

## WEIGHTROOM FACILITIES



### Roger Holler Champions Training Complex

The Florida State Seminoles train out of the newly renovated Seminole Strength and Speed Complex. The state of the art facility includes a 14,700 square feet weight room, 5,000 additional square feet of complex training area, 24 self contained work stations, a cutting edge video/audio system and over 80 pieces of customized free weight and selectorized machines.

Certified Strength and Conditioning Coaches operate the Seminole Strength and Speed Complex. The coach's design individualized programs that include a regiment of strength training, power development, linear and lateral speed enhancement, mobility and endurance. Before a program is designed all student-athletes are put through a battery of test to identify strengths and weakness.

Once testing is completed a computer-generated program is assigned to the student athlete. A coach will guide the student athlete through the program daily and progress will be monitored on a weekly basis by the strength and conditioning staff. Continuous supervision of the athletes will ensure a successful physical transformation into a collegiate athlete.



### **Tully Gym Weightroom**

The Tully Gymnasium weight room is a clean and spacious 4,500 square foot facility. It is fully equipped with over \$140, 000 worth of exercise equipment, including 16 cardiovascular pieces such as Stairmaster, stationary bikes, and an Elliptical machine. In addition, Tully houses 6 squat racks, 6 platforms for Olympic lifting, and 5 benches for flat and incline bench presses. The facility also includes a stereo system and mondo-rubber flooring. With the recent additions of dumbbells and a change of facility design, Florida State continues to improve each of its strength and conditioning facilities.



### **Dick Howser Stadium Weightroom**

The Dick Howser Stadium's weight room went through a complete transformation during the 2003-04 renovations. The baseball team now has a 1500 sq. foot, state-of-the-art facility located just adjacent to the Seminoles' clubhouse. This is the perfect space to perform an in-season maintenance program, an essential component to keeping the Noles in top condition during the spring. The room is equipped with 3 Power Lift Half-Racks, 1 Olympic platform, various LifeFitness and HammerStrength pieces, and 5 cardio pieces (bike, treadmill, cross trainer, stepmill, and UBE). The Seminoles have custom Iron Grip plates and dumbbells totaling over 4000 lbs. The finishing touches were added during the spring of 2005, custom Florida State graphics, which completed an excellent training facility.



### **FSU Basketball Training Center Weightroom**

The basketball strength and conditioning facility, located on the second floor of the new Florida State Basketball Training Center, is a 2,300 square foot complex that includes state of the art aerobic and basketball-specific weight training equipment as well as a state of the art sound system. The facility is placed right next to the Seminole training room and just across the hall from the basketball practice floor. Strength coach's Dave Plettl and Mike Bradley's office is located within the area making them very accessible to not only the athletes who are working out in the facility, but the players who are conditioning and practicing on the court as well.

"This basketball facility has been created in such a way where it gives each athlete a chance to train in any way" Plettl said. "It's got state of the art equipment which allows us to apply every single principle possible to get kids faster, stronger and better. I'm very excited about it. It's just for basketball and not very many programs have the luxury of having its own strength and conditioning facility."