



CITY OF SUNNYVALE REPORT ZONING ADMINISTRATOR HEARING

April 24, 2013

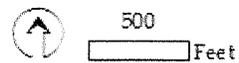
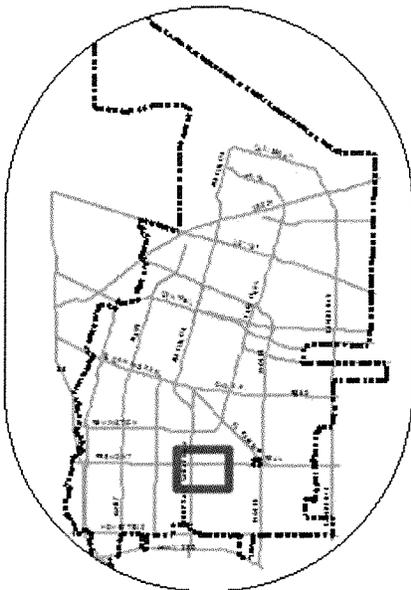
File Number: 2013-7203 **Permit Type:** Special Development Permit
Location: 168 E. Fremont Ave. (near Sunnyvale-Saratoga Rd.) (309-01-006)
Applicant/Owner: American Kickboxing Academy/Fremont Corners, Inc. Et Al
Staff Contact: Mariya Hodge, Associate Planner, (408) 730-7659

Project Description: To allow outdoor sports activities at an existing fitness facility.

Reason for Permit: A Special Development Permit is required to allow modifications to previously approved Special Development Permit #2007-1338. A Special Development Permit is also required for any change of use in a Planned Development combining district.

Issues: Noise, Aesthetics, Public Safety

Recommendation: Approve with Conditions



PROJECT DESCRIPTION

	Existing	Proposed
General Plan:	Commercial Neighborhood Shopping	Same
Zoning District:	C-1/PD	Same
Lot Area:	121,097	Same
Total Floor Area on Site (s.f.):	18,000	Same
Tenant Floor Area (s.f.):	5,000 indoors	5,000 indoors + 4,000 outdoors
Parking Spaces:	180 on project parcel; 522 in overall shopping center (3 parcels)	Same
Landscaping (s.f.):	2,200 landscaped; 19,000 vacant unpaved	2,200 landscaped; 15,000 vacant unpaved; 4,000 paved enclosure

Previous Planning Projects related to Subject Application Special Development Permit #2007-1338 was approved on January 30, 2008, to allow a fitness facility (American Kickboxing Academy) in the existing Fremont Corners Shopping Center.	Yes
Neighborhood Preservation Complaints There have been no Neighborhood Preservation complaints related to this business. Neighborhood Preservation has received several complaints related to other on-site businesses over the past two years including graffiti, temporary signs, and equipment noise at the rear of the property.	Yes
Deviations from Standard Zoning Requirements	No

Use Description: American Kickboxing Academy currently occupies a 5,000 square foot tenant space at the east side of Fremont Corners Shopping Center. The facility offers mixed martial arts instruction with group classes and individual training. Up to 30 students attend classes at any given time, along with one to three instructors. Approved hours of operation are:

- Monday through Thursday – 10:00 a.m. to 10:00 p.m.
- Friday and Saturday – 10:00 a.m. to 8:00 p.m.
- Sunday – Closed

The applicant proposes to establish an approximately 4,000 square foot outdoor fitness area within an existing vacant area on the property which is adjacent to the tenant's space. This area would be used by students and instructors for strength and conditioning training as part of regular class

activities. The applicant states there would be no martial arts activities conducted in the outdoor area; training activities would include weights, pull-ups, jumping rope, rowing machines, and other similar activities. No additional classes would be added to the schedule nor would additional students be added; the outdoor area would be used as a part of existing classes. The applicant indicates this area would not be used after 8:00 p.m. on weekdays and would not be used after 1:00 p.m. on Saturdays. The outdoor training area would be adjacent but not connected to the American Kickboxing Academy tenant space.

Existing Site Layout: Fremont Corners Shopping Center consists of three separate parcels; the project site is located on the eastern parcel. The site has two existing buildings; one located at the front near Fremont Avenue and the other located at the rear of the site near existing single-family residences. There is an approximately 19,000 square foot vacant area originally approved as the site of a third building which was never constructed. This area is unpaved but is not landscaped, and extends between the two existing buildings. It is surrounded by low chain-link fencing. A walkway is located along the north and west edges of the vacant area. The south side of the vacant area is adjacent to the parking lot and separated by wood headers; there is no curb or walkway. The east side of the vacant area is adjacent to a drive aisle with no separation.

Exterior Changes: The applicant proposes to pave the proposed 4,000 square foot outdoor area with asphalt and enclose the area with a masonry wall (Attachment B – Project Plans). A gate would be located on the west side of the wall facing the American Kickboxing Academy tenant space; this gate would be locked when the outdoor area is not in use. The applicant proposes to install permanent pull-up bars within the outdoor area along one side. Other equipment would be brought to the outdoor area on a daily basis and brought back indoors at the close of business.

Land Use Compatibility: Sunnyvale Municipal Code (SMC) section 19.20.030(c) notes that all uses in a commercial zoning district shall be conducted entirely within an enclosed building unless otherwise permitted. In general, outdoor commercial activities are not desirable, particularly in a shopping center; however, outdoor dining has been commonly approved. Other unenclosed uses which have been previously approved include ancillary garden centers and ancillary lumber or equipment areas at larger retail stores, as well as outdoor play areas for child care centers. Staff has not identified other existing approved outdoor fitness uses in the City.

Operation of an outdoor use on a shopping center site has the potential for negative impacts including noise and aesthetics, which are discussed in detail below. While some outdoor uses would be inconsistent with the character of a

shopping center, others may be compatible depending on their design, location, and proposed use.

Noise: The project site is bordered by single-family residences to the east and south. An outdoor fitness use has the potential to increase the level of noise on the site which may impact adjacent residential properties. This is a particular concern if martial arts activities, which may involve loud vocalizations, occur outdoors. The applicant notes that martial arts activities would not be conducted in the outdoor area; only strength and conditioning training would occur. The applicant proposes to limit the hours the outdoor area is used, and to construct a masonry wall around the area as a sound barrier. The applicant also notes that instructors will be present in the outdoor area at all times during use to monitor activities. Patrons will not be permitted to loiter outdoors or independently use the outdoor area without an instructor present.

Aesthetics: The proposed outdoor area would be enclosed by a solid masonry wall. The applicant has provided several potential wall designs in the proposed plans (Attachment B). Based on the shopping center's existing architecture, staff finds a simple stucco-coated masonry wall in a color matching the existing buildings would be the most compatible. A design with stone-faced columns (as shown on the lower-left photograph of Attachment B, page 4) would be compatible if the stone material matches the stone on the existing buildings. A design with window cut-out areas (as shown on the upper-right photograph of Attachment B, page 4) would assist in addressing the public safety concerns discussed below.

As noted above, the project site currently has a large vacant area with dirt and weeds which is fenced with chain link. The applicant does not propose any landscaping in this area and has indicated the property owner would not be willing to install or maintain landscaping. However, staff finds this area detracts from the character of the commercial shopping center. If the property owner intends to make use of a portion of the vacant area by leasing it to tenants, the area as a whole should be upgraded to meet basic aesthetic standards. Staff recommends conditions of approval requiring the vacant area be landscaped with ground cover having permanent irrigation systems, and that an attractive edge material such as a curb or higher-quality wood header to be provided along all edges (see Attachment A – Conditions of Approval).

Public Safety: The Department of Public Safety and the Neighborhood Preservation Division have identified ongoing public safety issues at the Fremont Corners Shopping Center including graffiti, loitering, and drug-related activity. While an outdoor use itself is not expected to exacerbate these issues, the location of a solid masonry wall around the proposed fitness area would reduce visibility of the rear corner of the property where a significant number of public safety issues have occurred. A masonry wall would also likely be a target

for graffiti. Open fencing such as wrought iron would reduce these concerns, but would be less aesthetically compatible with a shopping center environment and would not provide noise reduction. A masonry wall with window cut-out areas as described above would allow users of the outdoor area some viewing of the rear corner of the property, making the corner less attractive for loitering and criminal activity. Staff recommends conditions of approval requiring a masonry wall with cut-outs near eye level to allow visibility, requiring defensible plantings such as thorny plants around the exterior of the proposed masonry wall, and requiring the use of graffiti-resistant paints which are easier to clean if graffiti occurs (see Attachment A – Conditions of Approval).

Parking: Based on current parking requirements, ample parking is available to serve the existing and proposed uses on the site. In addition, the project is unlikely to increase parking demand since additional classes and students are not proposed. Historically there has been a perceived parking shortage in the center during peak evening hours due to the operation of 24-Hour Fitness on the adjacent parcel. However, staff has observed that substantial open parking is available in side and rear parking areas even during peak times.

Special Development Permit #2007-1338 included a condition of approval requiring classes be scheduled to allow at least five minutes between classes in order to allow turn-over of parking spaces between classes and minimize any parking impacts. Based on the existing class schedules provided by the applicant, American Kickboxing Academy does not appear to be in compliance with this condition. Overlapping classes are scheduled daily. While there is sufficient parking supply on the site to meet Code requirements, the applicant is required to comply with all conditions of approval and should modify class schedules accordingly.

Public Contact: 82 notices were sent to surrounding property owners, tenants, and residents adjacent to subject site in addition to standard noticing practice. As of the date of staff report preparation, staff has not received any letters or comments.

Environmental Determination: A Categorical Exemption Class 1 (minor changes in use) relieves this project from CEQA provisions. Class 1 exemptions include minor changes to existing uses.

FINDINGS

In order to approve the Special Development Permit the following findings must be made:

1. The proposed use attains the objectives and purposes of the General Plan of the City of Sunnyvale. *[Finding made]*

Staff finds the proposed use, as conditioned, would be compatible with the character of the existing neighborhood shopping center. The proposed use would also enhance the applicant's current fitness offerings providing an attractive and beneficial service for Sunnyvale residents.

2. The proposed use ensures that the general appearance of proposed structures, or the uses to be made of the property to which the application refers, will not impair the orderly development of, or the existing uses being made of, adjacent properties. *[Finding made]*

Staff finds the proposed use, as conditioned, would be compatible with the character of the existing neighborhood shopping center. The design of the proposed enclosure would be attractive and compatible with existing buildings, and the project as conditioned would include landscaping upgrades to address an unattractive vacant area on the property. The design of the masonry wall would provide noise attenuation, and the proposed use includes limited hours and limited activities which reduce the potential for noise impacts on the site or surrounding properties.

ALTERNATIVES:

1. Approve the Special Development Permit with the recommended Conditions in Attachment A.
2. Approve the Special Development Permit with modifications.
3. Deny the Special Development Permit.

RECOMMENDATION:

Alternative 1. Approve the Special Development Permit with the recommended Conditions in Attachment A.

Reviewed by:

Gerri Caruso
Principal Planner

Prepared By: Mariya Hodge, Associate Planner

Attachments:

- A. Standard Requirements and Recommended Conditions of Approval
- B. Site and Architectural Plans
- C. Applicant's Project Description and Supplemental Information

**RECOMMENDED
CONDITIONS OF APPROVAL AND
STANDARD DEVELOPMENT REQUIREMENTS
APRIL 24, 2013**

Planning Application 2013-7203

168 E. Fremont Ave.

Special Development Permit to allow outdoor sports activities at an existing fitness facility.

