

HMHS

Weight room

Current HMHS weight room



Old and rusty free weights



Limited number of benches



Limited cardio equipment



Limited number of strength training equipment



One bench press



Overbrook HS



Cumberland



Ocean City



Glassboro



Haddon Heights



Pennsauken



Pennsauken



Pennsauken



Moorestown



Moorestown



Moorestown



Proposed layout



Cardio station



Strength & Conditioning stations



Circuit training stations

