

Entrance/Exit



PAC Level 1

Front Desk

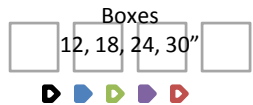
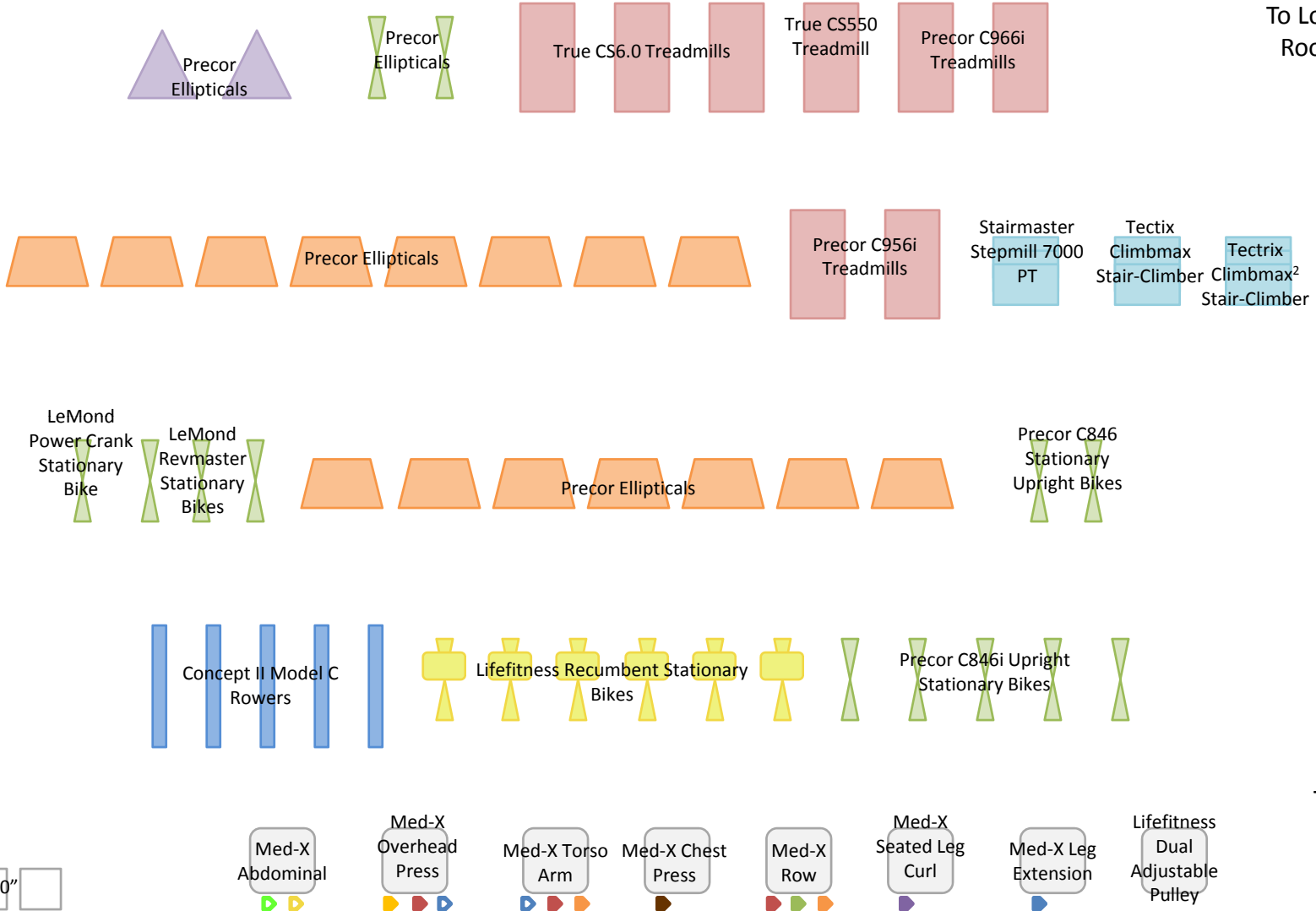
Office

