOCKS
- DUMBBELL RACKS WITH ACCESSORIES  
(INCLUDING SINGLE LEG SQUAT ATTACHMENTS, TRIPHASIC ARM ATTACHMENTS, CHAINS, SAFETY SQUAT BARS, AND RACK CONNECTORS)
  - INLAY PLATFORMS
  - 16 OLYMPIC BARS
- 8 PURPLE & GOLD DOUBLE HALF RACKS
  - STORAGE UNITS

(Top) Renderings of new Fieldhouse space.

(Bottom) Students working out with current Fieldhouse equipment.