The following Conditions of Approval [COA] and Standard Development Requirements [SDR] apply to the project referenced above. The COAs are specific conditions applicable to the proposed project. The SDRs are items which are codified or adopted by resolution and have been included for ease of reference, they may not be appealed or changed. The COAs and SDRs are grouped under specific headings that relate to the timing of required compliance. Additional language within a condition may further define the timing of required compliance. Applicable mitigation measures are noted with "Mitigation Measure" and placed in the applicable phase of the project.

In addition to complying with all applicable City, County, State and Federal Statutes, Codes, Ordinances, Resolutions and Regulations, Permittee expressly accepts and agrees to comply with the following Conditions of Approval and Standard Development Requirements of this Permit:

GC: THE FOLLOWING GENERAL CONDITIONS OF APPROVAL AND STANDARD DEVELOPMENT REQUIREMENTS SHALL APPLY TO THE APPROVED PROJECT.

GC-1. CONFORMANCE TO APPROVED PLANNING APPLICATION:

All building permit drawings and subsequent construction and operation shall substantially conform to the approved planning application, including: drawings/plans, materials samples, building colors, and other items submitted as part of the approved application. Any proposed amendments to the approved plans or Conditions of Approval are subject to review and approval by the City. The Director of Community Development shall determine whether revisions are considered major or minor. Minor changes are subject to review and approval by the Director of Community Development. Major changes are subject to review at a public hearing. [COA] [PLANNING]

- GC-2. USE EXPIRATION:
The Special Development Permit for the use shall expire if the use is discontinued for a period of one year or more. [SDR] [PLANNING]
- GC-3. PERMIT EXPIRATION:
The permit shall be null and void two years from the date of approval by the final review authority at a public hearing if the approval is not exercised, unless a written request for an extension is received prior to expiration date and is approved by the Director of Community Development. [SDR] [PLANNING]
- GC-4. CONFORMANCE WITH PREVIOUS PLANNING PERMIT:
The subject site shall comply with all conditions of approval and requirements of planning application #2007-1338. This includes setting class schedules to allow at least five minutes between classes. [COA] [PLANNING]
- GC-5. SIGNS:
All existing/new signs shall be in conformance with Title 19 of the Sunnyvale Municipal Code. Signs shall not be located on the fence/wall of the new outdoor fitness area. [COA] [PLANNING]

PS: THE FOLLOWING SHALL BE MET PRIOR TO SUBMITTAL OF BUILDING PERMIT, AND/OR GRADING PERMIT.

- PS-1. REQUIRED REVISIONS TO PROJECT PLANS:
The plans shall be revised to address comments from the Administrative Hearing Officer including the following:
- a) Relocate the proposed enclosure at least five feet from the building's eave overhang, or provide fire sprinkler protection for the enclosure.
 - b) Provide exits from the enclosure as required to meet Building and Fire Codes. An additional exit door may be required based on occupancy.
 - c) The outdoor fitness area shall be enclosed by a masonry wall having a minimum height of 6 feet. The masonry wall shall use a stucco-coated design painted to match the existing on-site buildings. The wall shall incorporate cut-out windows near eye level to provide viewing out of the enclosed area. The final design of the masonry wall including appearance, materials, colors, and finishes is subject to review and approval by the Director of Community Development prior to submittal of a building permit.

- d) The masonry wall surrounding the outdoor fitness area shall be painted with graffiti-resistant paints which are easier to clean if graffiti occurs. Refer to the Department of Public Safety for recommendations.
- e) Defensible plantings such as thorny plants shall be planted along the exterior edges of the outdoor fitness area wall to discourage climbing and vandalism.
- f) The vacant area located between the site's two existing buildings shall be landscaped and provided with permanent irrigation. A landscaping plan shall be submitted for review and approval as detailed below in Condition PS-3.

[COA] [PLANNING]

PS-2. EXTERIOR MATERIALS REVIEW:

Final exterior building materials and color scheme for the new fence/wall are subject to review and approval by the Director of Community Development prior to submittal of a building permit.

[COA] [PLANNING]

PS-3. LANDSCAPE PLAN:

Landscape and irrigation plans shall be submitted for review and approval by the Director of Community Development through the Miscellaneous Plan Permit (MPP) process prior to submittal of a building permit. Landscape and irrigation plans shall be prepared by a certified professional, and shall comply with Sunnyvale Municipal Code Chapter 19.37 requirements. The landscape plan shall include the following elements:

- a) Landscape the vacant area located between the site's two existing buildings. Landscaping may consist of simple, low-lying plantings such as ground cover, but should provide full coverage of the vacant area.
- b) Ground cover shall be planted so as to ensure full coverage eighteen months after installation.
- c) Defensible plantings such as thorny plants shall be located along the exterior edges of the outdoor fitness area wall to discourage climbing and vandalism.
- d) Permanent irrigation shall be provided for all landscaping and shall be indicated in detail on the landscaping plans.
- e) A detailed landscape maintenance plan including required activities such as watering, weeding, and trash collection as well as maintenance schedules.

[COA] [PLANNING]

BP: THE FOLLOWING SHALL BE ADDRESSED ON THE CONSTRUCTION PLANS SUBMITTED FOR ANY BUILDING PERMIT OR GRADING PERMIT, AND SHALL BE MET PRIOR TO THE ISSUANCE OF SAID PERMIT(S).

BP-1. CONDITIONS OF APPROVAL:

Final plans shall include all Conditions of Approval included as part of the approved application starting on sheet 2 of the plans. [COA] [PLANNING]

BP-2. RESPONSE TO CONDITIONS OF APPROVAL:

A written response indicating how each condition has or will be addressed shall accompany the building permit set of plans. [COA] [PLANNING]

BP-3. BLUEPRINT FOR A CLEAN BAY:

The building permit plans shall include a "Blueprint for a Clean Bay" on one full sized sheet of the plans. The project shall be in compliance with stormwater best management practices for general construction activity until the project is completed and final occupancy has been granted. [SDR] [PLANNING]

BP-4. LANDSCAPING:

All required landscaping and irrigation shall be included on the plans submitted for building permits, and shall be installed prior to occupancy. [COA] [PLANNING]

AT: THE FOLLOWING CONDITIONS OF APPROVAL AND STANDARD DEVELOPMENT REQUIREMENTS SHALL BE COMPLIED WITH AT ALL TIMES THAT THE USE PERMITTED BY THIS PLANNING APPLICATION OCCUPIES THE PREMISES.

AT-1. HOURS OF OPERATION:

Use of the outdoor fitness area shall be limited to the following hours:

- Monday through Saturday – 10:00 a.m. to 8:00 p.m.
- Sunday – Closed

[COA] [PLANNING]

AT-2. USE LIMITATIONS:

Use of the outdoor fitness area shall be limited as follows:

- a) The area may be used as part of regularly-scheduled class activities only. Patrons shall not be allowed to use the area independent of a scheduled class.
- b) At least one instructor shall be present in the outdoor area at all times when the area is in use.
- c) The outdoor area shall be used for strength and conditioning activities only. Martial arts activities including kickboxing, judo, and other similar activities shall not occur in the outdoor area.
- d) Outdoor enclosure gates shall be closed and locked when not in use.
- e) Any free-standing equipment which is not permanently affixed to the ground shall be brought indoors each evening at the close of business.
- f) Equipment and supplies shall not be placed outside the enclosure at any time, nor shall patrons engage in sports activities outside the enclosure at any time.
- g) Activities in the outdoor area shall not include shouting or other loud vocalizations.

[COA] [PLANNING]

AT-3. NOISE:

The approved use shall comply with the City's noise standards (SMC 19.42.030) at all times. In addition, the noise level generated by the use shall not create a nuisance to surrounding residents or businesses. Instructors in the outdoor area shall monitor noise and ask patrons to limit their noise as appropriate. If operational noise exceeds the limitations in SMC 19.42.030, modifications will be required to bring the use into compliance. Modifications may include but are not limited to the following:

- a) Additional limitations on hours of operation for the outdoor area.
- b) Additional limitation on the types of activities which can occur in the outdoor area.
- c) Limitation on the number of patrons using the outdoor area at a time.

[COA] [PLANNING]

AT-4. LOUDSPEAKERS PROHIBITED:

Outdoor loudspeakers shall be prohibited at all times. [COA]
[PLANNING]

AT-5. ACCESSORY STRUCTURES:

No shade structures, storage structures, or other accessory structures shall be located in the outdoor area at any time. [COA] [PLANNING]

AT-6. ENCLOSURE MAINTENANCE:

The enclosure shall be maintained in a safe and attractive condition at all times. Any graffiti or vandalism shall be promptly cleaned and repaired. [COA] [PLANNING]

AT-7. LANDSCAPE MAINTENANCE:

All landscaping shall be installed in accordance with the approved landscape plan and shall thereafter be maintained in a neat, clean, and healthful condition. Trees shall be allowed to grow to the full genetic height and habit (trees shall not be topped). Trees and plants shall be maintained using standard arboriculture practices. [COA] [PLANNING]

AT-8. PARKING LOT MAINTENANCE:

The parking lot shall be maintained in accordance with the approved plans and as follows:

- a) Maintain all parking lot striping and marking.
- b) Assure that adequate lighting is available in parking lots to keep them safe and desirable for the use.
- c) Provide signs to direct vehicles to additional parking spaces on-site, as needed.

[COA] [PLANNING]

