



HIGH ALTITUDE TRAINING CENTER  
AT INFINITY PARK



stability conditioning  
inside the center  
endurance strength  
power resistance

**power**

- hammer heavy duty power racks
- hammer heavy duty platforms
- hammer linear leg press
- hammer ISO kneeling leg curl
- hammer glute ham bench
- hammer adjustable benches
- men's and women's olympic training bars
- plyobox sets

**strength**

- life fitness cable motion system
- troy dumbbell sets (5-150lbs)
- troy olympic VTX plate sets
- TRX suspension training
- kettlebell training sets
- stability ball sets
- power and speed ropes
- dynamax, first place medicine and core balls
- resistance band sets

**fitness**

- concept model 2 indoor rowers
- lemond revmaster pros



# 5390 foot elevation



## match and practice ground

- 2 IRB pitches - natural grass and Desso turf
- team work, conditioning, skill work, technique
- scrum sled



## recovery area

- hot and cold tubs
- rejuvenation, re-balance, repair, relax
- locker room and showers



## classroom

- plug-n-play technology
- strategy, knowledge, nutrition, training therapy



## feel at home - loews hotel

- loews loves and knows rugby
- comfortable and contemporary
- custom nutrition-based meals



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