To Locker Rooms

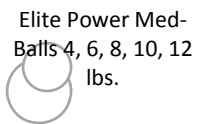
Cubbies

To stairs

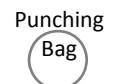
Cubbies



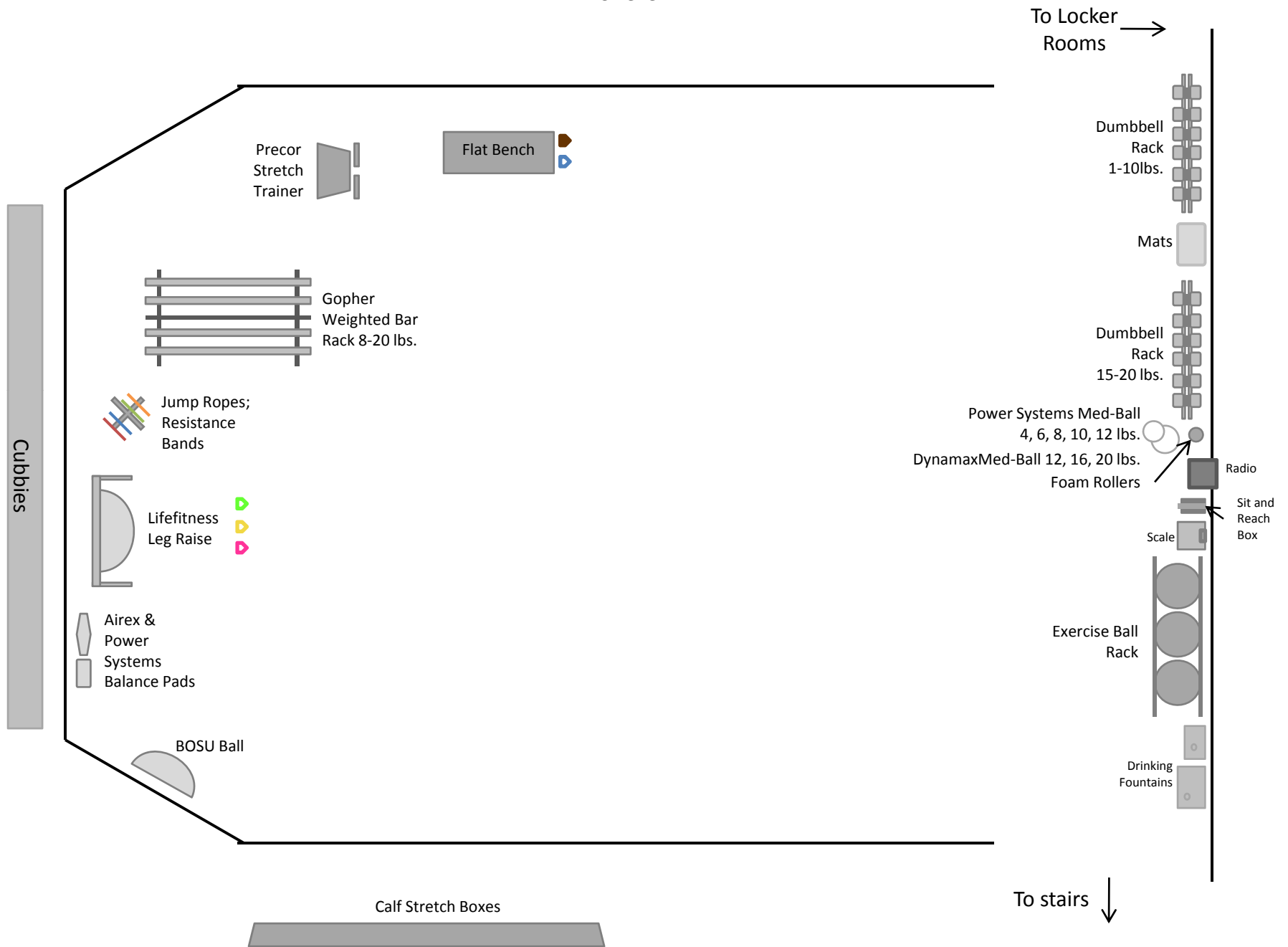
Dynamax Med-Balls 12, 16, 20 lbs.