SHEET
A-4

OUTDOOR PROPOSED
FLOOR PLAN

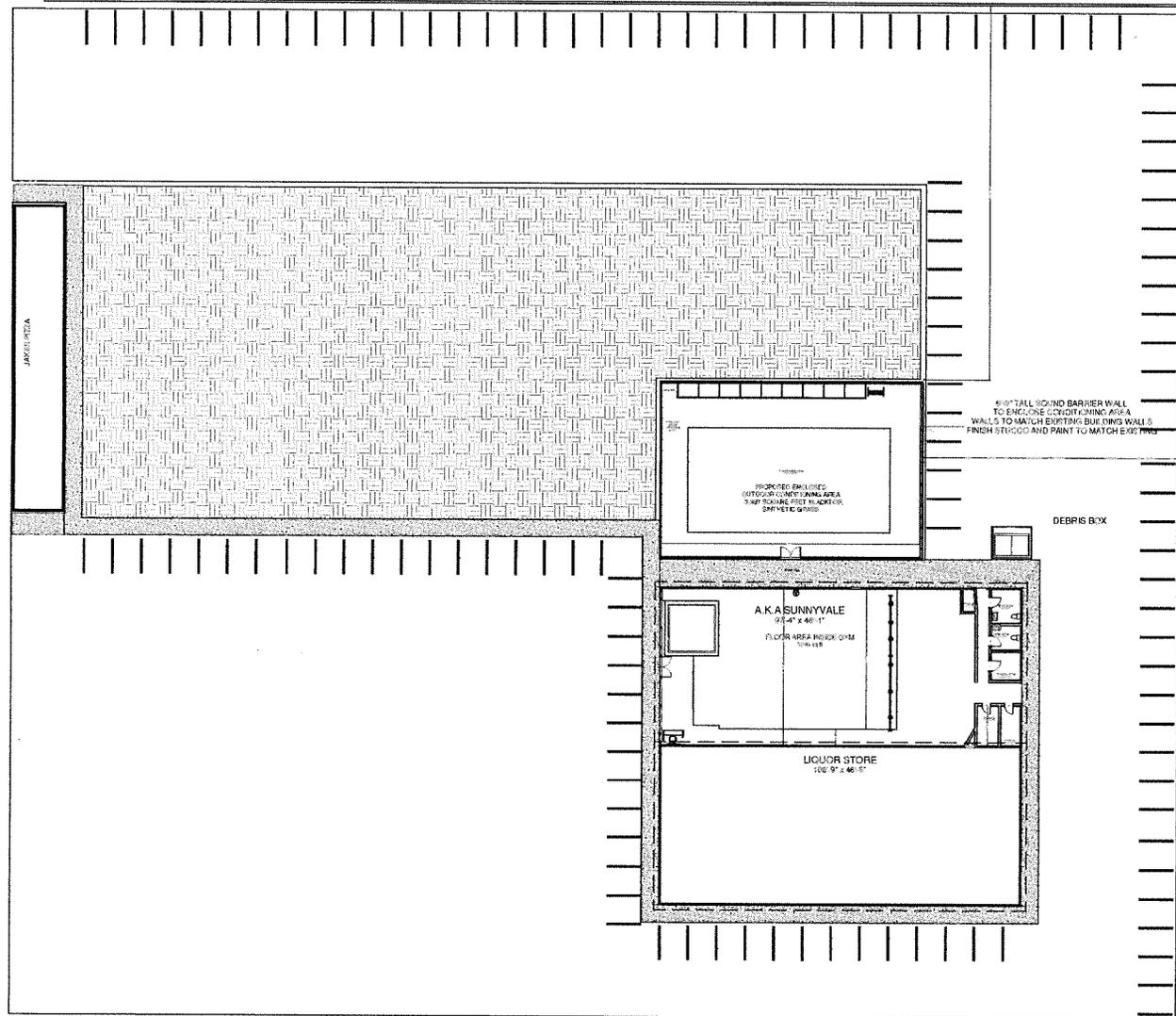


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ACADAMY"

CB DESIGN

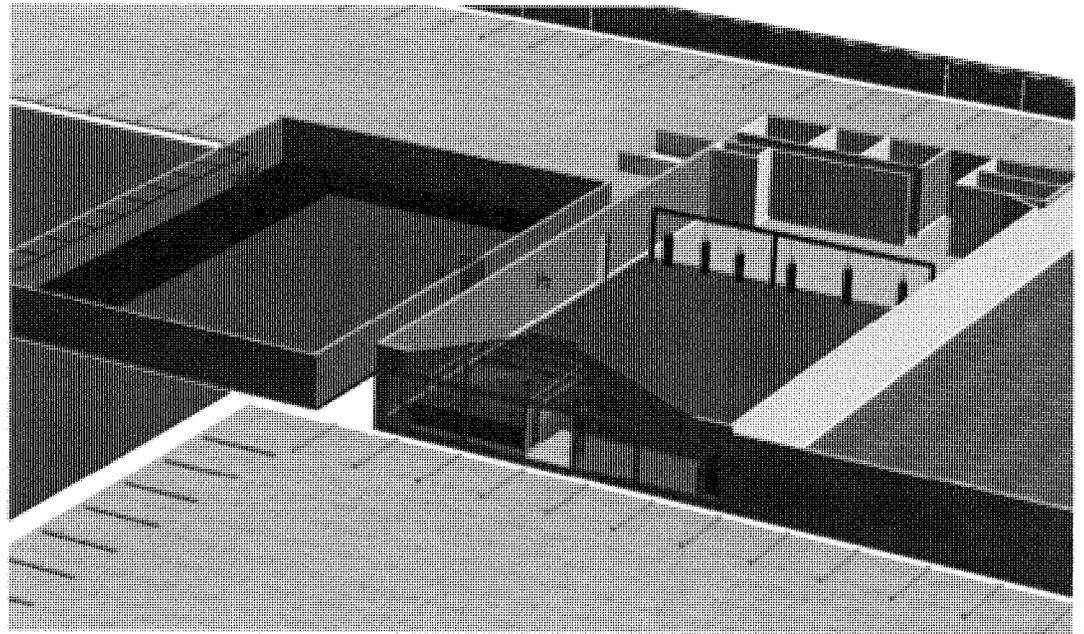
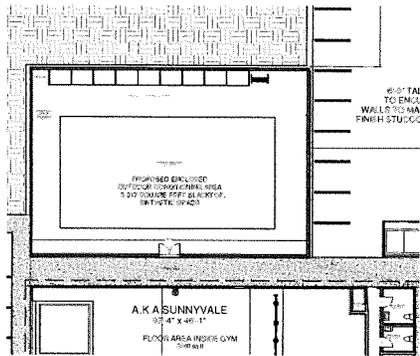


WWW.CBDESIGNPALOALTO.COM
650-215-0870 408-438-6592



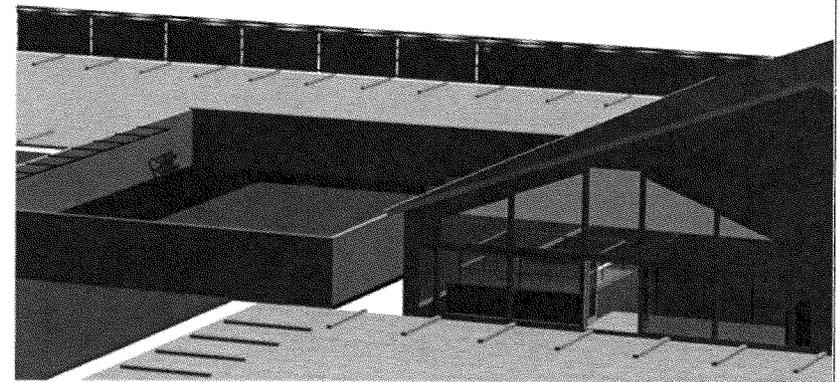
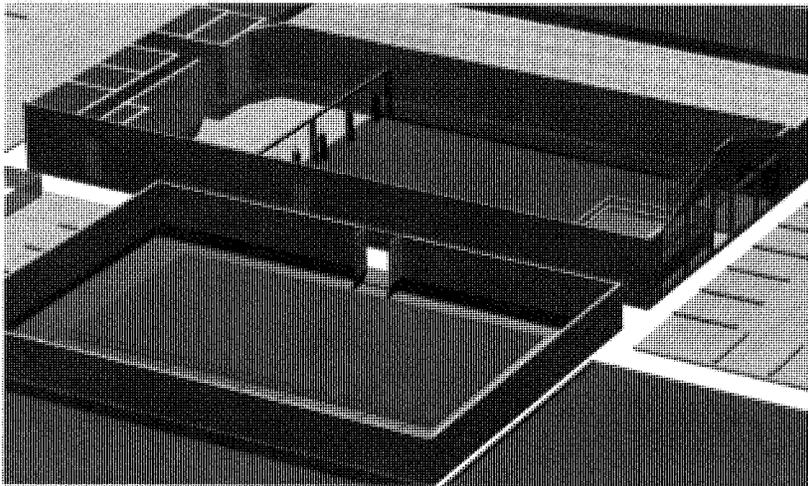
SHEET
A-5

PROSPECTIVE VIEW OF
EXISTING AND
NEW FLOOR PLANS



These construction
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ATTACHMENT B
Page 3 of 4



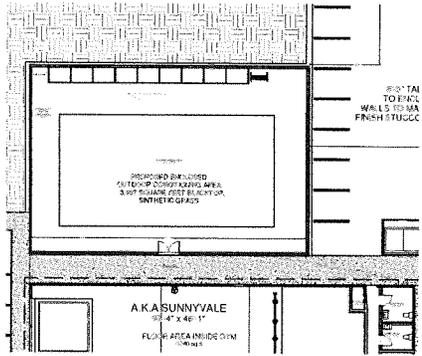
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SHEET
A-6

VIEW SHOWING
STUCCO WALL DESIGNS



ATTACHMENT
Page 4 of 4 B

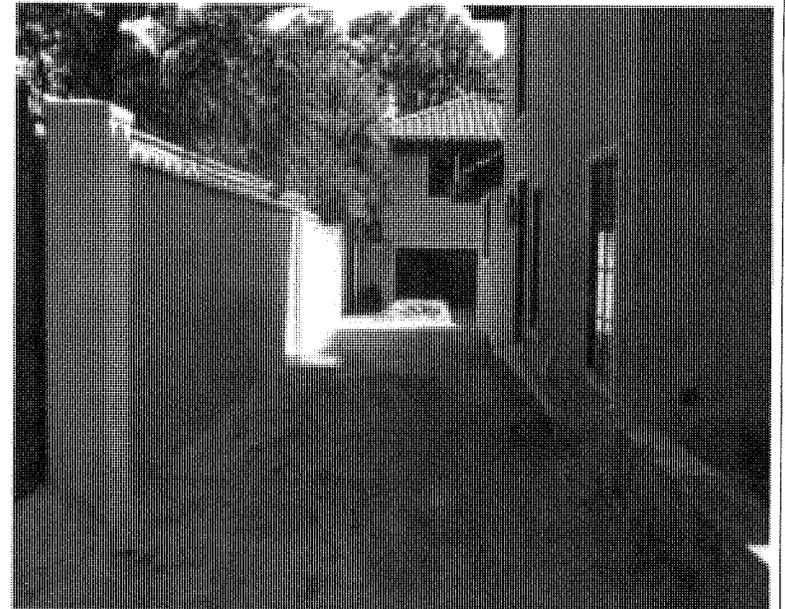
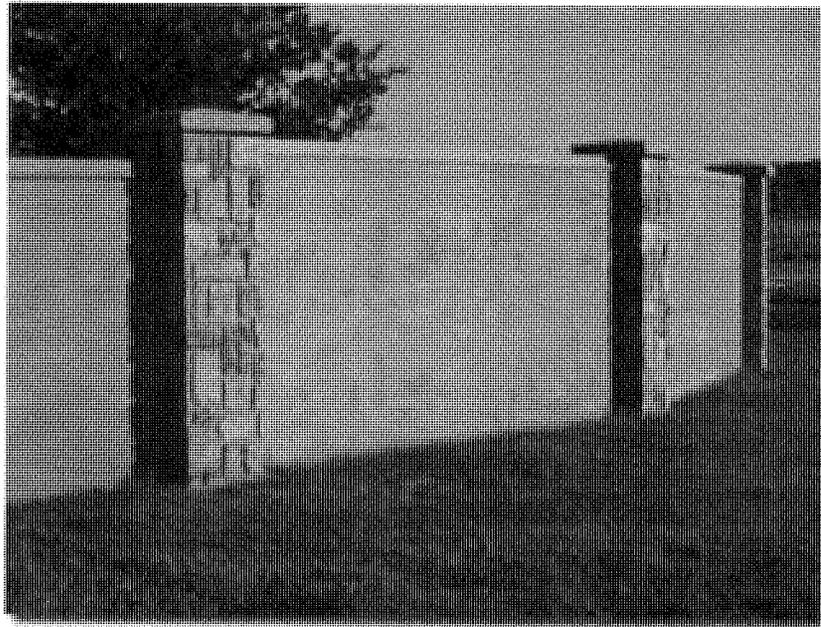


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PROJECT DESCRIPTION LETTER AMERICAN KICKBOXING ACADEMY 168 EAST FREMONT AVE SUNNYVALE CA. 94087

CBDESIGN PALOALTO ◀
To: CBDESIGN PALOALTO ◀

Wed, Mar 13, 2013 at 3:42 PM

PROJECT DESCRIPTION LETTER : To The City Of Sunnyvale

Proposed use

The proposed use is to have a hard surface area 3,997 sq ft. Preferably blacktop with a white finish on it to reduce heat. This is in an undeveloped field next to A.K.A. The field is open dirt with some natural grass growing on it. This area would be used for Cross training, conditioning, and workout preparation. We are not adding more patrons to our facility. We simply want to make use for an unusable area. This will allow for more focused mix martial arts training inside the building

Hours of operation Monday through Friday 10:00 am to 8:00 pm.

