

A cool weightroom in the dry heat of Vegas

Championship Weightrooms:



*Warren-Walker
Academy*

When someone says “Las Vegas,” you think of everything from high-stakes gambling casinos to Barry Manilow to a hotel that pays tribute to *Star Trek*. What you don’t think about when you hear of a city near Vegas is that it’s a great place for children to get an education. But Warren-Walker Academy is just such a place: This school has one cool reputation in the Nevada desert.

Located in Henderson, just five miles southeast of Las Vegas, Warren-

Walker Academy is a member of the internationally recognized Meritas Family of Schools. Pronounced a “city of destiny” by the late president John F. Kennedy, Henderson has become the fastest-growing large city in the United States and is the second-largest city in Nevada. Based upon the following mission statement of Warren-Walker Academy, the school has its own important role to play in the destiny of Henderson and in the lives of its students:

“Warren-Walker School is a college preparatory school committed to excellence and the development of individual self-esteem through intellectual challenge, creative thinking, physical enrichment, self-discipline, leadership training, and dedication to lasting values.”

In addition to its challenging academic curriculum and a variety of clubs and athletic programs, Warren-Walker Academy offers students the opportunity to travel to sister schools located in other countries. Everything at Warren-Walker



In addition to its challenging academic curriculum, Warren-Walker Academy offers many sport- and club activities.



Warren-Walker Academy is located in Henderson, Nevada, the fastest-growing large city (150,000 population) in the United States.

is first class, such as its digital media recording studio that enables students to make movies and create news broadcasts and other multimedia projects. “Our students are learning to be leaders,” says Luke O’Neill, president of Warren-Walker. “They are learning to take ownership in their own learning.”

As the leader in athletic fitness since 1976, BFS welcomed the opportunity to be a part of this booming community by building a great weightroom that would enhance the physical education of all students.

This July, BFS Clinician Lance Neven was brought in to develop an athletic weightroom that would effectively and safely handle the conditioning needs

of 24 students at a time. The area set aside for this weightroom was 45' by 36', with the idea that in the near future the weightroom would be expanded with additional construction. “We designed it with two goals in mind: to accommodate the BFS program and to allow for future expansion,” says Neven. “There are plans in place to knock down a wall and open it up into another room, where we’ll add more platforms and free weights.”

The core of the room is four BFS Elite stations that enable the athletes to perform all the BFS core lifts. Other key components include a 10-foot dumbbell rack, two plyo ramps, two glute-ham developers and several auxiliary stations. For aerobic conditioning and warm-ups,

one logical choice, especially for its durability, was the Super Tough Treadmill. The new equipment is a great start for the weightroom, and staff and students alike are looking forward to its scheduled expansion. It’s only natural that the school is doing its part to keep up with the phenomenal growth of Henderson.

When marketers came up with the slogan that “Whatever happens in Vegas stays in Vegas,” they obviously didn’t take into consideration the spirit of Warren-Walker Academy. Graduates from this great high school are certain to have a positive impact on society outside the Vegas area as well. **BFS**



Important auxiliary lifts, such as the glute-ham raise and lat pulls, can be performed on a variety of exercise machines.



The new weightroom at Warren-Walker Academy is designed to fully implement the BFS program with its focus on free-weight training.



BFS Elite stations form the core of this impressive weightroom.



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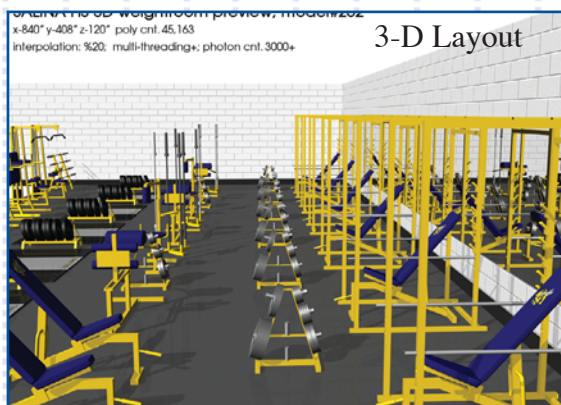
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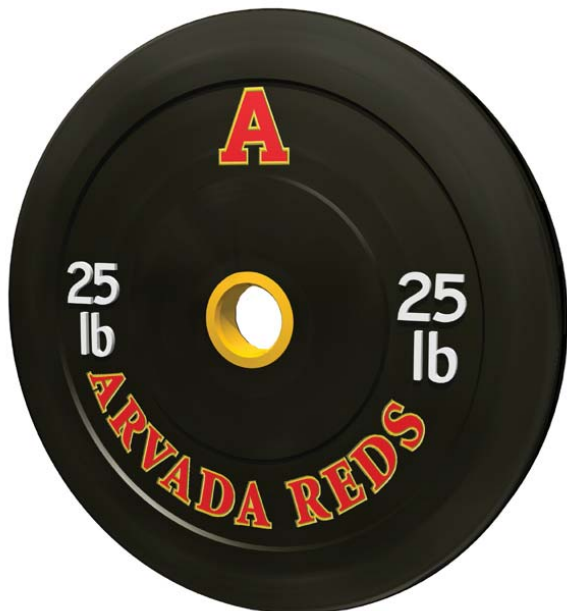
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