- Pectorals (Chest)
- Rectus Abdominals
- Trapezius/Upper Back
- Quadriceps
- Calves
- Shoulders
- Oblique Abdominals
- Latissimus Dorsi/Mid Back
- Hamstrings
- Inner Thigh
- Triceps
- Low Back
- Gluteals

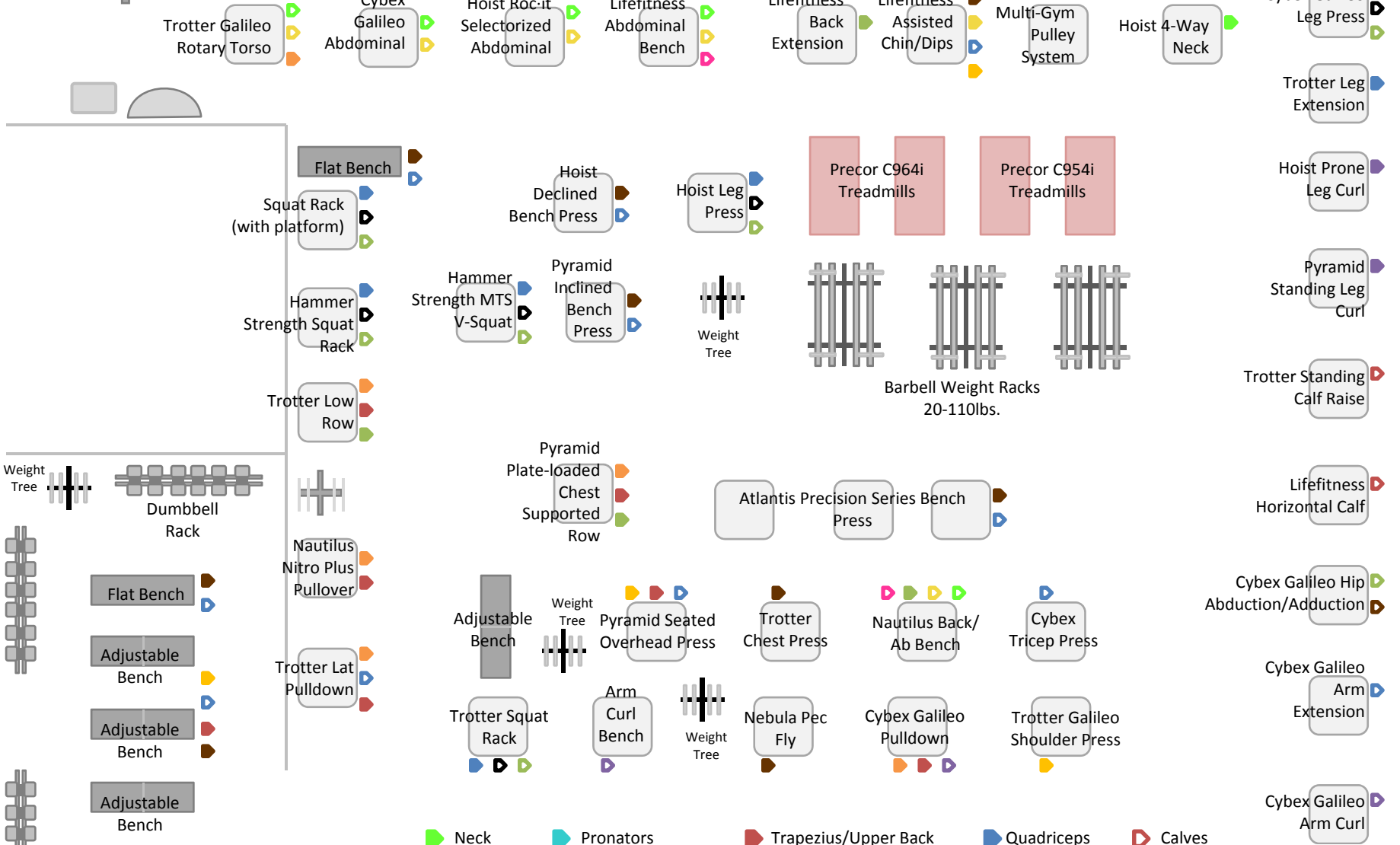
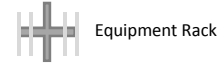


PAC Level 1





PAC Level 2



- Neck
- Pronators
- Trapezius/Upper Back
- Quadriceps
- Calves
- Shoulders
- Supinators
- Latissimus Dorsi/Mid Back
- Hamstrings
- Shin
- Biceps
- Pectorals (Chest)
- Low Back
- Inner Thigh
- Gluteals
- Triceps
- Rectus Abdominals
- Oblique Abdominals
- Outer Thigh
- Hip Flexors

To stairs
→