We could have as many as 15 patrons and five employees on site during the day.

List of tenants

A.K.A. Alex Khanbabian Mixed Martial Arts, Cross fit
Coles liquors: Peter Tu, liquor store
veksler music academy Leonid Veksler Dance instruction school
Jakes Pizza: Jakes Retaurant group Pizza Parlor

Thanks Alex Khanbabian owner of A.K.A. *Alex* date 3/13/13
AMERICAN KICKBOXING ACADEMY 168 EAST FREMONT AVE SUNNYVALE CA. 94087



USE PERMIT/SPECIAL DEVELOPMENT PERMIT JUSTIFICATIONS

One of the two following findings must be made in order to approve a Use Permit or Special Development Permit application.

The Sunnyvale Municipal code states that at least one of the following two justifications must be met before granting the Use Permit or Special Development Permit. Please provide us information on how your project meets **at least one** of the following criteria.

1. The proposed use attains the objectives and purposes of the General Plan of the City of Sunnyvale as the project ...

SEE ATTACHMENT

OR

2. The proposed use ensures that the general appearance of proposed structures, or the uses to be made of the property to which the application refers, will not impair either the orderly development of, or the existing uses being made of, adjacent properties as ...

If you need assistance in answering either of these justifications, contact the Planning Division staff at the One-Stop Permit Center.

Brings an outstanding recreational facility to the city of Sunnyvale. There exists a deficiency in the area of outdoor training. The general plan is intended to offer residents of the community a diverse choice in recreation options. However, it is apparent that there is lacking an opportunity to engage in outdoor MMA training within the city of Sunnyvale. AKA came to Sunnyvale five years ago with the intent of offering world class instruction in MMA, to the residents in Sunnyvale. We have delivered on our intention and would like to build on our strong foundation, which we have established.

This outdoor area would help stimulate our students by allowing them to enjoy the beautiful weather. Outdoor activity serves to keep individuals more motivated to exercise. Adults and children alike benefit socially from outdoor physical activity. Participating in sports and recreation provides both children and adults with an opportunity to meet and build relationships with others. Breathing fresh air in a natural, serene environment also helps many people relax and reduce stress and anxiety. The ability to train, stretch, meditate, and relax outdoors offers a synergistic approach to martial arts training. A true yin and yang environment. The outdoor area is intended to be a quiet, peaceful area with no yelling. Our neighbors are an important aspect of our business and we care for their well being. It is for this reason we will be building a sound barrier for what little noise our students make.

In the last five years AKA Sunnyvale has grown and impacted thousands of lives. Our kids program offers an outlet for children after school. Helping instill discipline, dedication, focus, integrity, and many more intangible life skills. I have given my time to help underprivileged troubled youth who cannot afford our training*. I continue to help these kids and I am currently working on a lunch time physical education program for at risk and troubled youth. AKA offers an outlet for hardworking Sunnyvale residents who are employed within the silicon valley and surrounding Bay Area. Our facility allows these students to relieve stress, gain confidence, lose weight, and learn self defense. All in a safe and friendly environment. AKA is making this modification to its use permit to enhance its existing facilities. The outdoor area will allow us to enjoy the sunny days and offer a greater diversification in training. Our patrons will be able to warm up, stretch, and do conditioning. It also serves as an area where they can wait prior to their class. This new outdoor area is not intended to increase our occupancy or add classes. We will be maintaining the same class schedule.

MMA is the fastest growing sport in the world.* It can be seen on FOX Sports, CBS, NBC, pay per preview and Showtime. AKA has garnered their elite reputation through its champions that we have developed. AKA is one of the top five MMA gyms in the world.* AKA is truly an asset to the community. We are proud to be a contributing business member of the city of Sunnyvale.

*See Attachment(letters of Recommendation)

*Simmons Research Data Base

*Tapout Magazine

Sincerely,
Alex Khanbabian
American Kickboxing Academy



March 13, 2013

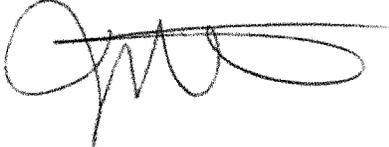
RE: Alex Khanbabian and the American Kickboxing Academy

To Whom It May Concern:

Over the past 18 months, Alex Khanbabian and the American Kickboxing Academy have played an instrumental role in the mentoring and life skill development of several at risk teens. During the academic school year of 2012-2013, Alex graciously donated his time and opened up his training facility to help create a program for at risk high school students. The students were able to obtain P.E. credits while attending Alex' training sessions. This partnership between Alex, AKA and Jim Nederostek allowed students a constructive and focused outlet to express themselves. During the timeframe that the students were involved with Alex, there were several positive transformations that occurred. In part because of Alex' time and effort, the students were able to increase and retain focus for a longer duration, adapt to change and plan for unexpected situations and most important of all, they gained a sense of self worth and an elevated self esteem. I believe that Alex and the American Kickboxing Academy are an invaluable asset to the community and hold them in the highest regard.

Regards,

Jim Nederostek

A handwritten signature in black ink, appearing to be 'Jim Nederostek', written over a horizontal line.

Planning

1. I have reviewed the planning comments and spoke extensively with Associate Planner, Maria Hodge. Based on the information received, I have adjusted the project proposal to address the concerns that the city has with our project. The planned outdoor area will only be used for strength and conditioning classes. Current class hours for AKA are from 10am to 9pm. The outdoor area will be used from 10am to 8pm Monday to Friday, Saturday between 10am-1pm and closed on Sundays. The outdoor area will be fully enclosed with a gate that will be locked when not in use.
 - 20 to 30 students maximum attend classes at once at AKA. The same 20-30 students maximum will be using the outdoor facility at any one time.
 - There will be a minimum of 1 instructor and up to 3 instructors on a continuous basis during all classes. Students will only be allowed in the outdoor area to attend designated strength and conditioning classes.
 - The only structure and equipment that will be installed on the grounds of the outdoor area are pull-up bars. All other equipment is small, lightweight and portable. The staff will place the equipment that will be used for the “workout of the day” early in the morning, and remove after the last class.
(See appendix A for detailed list of equipment)
 - See new cite plan for proposed noise barrier
 - See appendix B for weekly class schedule
 - Description of strength and conditioning classes - The outdoor area will solely be used for our strength and conditioning classes. These classes are broad and varied to stimulate different muscle groups and are designed for universal scalability making it the perfect application for any committed individual, regardless of experience. Our routines can accommodate any level of fitness, providing scaled intensity appropriate for elderly individuals as well as professional fighters.

The main design of our strength and conditioning classes are constantly varied, functional movements performed primarily with body weight at relatively high intensity. A typical class starts with stretching, followed by a focused explanation by the instructor of a particular exercise technique. Once this is completed, the entire class will begin the workout of the day (WOD). Below are examples of the workouts the class will execute in consecutive order.

Day 1

5 rounds:

30 double unders – jump rope

10 pull ups- pull up bars or resistance bands

10 box jumps- plyo box

Day 2

As many reps possible in 20 minutes:

1000 meter row- rowing machine

20 push ups

10 kettlebell swings- kettlebell

Day 3

5 rounds:

100 meter run-cones

10 toes to bar- pull up bar

10 dumbbell to overhead- dumbbell

These three WOD's are typical workouts, that are varied daily. The students primarily use their own body weight or minimal equipment to add weight for their exercises. It is a simple, yet very functional way to improve an individual's strength, cardio-vascular endurance, and overall health and wellness.

2. See new site plans
3. The buisness has not expanded and the location is still using 5,000 square feet of tenant space.
The 18,000 sq foot quoted in the prior application includes Veksler's Music Academy, Jake's and Cole's Market as well as American Kickboxing Academy.
4. See new plans
5. See appendix C for pictures of posted sign on rear door
6. See appendix C for pictures of flood lights to the rear elevation of buidling

7.

Noise impact

The proposed use of the outdoor area will not audibly impact surrounding properties. The only activities that will commence within this area are strength and conditioning classes that will be conducted by a certified instructor. Along with instructing classes, they will be trained in and expected to follow a strict code to keep noise levels to a minimum. All strength and conditioning classes will be conducted between the normal business hours of 10am-8pm. No classes or other activities will be permitted within the outdoor area outside of these times.

One of the concerns raised by the staff is the noise impact on adjacent single-family homes. In addition to the steps mentioned above, AKA has doubled our project budget to build a sound barrier that will effectively isolate our neighbors from any potential noise generated during our classes. The stucco sound barrier will be specifically designed to compliment the current architectural style of Fremont Corners. The nearest neighbors to our facility are approximately 100 ft from the proposed outdoor area, protected by a 12 foot fence and thick treeline which is followed by a heavily travelled roadway that has consistent traffic during business hours including large delivery trucks to businesses within the Fremont Corners shopping center. These factors, combined with an effective and aesthetically appealing stucco sound barrier, will completely mitigate any additional noise pollution that our strength and conditioning classes may generate.

Another concern that was raised by city staff is that the appearance of this area will remain inconsistent with a commercial shopping center. The businesses within Fremont Corners that generate the highest amount of traffic are fitness-based, including 24 Hour Fitness. A large majority of consumers visit this commercial center specifically to attend the gym or fitness classes; thus having an outdoor area at this specific shopping center is not out of place, and actually fits into its current theme of providing Sunnyvale residents with well maintained, state-of-the-art fitness facilities.

Per the recommendations of Sunnyvale staff, no mixed martial arts training, stretching, socializing, or loitering will be permitted in the outdoor area. The only permitted activity will be our carefully supervised strength and conditioning classes consisting of current gym members. We have also removed any plans of an outdoor storage facility, as suggested by the committee. There are no plans for further expansion of the business despite the outdoor addition. It will allow our current members additional space to conduct their workouts which will help prevent potential injuries caused by a crowded indoor workout space.

We hope city staff will permit us to continue with this plan because it will provide an outdoor exercise facility for Sunnyvale residents that is unique and unlike any other in the Bay Area. Fully enclosed by an aesthetically complimentary stucco sound wall, this outdoor fitness facility will only serve to benefit current and future neighbors and patrons of Fremont Corners as well as the city of Sunnyvale.

