



# Jump Stretch Fitness Center

## Gym Layout and Pipe Specifications

Left Side Wall Pipes



Squat Stations on Back Wall

<<<Loose Bases propped against wall & refrigerator for beverages.

Loose Bases in use >>>.

Photos at lower right give a good perspective on what classes look like. Notice the lines on the floor, which delineate the lanes for the runners. Flooring is DuraTile, made from recycled truck tires.



Right Side Wall Pipes



If you walk into the gym when there's no class going on, the floor is wide open. All of the equipment is along the walls. The wide open floor is excellent for the entire class to stretch out simultaneously. We start with ankles and work our way up.

Lanes for running are three feet apart, with the starting line at 12 feet from the wall (where there is first tension in the bands). An ending point is marked at nine feet from the starting point (21 feet from the wall).

Pipe arrangement segments are done in 10-ft. lengths, with horizontal pipes at the following four levels: 6", 42", 6-ft., and 8-ft. to perform various exercises.



This gym set-up allows athletes to run from both sides of the gym

without running into each other, and the squats can be done at the same time without interfering. For large classes, we divide up after the stretching and some do squats while others run. Then, we switch. Things generally run pretty smoothly, and classes are never the same twice!

Why so many levels of pipes? Well, there are optimal levels for different exercises:

6" (Level 1) Exercises: Leg Curls, Hip Flexor Work, Incline Press, & Rowing

42" (Level 2) Exercises: Forward, Backward, and Lateral Shuffle Drills, Parallel Bench & Rowing

6-ft. (Level 3) Exercises: Step-Downs, Shoulder Traction, Knee Rehab, & Back Traction

8-ft. (Level 4) Exercises: Vertical Traction & Shoulder Traction

- You need about 2300 sq. ft. of space to accommodate 20-25 athletes at a time. Approximate cost to set up a similar facility is \$25,000. Ask for a quote on setting up your own rubberband room, given your available space and budget. You can always start out small and build up little by little each year.

- All ages and sports can work together, and instructor-led classes are available at various times to accommodate your busy schedule. As an added bonus, we test vertical jump and sit-and-reach for all members the first week of every month at no additional charge.



^Close-up of upper fittings.  
 <Pipe Arrangement Set-up



^Pipes bolted into the floor



^Lower level of pipes (bottom three rows are hooked the same.)



^Close-up of center fittings.

<Pipe Arrangement Divider Between Sections



^Close-up of center fittings on lower rows.

**Flex Band Pipe Arrangement Specs.**

Materials: All pipes should be 1-1/2" galvanized pipe (which measures 2" in diameter).

Qty	Length	Use
2	8-ft.	Vertical Supports
4	10-ft.	Horizontal Bars-positions at 6", 42", 6 ft., and 8 ft.
2	18"	Project from the wall and support the 8-ft. bar.
6	6"	Project from the wall and support the bars at 6", 42", and 6 ft.

**Fittings**

Qty	Items
8	90° elbows
2	Ts (3-way fitting)
10	Flanges (each with 4 holes)
40	Lag bolts (to secure each flange to the wall or floor)

Have all pipes and fittings threaded so they can be screwed together. Paint the pipes and fittings the desired color. (Let dry!) The three lower rows should be positioned 6" from the wall, and the top row should be positioned 18" from the wall and supported by two vertical poles.

Connect one 10-ft. pipe to the wall at the 6" height using a flange, 4 lag bolts, a 6" pipe, and an elbow at each end. Connect one 10-ft. pipe to the wall at the 42" height using a flange, 4 lag bolts, a 6" pipe, and an elbow at each end. Connect one 10-ft. pipe to the wall at the 6-ft. height using a flange, 4 lag bolts, a 6" pipe, and an elbow at each end.

Fasten the last 10-ft. pipe to the wall at the 8-ft. height using a flange, 4 lag bolts, an 18" pipe, a T, and an elbow at each end. Connect the 10-ft. pipe to the two 8-ft. pipes at the elbows and anchor the vertical pipes with flanges and lag bolts. To connect 10-ft sections together, ask about specs for extending a pipe arrangement.

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