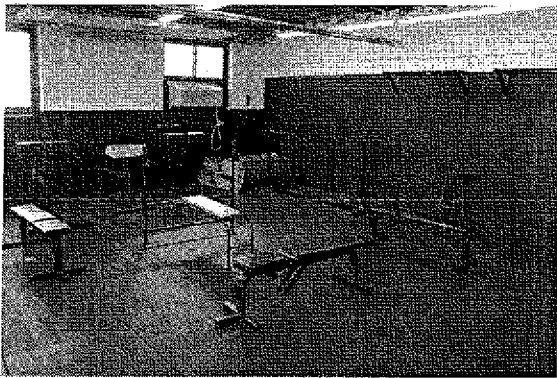
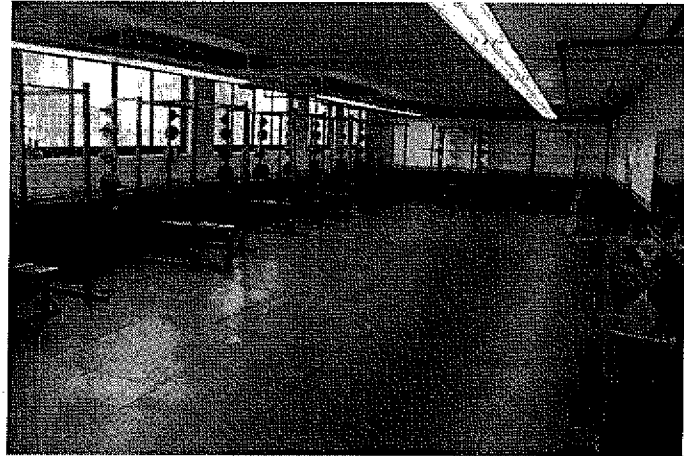


Raceland-  
Worthington  
High School  
Football Weight  
Training Facility



Inventory

8 Functional Full Racks w/ Benches

18 45lb Standard Bars

4 45lb Trap Bars

4,025lbs of Steel Plates

610lbs of Rubber Plates

15 Weight Belts

15 Kettle Bells (Various Sizes)

8 Medicine Balls (Various Sizes)

2 Sets of Metal Dumbbells (5lb to 70 lb)

4 Glute / Ham Machines

3 Pull Up Bars

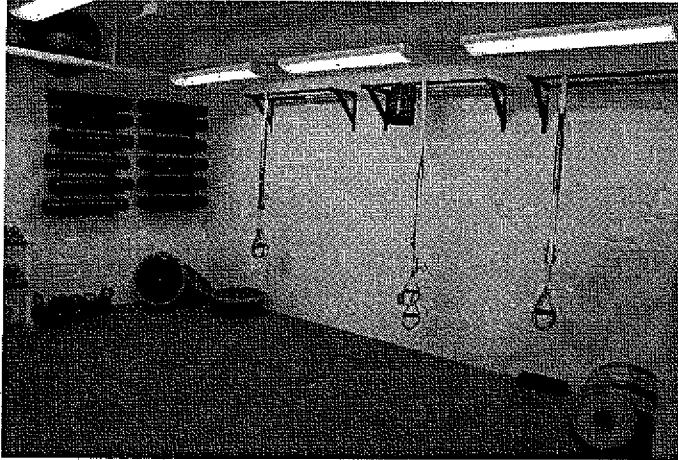
3 Dip Machines

5 Benches

12 Plyometric Boxes

12 Jump Ropes

2 Tow Ropes



Raceland-  
Worthington  
High School PE  
Weight Training  
Facility



Inventory

3 Pull Up Bars

3 TRX Straps

12 Ultrafit Rollers w/ Racks

3 Balsa Balls

6 Kettle Bells (Various Sizes)

10 Medicine Balls (Various Sizes)

3 Therapeutic Balls

24 Jump Ropes

4 Plyometric Boxes

1 Set of Dumbbells (10lb – 50lb)

1 Landmine

4 45lb Standard Weight Bars

1 45lb Curl Bar

1,000lbs Steel Plates (Various Sizes)

400lbs Rubber Plates (Various Sizes)



# Raceland-Worthington Department of Athletics

## Fitness Room Schedule

*All Year*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 <sup>th</sup> Period Girl's Basketball	7 <sup>th</sup> Period Girl's Basketball	7 <sup>th</sup> Period Girl's Basketball	7 <sup>th</sup> Period Girl's Basketball	7 <sup>th</sup> Period Girl's Basketball	
	3:30-4:30 Softball	3:30-4:30 Softball		3:30-4:30 Softball	3:30-4:30 Softball	
	4:30-6:00 Girl's Track	4:30-6:00 Girl's Track		4:30-6:00 Girl's Track		

If you wish to schedule time in the Fitness Room,  
contact Bill Farley, Athletic Director, @ (606) 833-0056.



# Raceland-Worthington

## Department of Athletics

### Football Weight Room Schedule *All Year*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 <sup>th</sup> Period Football	7 <sup>th</sup> Period Football	7 <sup>th</sup> Period Football	7 <sup>th</sup> Period Football	7 <sup>th</sup> Period Football	

If you wish to schedule time in the Fitness Room,  
contact Bill Farley, Athletic Director, @ (606) 833-0056.