Public Safety

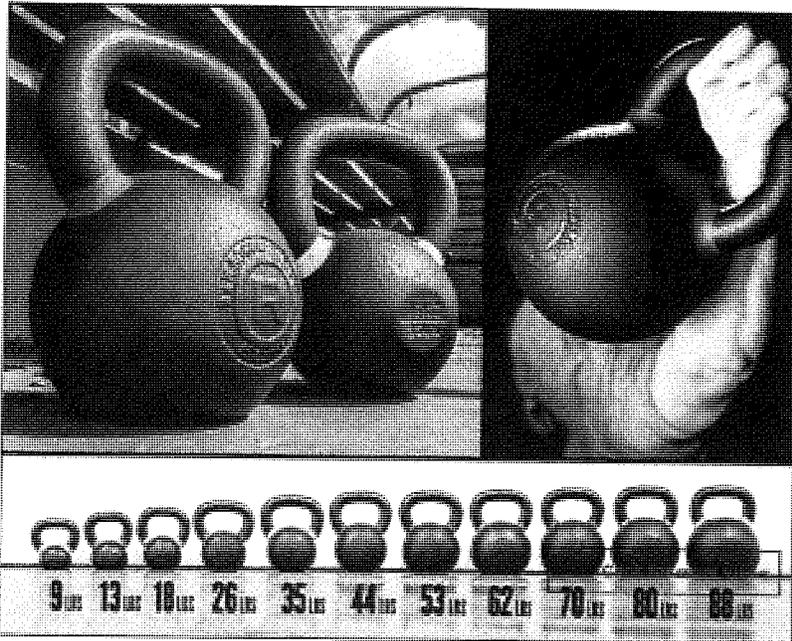
1. The outdoor area will solely be used for strength and conditioning classes. There will be no sparring or actual Mixed Martial Arts classes conducted in the outside area.
2. See new plans. Based on the recommendation of the planning department we have proposed a solid noise barrier. I understand Public Safety was against this however, that area was designed to support a building. Based on my experience from the last five years of working at American Kickboxing Academy in Sunnyvale, I have found that developing a positive relationship with students tends to eliminate the negative activities associated with loitering. When there is activity in the exterior of building it causes teenagers to congregate in alternate locations. The outside training area that we are proposing will create activity that will deter the teenagers from hanging out in that area. The teenagers don't want to be seen hence when activity exist they tend to not want to hangout near that area. For the last five years the teenagers have hangout next to Coles Liquor store and I don't foresee that changing. Many of my students attend Fremont High School and they have been outstanding ambassadors of AKA. We have created an atmosphere of mutual respect between the teenagers and AKA. Kids will be kids and I let them know that I accept their vulnerabilities and I hope that they will use that excess energy for positive things. In regards to criminals or people who have bad intentions I believe some basic community policing will help with that. Proactive police work such as; drive by patrols, foot patrol, neighborhood patrols and informing Fremont High School students of after school programs like PAL.
3. See appendices for list of equipment. All equipment will be brought into AKA after the last class of the day.
4. When it is raining or cold we will not be using the outside area.
5. No, we are not planning on building any shade structures.
6. None

APPENDIX

- A) List of equipment
- B) weekly class schedule
- C) Pictures of posted sign and flood lights

Enter search keyword

Home / Rogue Kettlebells



Rogue Kettlebells

Like 81 0

1 Review(s) | Add Your Review

Availability: In stock

Product Name	Price	Qty
9LB Rogue Kettlebell	\$22.07	<input type="text" value="0"/>
13LB Rogue Kettlebell	\$29.43	<input type="text" value="0"/>
18LB Rogue Kettlebell	\$33.10	<input type="text" value="0"/>
26LB Rogue Kettlebell	\$40.48	<input type="text" value="0"/>
35LB Rogue Kettlebell	\$47.86	<input type="text" value="0"/>
44LB Rogue Kettlebell	\$55.50	<input type="text" value="0"/>
53LB Rogue Kettlebell	\$62.50	<input type="text" value="0"/>
62LB Rogue Kettlebell	\$69.50	Out of stock
70LB Rogue Kettlebell	\$84.50	<input type="text" value="0"/>
80LB Rogue Kettlebell	\$89.50	<input type="text" value="0"/>
88LB Rogue Kettlebell	\$102.50	Out of stock

Overview Gear Specs Images & Videos Reviews

ADD TO CART

The Rogue Kettlebell was designed around these requirements.

Premium Material: We started with the highest quality first run iron ore available. not scrap.

Void free surface: We use a proprietary casting process so each bell can reach the highest quality and have the smoothest finish possible. free of voids or other surface defects. This also allows us to virtually eliminate the seam on the handle..

Single Piece Casting: The Rogue Kettlebell is cast in one solid piece, creating a stronger, more reliable handle and a void free surface. The Rogue Kettlebell does not use plastic caps, plugs, or patches like lower quality products.

Wide Flat Machined Base: We chose to machine the base of our kettlebell flat (not leave it as a raw casting) so it sits perfectly on the floor and does not wobble.

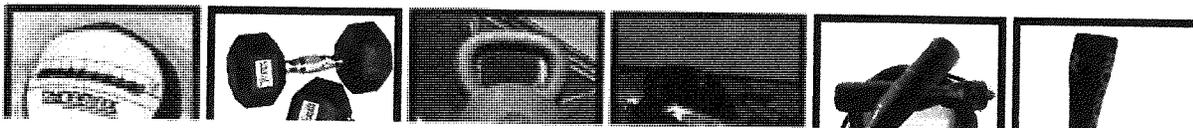
Finish: The Rogue Kettlebell has a matte black powder coat finish that has a great feel and will hold chalk. This feels more natural than a thick epoxy finish.

Colors: We color coded the handles. By associating each kettlebell weight increment with a different color handle, it becomes much easier for gym owners and trainers to direct athletes to specific kettlebells on sight alone.

Rogue Kettlebell Handle Diameters:

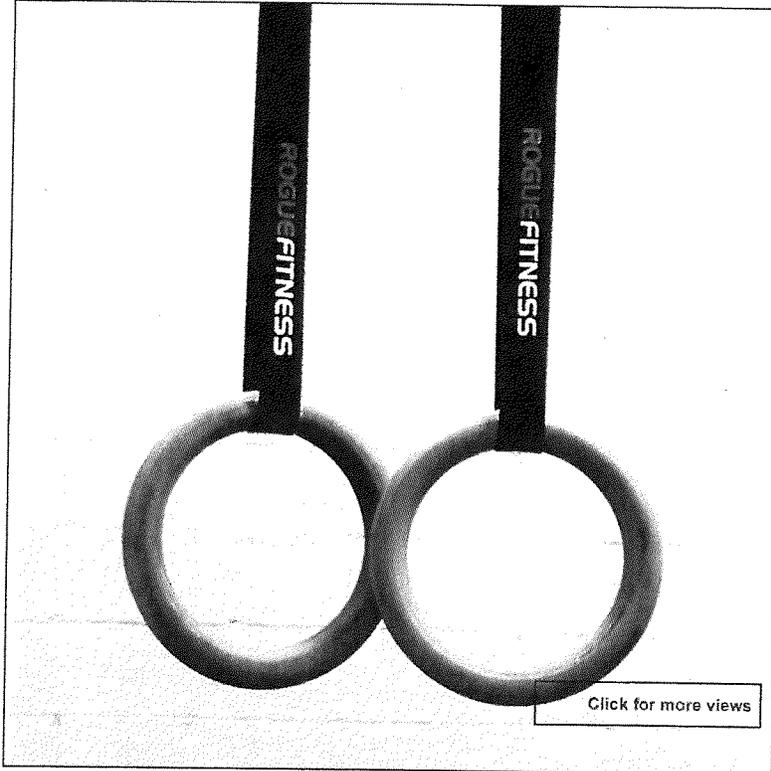
- 9 - 18 lbs. - 1.2"
- 26 lbs. - 1.4"
- 35 - 88 lbs. - 1.5"

Related Products



Enter search keyword

Home / Rogue Gymnastic Wood Rings



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Overview Gear Specs Images & Videos Reviews

We have gone old-school and brought American Wood Rings to you for a fair price. These rings ship with the best strap in the industry.

ROGUE WOOD Rings:

- Stronger than Plastic
- Lighter than Plastic
- Better Feel than Plastic
- Better Grip than Plastic

No need for chalk. Grab these rings and throw them over a tree branch, swing set or mount them permanently in your gym! The strap and buckle system is very simple and only takes a minute to have them ready to go!

Includes:

1. (2) 1.5" Heavy Duty Black Nylon Straps with buckle
2. 16' Strap with velcro to keep the excess strap in one place
3. (2) Rogue Wood Rings

Choose from 2 sizes: Rogue Traditional 1.25" diameter or FIG Spec 1.110" diameter

Why FIG? FIG spec rings have a grip diameter of 1.110" vs. 1.250" for the standard wood rings. This allows athletes with smaller hands to have a safe grip while doing ring work



Rogue Gymnastic Wood Rings



Like 447

22 Review(s) | Add Your Review

Availability: In stock

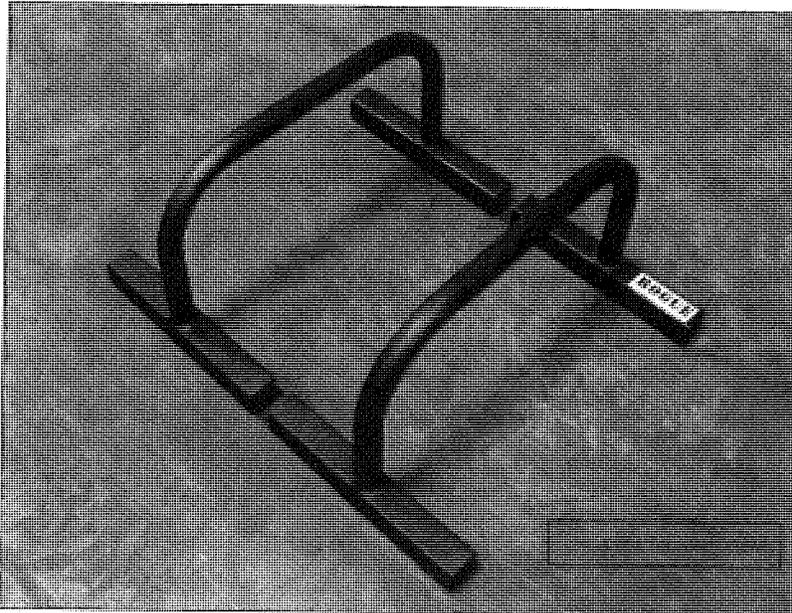
Product Name	Price	Qty
Gymnastic Wood Rings - Single Set	\$72.00	<input type="text" value="0"/>
Rings ship with 2 rings and 2 straps Strap Colors		
-- Please Select --		
Gymnastic Wood Fig Rings - Single Set	\$72.00	<input type="text" value="0"/>
Rings ship with 2 rings and 2 straps Strap Colors		
-- Please Select --		
Gymnastic Wood Rings - 5pk	\$360.00	<input type="text" value="0"/>
Free Shipping!		
Gymnastic Wood Rings - 10pk	\$695.00	<input type="text" value="0"/>
Free Shipping!		
Gymnastic Wood Fig Rings - 5pk	\$360.00	<input type="text" value="0"/>
Free Shipping!		
Gymnastic Wood Fig Rings - 10pk	\$695.00	<input type="text" value="0"/>
Free Shipping!		
Gymnastic Wood Rings - No Straps	\$60.00	<input type="text" value="0"/>
Gymnastic Wood Fig Rings - No Straps	\$60.00	<input type="text" value="0"/>
Extra Set of Straps	\$25.00	<input type="text" value="0"/>
(Set already included with Rings) 2 Black Straps		
* Strap Colors		
-- Please Select --		

ADD TO CART



Enter search keyword

Home / Rogue Parallettes



Rogue Parallettes

MADE IN U.S.A.

