

Case Study

San Diego State University



Details

Location: San Diego, CA

Description: Fowler Athletic Center's Weight Room

Products Installed:
Performance Monster - 13,000 SF

Project Needs

- Performance
- Safety
- Durability

Product Benefits

- Team Branding & Recruiting Tool
- Sustainable
- Slip Resistant
- Acoustics

Triple Durometer System Provides Safety, Firm Footing and Ergonomic Benefits to Weight Lifters

Founded in 1897, San Diego State University (SDSU) is one of the 23 schools in the California State University system. With more than 35,000 students, SDSU is also a division one school with a robust athletics program. So, when it was time for the university to renovate the 15-year-old Fowler Athletic Center in the spring of 2016, the 4-story, 130,000-square foot facility had to work for all of its sports programs.

Of particular importance was the 13,000-square-foot weight room in the Fowler Athletic Center. To renovate this space, SDSU partnered with Advanced Exercise Equipment. "Athletics and Administration recognized the need to renovate the indoor and outdoor training facilities to be competitive with other D1 schools and provide a more efficient training space," said Rick Barbee, Vice President of Sales with Advanced Exercise Equipment. "We did a complete makeover and worked very closely with the Head Strength and Conditioning Coach, Assistant Athletic Director, and football alumnus, Adam Hall," said Barbee. Advanced Exercise Equipment also collaborated with the architect, facilities team, and coaching staff.

Barbee's team was tasked with removing the existing equipment and existing flooring and installing new Hammer Strength equipment, weights, dumbbells and surfacing. When specifying the surface, Advanced Exercise selected Ecore Performance Monster, a 22.5mm thick rubber athletic surface that is designed for extreme strength and conditioning. This triple durometer system combines the durability and firm footing desired in strength training with the ergonomic demands of aggressive functional training in one surface. SDSU's previous rubber weight room surfacing was only 9.5 mm thick.

An ergonomic and safe floor was extremely important in the weight room, especially since approximately 85 football players train on it at one time. "There are about 4-6 athletes working at each [weight lifting] station, and it's totally controlled," said Barbee. "The weights don't bounce in a way that is unsafe. The floor is absorbing shock, and it's not hurting the bars or plates. This surfacing is so much more advanced than what was there before. That was like being on concrete," said Barbee.

The new weight room surfacing features 25 in-laid Olympic weight lifting platforms complete with custom logos. In addition to the new look with logos, the space is much more efficient than using the previous above ground platforms. "We work exclusively with Ecore on surfacing, because of the quality and variety of their products. Ecore has the best breadth of product out there. It makes it really easy to work with one company."

The weight room renovation in the Fowler Center was a success, and the athletes, staff, and coaches that use it are excited. "They are thrilled," said Barbee. "They love the room and are blown away with the equipment, especially the surfacing. They like the performance of it and the uniform surface. It makes the space that much more functional."

