

George Washington University – Outdoor Fitness Systems

PHA Campus Commitment

E Street Park



Pull-up Bars at 2 selected heights

Uses: Pull-ups, chin-ups

(Upper body and core, bodyweight workout)



Elevated Beams

Uses: Elevating feet during push-ups, calf raises, balance

G Street Lot



2 Pull-up Bars at selected height

Uses: Pull-ups, chin-ups

(Upper body and core, bodyweight workout)

Square 80 Park (behind South Hall)



Triceps dip station

Uses: bodyweight triceps workout