Like 62 Tweet 6 0

6 Review(s) | Add Your Review

Availability: In stock

Product Name	Price	Qty
ROGUE Parallettes - Independent	\$87.45	<input type="text" value="0"/>
2 Hand Made HD Parallettes		
ROGUE Parallettes - With Cross Member	\$95.70	<input type="text" value="0"/>
2 Hand Made HD Parallettes with Cross Member to allow locked in width		
ROGUE Parallettes - Independent - 5 Pack	\$405.00	<input type="text" value="0"/>
Free Shipping		
ROGUE Parallettes - Independent - 10 Pack	\$750.00	<input type="text" value="0"/>
Free Shipping		

Overview Gear Specs Images & Videos Reviews

No one makes a set better than the Rogue signature parallettes.

These can support any weight and will not shift under pressure. Feel free to test your limits with explosive swing-throughs or weighted handstand pushups. The Rogue Parallettes are hand fabricated in-house from 11 Gauge steel tube, 1.5" steel tube and powder coated using a rough textured black coating similar to the Rogue Rings.

Features:

- 23" Long X 14" Width X 12" Height
- Unique pass through design allows multiple units to be connected in a row with standard pipe
- Choose either an independent set or set with cross member for lock in adjustment

Add to Wishlist

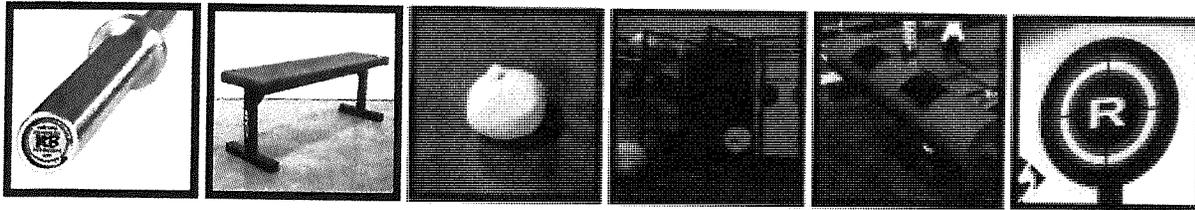
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Add to Registry

Email to a Friend

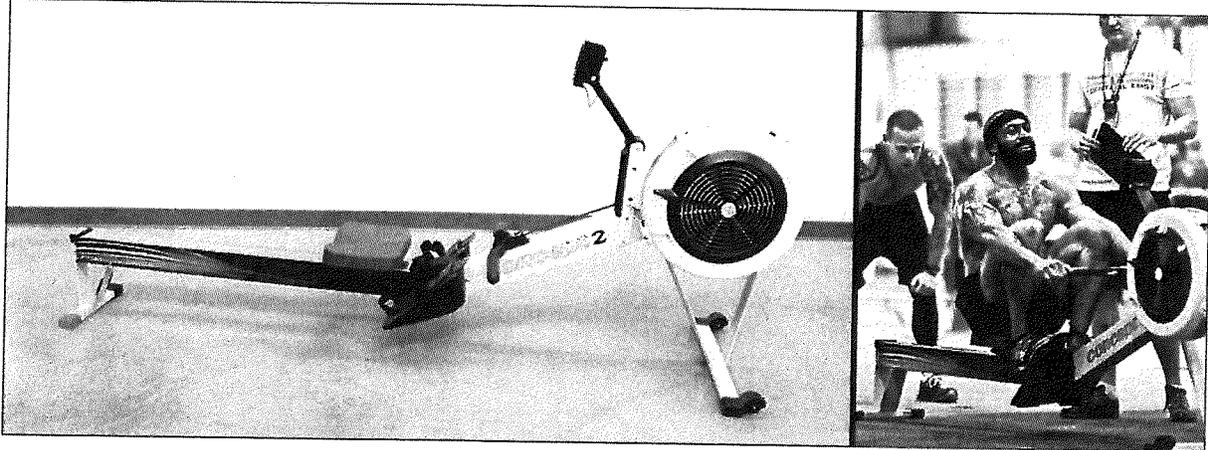
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Related Products



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Home / Gray Concept 2 Model D Rower



Overview | Gear Specs | Images & Videos | Reviews

Model D Rower

- Includes PM3 or PM4 Performance Monitor. (PM4 is NOT available in Canada)
- Flywheel design minimizes noise, maximizes smooth feel of rowing on the water.
- Easy spiral damper controls feel of each pull.
- Ergonomic handle promotes natural arm and hand position.
- Aluminum rail capped with a stainless-steel track for smooth movement of the seat.
- Adjustable monitor arm for compact storage.
- Flexfoot footrests adjust for quick and easy sizing.
- Compact storage: Machine separates easily into two parts for transport and storage.
- Easy assembly. Tools and illustrated instructions included.
- Caster wheels make it mobile.
- Every Indoor Rower comes with all you need to get started.
- Indoor Rowers with PM4 come with a rechargeable battery pack and Suunto chest belt for heart rate monitoring.

Gray Concept 2 Model D Rower



Like 24

0

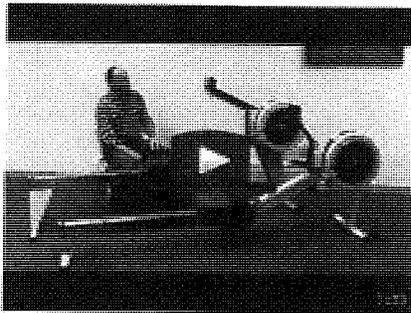
Please enter your email in the form below for a discounted price on the Gray Concept2 Rower.

Rower quote

Email *

1 Review(s) | Add Your Review
 Sign up to get notified when this product is back in stock
Availability: In Stock
 \$0.00

Comparing the Model D and Model E Rowers



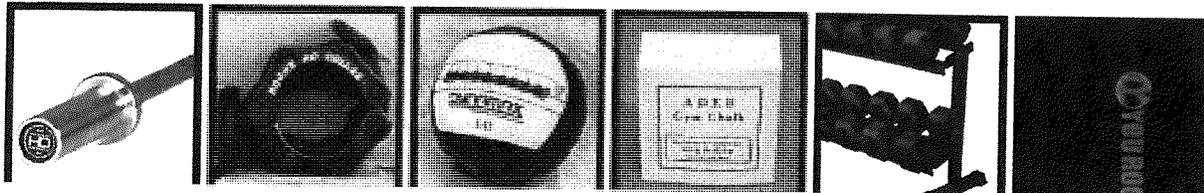
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Add to Registry

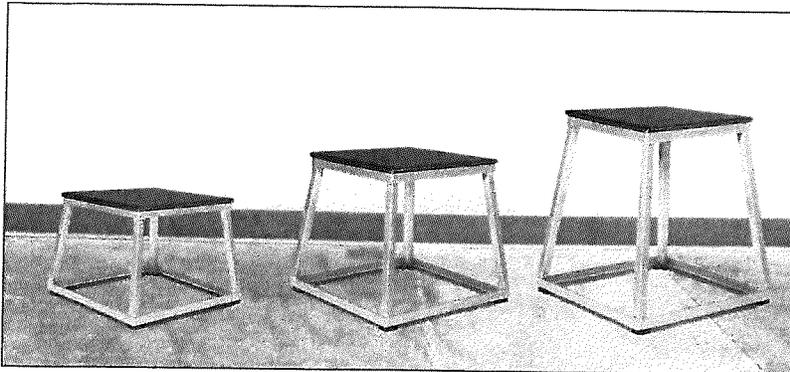
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Related Products



Enter search keyword

Home / Conditioning / Plyo Boxes / Steel Plyoboxes



Steel Plyoboxes

Like 0 Tweet 0

Availability: In stock

Product Name	Price	Qty
12" Steel Plyobox	\$69.00	<input type="text" value="0"/>
18" Steel Plyobox	\$89.00	<input type="text" value="0"/>
24" Steel Plyobox	\$99.00	<input type="text" value="0"/>
30" Steel Plyobox	\$119.00	<input type="text" value="0"/>
36" Steel Plyobox	\$129.00	<input type="text" value="0"/>
42" Steel Plyobox	\$149.00	<input type="text" value="0"/>
Steel PlyoBox Set 12", 18", 24", 30", 36" - 5 Total	\$399.00	<input type="text" value="0"/>

ADD TO CART

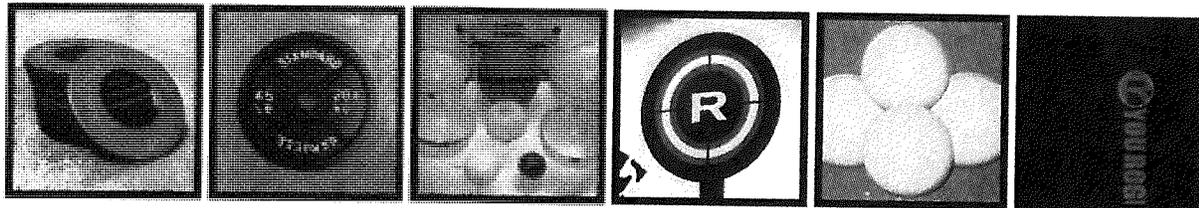
Overview Gear Specs Reviews

These boxes can withstand the weight of everyone in your gym, even the largest of offensive linemen.

For the traditional high school and college strength and conditioning gym buildout Each box is constructed of 1" square steel tubing. The top platform is covered with an Anti-skid rubber surface. Tapered design allows for much greater stability, and easy stacking for storage.

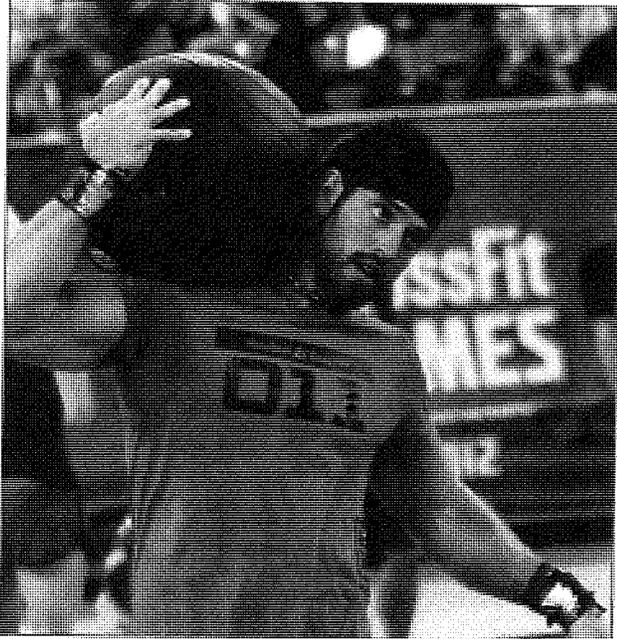
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Related Products



Enter search keyword

Home / Rogue MK D-balls



Rogue MK D-balls



Like 28 Tweet 1

Ships in 7-10 business days

1 Review(s) | Add Your Review

Availability: Ships in 5-7 days

Product Name	Price	Qty
MK 14 - 14LB X 14" Diameter D-Ball	\$95.00	<input type="text" value="0"/>
Free Shipping		
MK 20 - 20LB X 14" Diameter D-Ball	\$115.00	<input type="text" value="0"/>
Free Shipping		
MK 80 - 80LB X 14" Diameter D-Ball	\$305.00	<input type="text" value="0"/>
MK 150 - 150LB X 14" Diameter D-Ball	\$400.00	<input type="text" value="0"/>

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Overview Gear Specs Images & Videos Reviews

Matte Black HD Shell built for serious abuse!

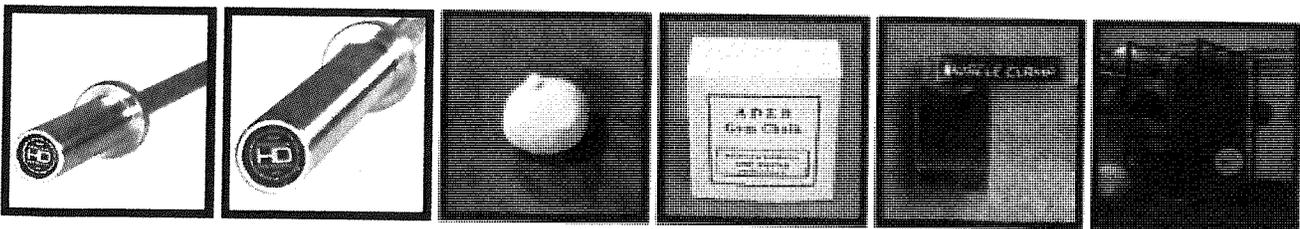
The MK Dball has a larger diameter than the standard Dballs. The 14LB and 20LB variants are great for wall ball and slamming. The 80LB and 150LB are a great sub for stones.

The 80LB and 150LB weights were used at the 2012 CrossFit Games.

MK D-Ball Specs:

- HD Matte Black Shell - Diameter 14"
- Only available at Rogue Fitness

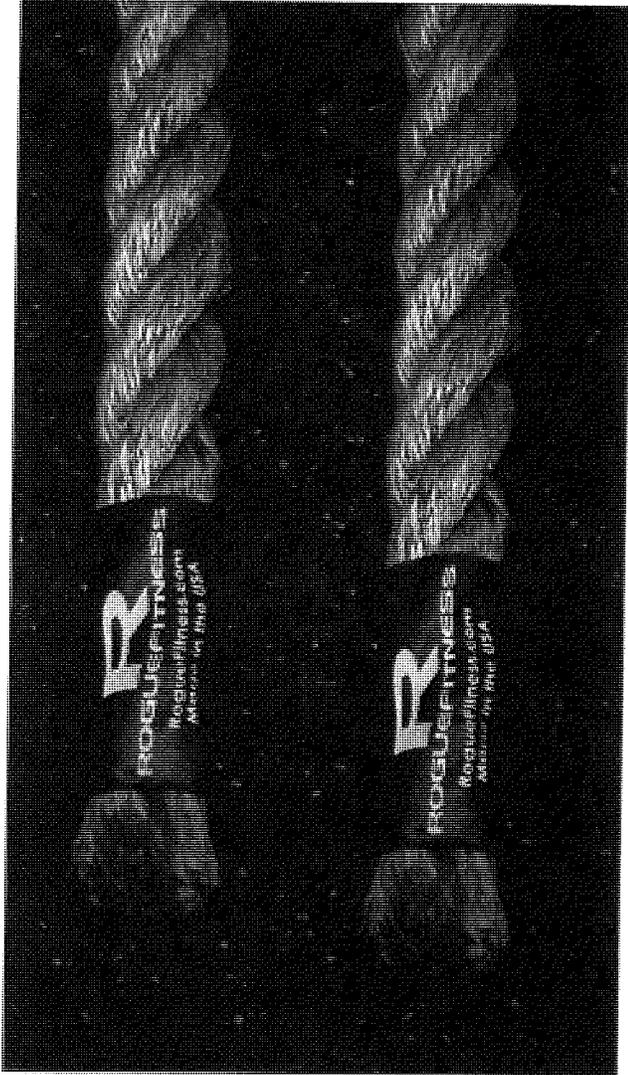
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Home / Conditioning Ropes



Conditioning Ropes

MADE IN U.S.A.

Like 51

Tweet 0

0

3 Review(s) | Add Your Review

Availability: In stock

Product Name	Price	Qty
50' Power Rope w/End Whipping	\$125.00	<input type="text" value="0"/>

ADD TO CART

Overview Gear Specs Reviews

Use these ropes to reach a whole new level of conditioning!

This conditioning tool began as a mainstay in MMA and then CrossFit. It is now used by the majority of athletes who train for power and explosiveness. The battling rope is a universal because it has an ability to build core strength and improve core-to-extremity strength that helps you to hit your next workout or opponent...hard.

Power rope training is brutal in its hit to an athlete's conditioning and is an excellent developer of grip strength.

For even more fun, use two 6' ropes by having two athletes grab the ends of both ropes and see who can rip the ropes out of the other athlete's hands by using the same sine wave motion. Fun for hours!

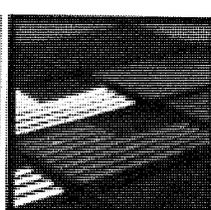
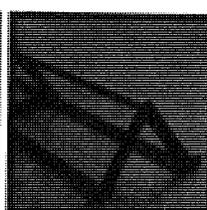
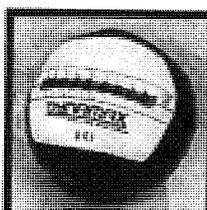
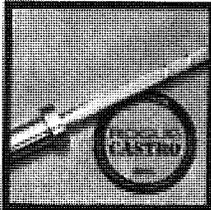
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Narrow Your Choices

Lifting Accessories

Stretching and Resistance Bands (3)

Brand

Rogue (2)

Price

\$0.00 - \$10.00 (1)

\$10.00 - \$20.00 (2)

Weightlifting Bars & Plates

Strength Equipment

Rogue Rigs & Racks

Equipment Packages

Conditioning

Bodyweight & Gymnastics

Shoes

Gear & Apparel

Strongman

Facility Outfitting

Equipment for CrossFit®

Mobility

Caveman Food

Deals & Closeout

Rogue Equipped Gyms

Compare Products

You have no items to compare.

Home / Mobility / Stretching and Resistance Bands

Stretching and Resistance Bands

3 Item(s)

Show 30 per page

Sort By Position



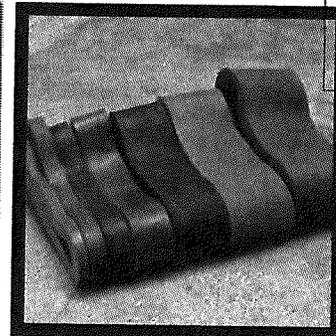
Rogue Monster Bands

\$14.85 1 Review(s)



Rogue Shorty Monster Bands

\$6.50 1 Review(s)



Iron Woody Bands

\$18.00

3 Item(s)

Show 30 per page

Sort By Position

Resistance/Rehab Bands have many uses. They are used for resistance as staple of the Westside Barbell program, They can be used as mobility/rehabilitation tool and can be used to assist body weight exercises.

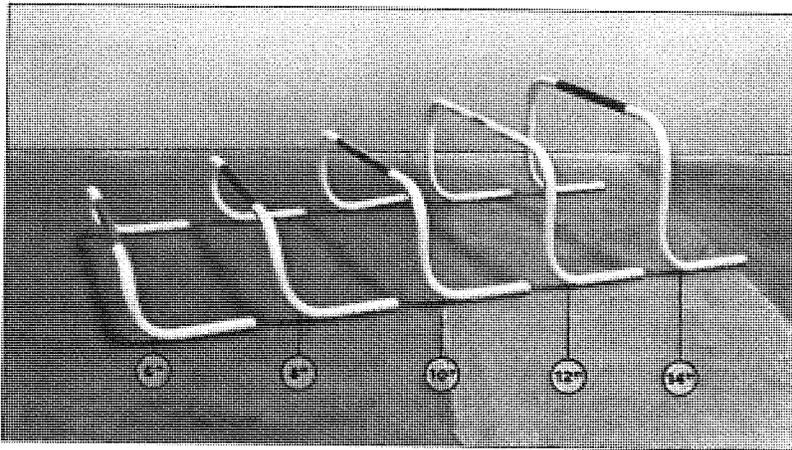
With traditional weight training, the load is constant over the whole range of motion, but in certain parts of the range of motion the mechanics of the lift make the weight easier or harder to lift. For example, in a press, because of the position of your arms, the bottom is the most difficult part of the movement. However, once the weight is above your head, finishing the movement is easier. When lifting with resistance bands, the dynamic of the movement is changed because the resistance of the bands increases as they are stretched. In order to finish the lift, you must have speed out of the bottom to overcome the resistance of the bands at the top. This not only builds speed and power, it allows you to build strength in parts of the movements that are normally neglected.

Often muscle imbalances lead to suboptimal joint mechanics. Mobility bands offer a safe way to stretch muscles and ensure bones are well seated within joints. Proper stretching using rehab bands can help reestablish a normal range of motion, which will not only improve performance, but can help prevent premature degenerative changes.

Many movements such as pull-ups and ring dips are more difficult to scale than barbell movements, because rather than adding weight to a bar, you need to subtract weight from the athlete. Resistance bands offer are an excellent tool to get athletes working towards unassisted bodyweight exercises.

Enter search keyword

Home / Agility Rocker Hurdles



Agility Rocker Hurdles

Like 0 Tweet 0

Availability: In stock

Product Name	Price	Qty
6" Agility Rocker Hurdle	\$14.50	<input type="text" value="0"/>
8" Agility Rocker Hurdle	\$15.25	<input type="text" value="0"/>
10" Agility Rocker Hurdle	\$15.50	<input type="text" value="0"/>
12" Agility Rocker Hurdle	\$16.50	<input type="text" value="0"/>
14" Agility Rocker Hurdle	\$19.75	<input type="text" value="0"/>
Agility Rocker Hurdle Set	\$70.75	<input type="text" value="0"/>

1 of each size

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Overview Gear Specs Reviews

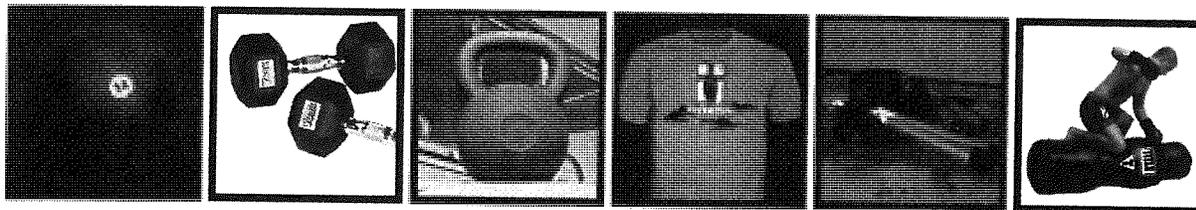
No more wasted time resetting the hurdles in between drills.

The Agility Rocker Hurdles have a weighted base that allows them to rock back into the starting position. Sold individually or as set.

Specifications:

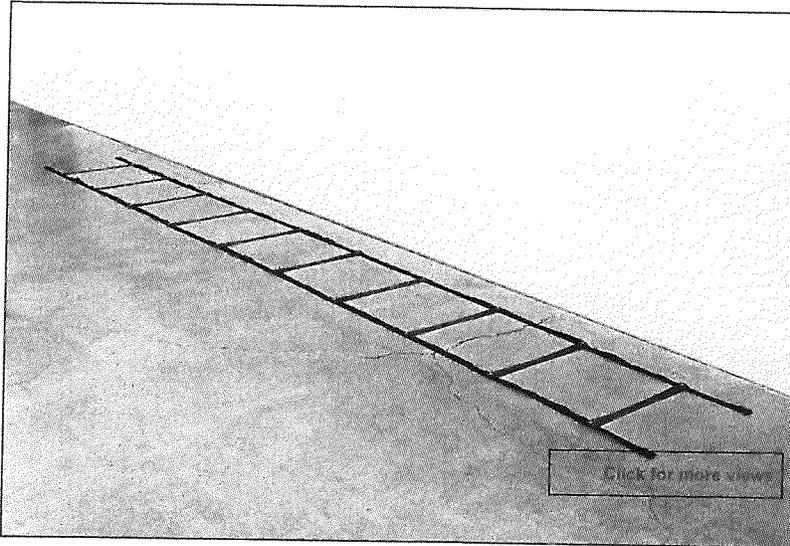
- Height: varies based on size
- Length: 27"
- Width: 10"

Related Products



Enter search keyword

Home / 15' Agility Ladder



15' Agility Ladder

Like 0 Tweet 0

Sign up to get notified when this product is back in stock

Availability: Out of stock

\$47.00

Overview Gear Specs Images & Videos Reviews

An efficient way to perform footwork training for improved speed, balance and coordination.

15' long, with 10 slats. Comprised of two 7'6" sections. Can be connected to other ladders. Comes with carry bag.

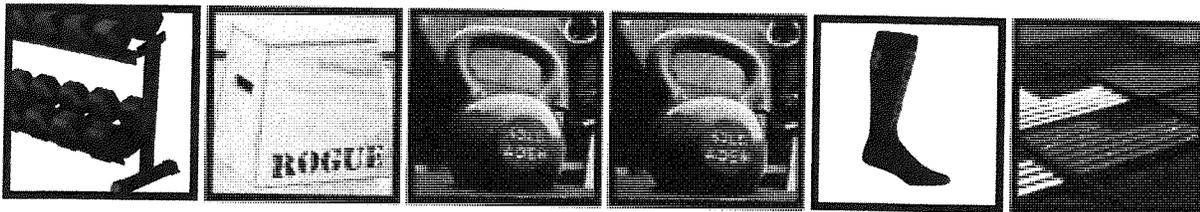
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Add to Registry

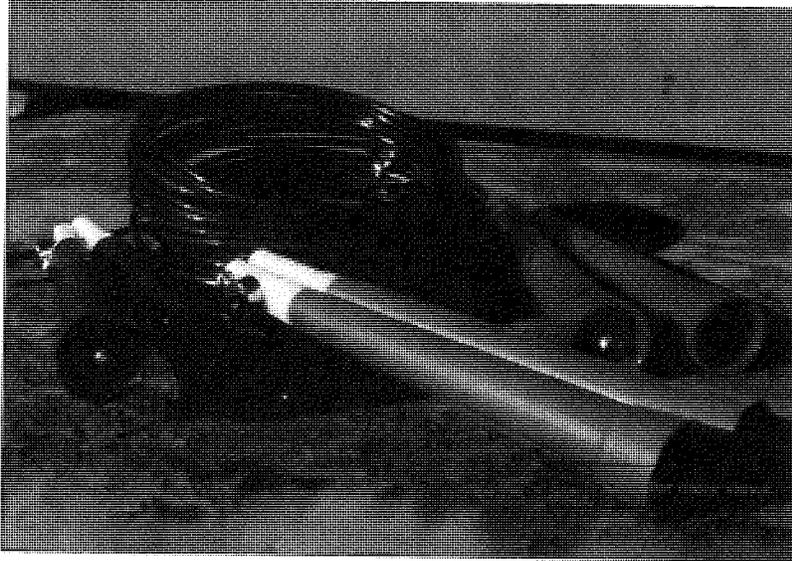
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Related Products



Enter search keyword

Home / Equipment for CrossFit® / Experienced CrossFitter / Jump Ropes / Ultra Speed Cable Jump Ropes



Ultra Speed Cable Jump Ropes

FREE SHIPPING
CONT. US 48 ONLY

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13 Review(s) | Add Your Review

Availability: In stock

Product Name	Price	Qty
Ultra Speed Cable Jump Rope	\$15.00	<input type="text" value="0"/>
Ultra Speed Cable Jump Rope - 5 Pack	\$70.00	<input type="text" value="0"/>
Ultra Speed Cable Jump Rope - 10 Pack	\$135.00	<input type="text" value="0"/>
Ultra Speed Cable Jump Rope - 20 Pack	\$265.00	<input type="text" value="0"/>

FREE SHIPPING!

Set of 5 Replacement Cables \$13.50

Free Shipping!

ADD TO CART

Overview Gear Specs Images & Videos Reviews

Used to break the US National and World speed records.

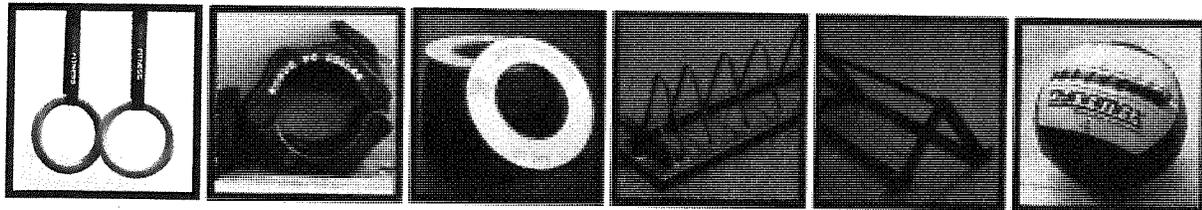
Newly designed handle. Now with a lightening fast metal dowel that will cause this handle to last and last. This rope revolutionized the sport of jump rope. It is smooth turning and very durable. Your speed scores will soar with this innovative rope. The Ultra Speed Cable Rope is unique with its ability to easily change lengths. Each rope comes with 9' 6" of blue coated cable. In addition, when the cable wears out there is no need to buy a whole new rope. Purchase a replacement cable and save money.

This is the speed rope of choice among competitive athletes in the sport of jump rope. It is unbelievably fast!



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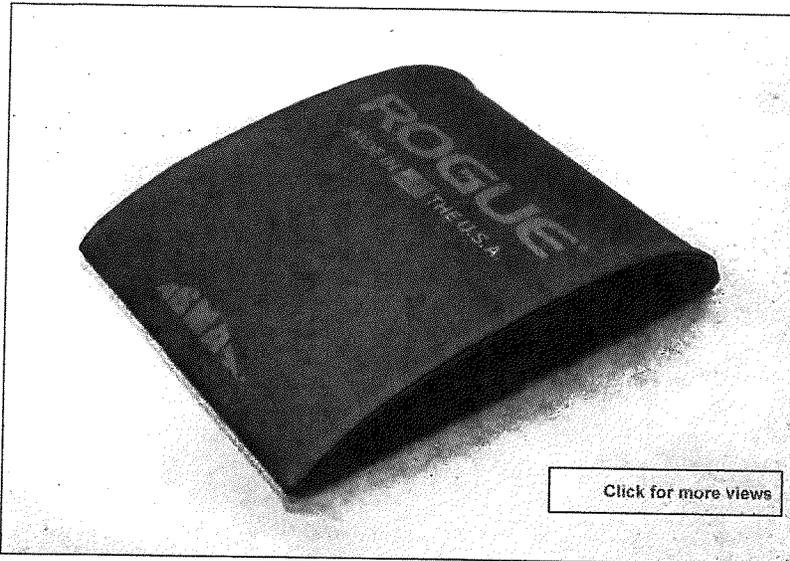
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Abmat



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The new standard for situps.

1 Review(s) | Add Your Review

Availability: In stock

Product Name	Price	Qty
Abmat - Single	\$29.95	<input type="text" value="0"/>
Abmat - 5 Pack	\$135.00	<input type="text" value="0"/>
Abmat - 10 Pack	\$263.25	<input type="text" value="0"/>

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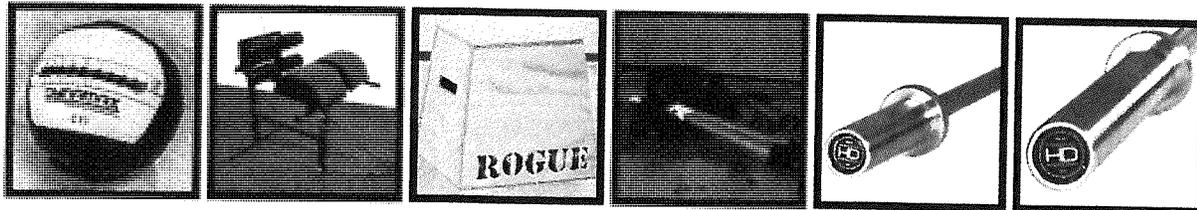
Compliments the full range of motion necessary to work the entire abdominal muscle group.

Crunch exercises and most equipment fall short of the AbMat! It improves a variety of exercises that isolate upper and/or lower abs, as well as the obliques and lower back muscles. The AbMat features a safe, comfortable design contoured to your lower back to provide support and to help prevent injury.

Features:

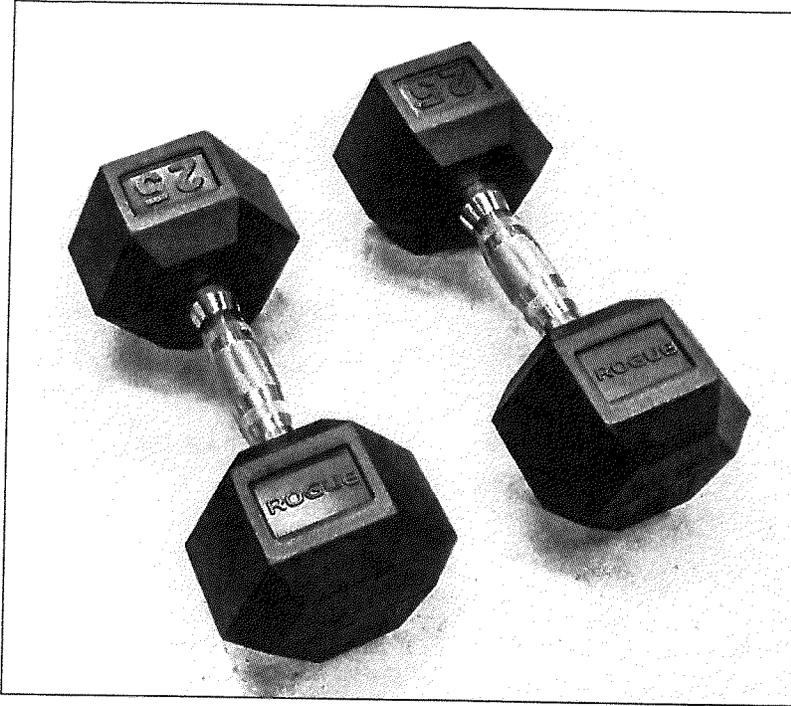
- One size fits all! There is no need to worry about height and weight differences between users.
- No more balancing! Unlike fitness balls, the AbMat won't roll or wobble on you, so you can focus on your workout.
- A compact, portable design that requires no set-up or tear-down. Take it with you anywhere!

Related Products



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Rogue Rubber Hex Dumbbells

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Availability: In stock

Product Name	Price	Qty
2.5LB Rogue Rubber Hex Dumbbell - Pair	\$7.00	<input type="text" value="0"/>
5LB Rogue Rubber Hex Dumbbell - Pair	\$12.00	<input type="text" value="0"/>
7.5LB Rogue Rubber Hex Dumbbell - Pair	\$18.00	<input type="text" value="0"/>
10LB Rogue Rubber Hex Dumbbell - Pair	\$24.00	<input type="text" value="0"/>
12.5LB Rogue Rubber Hex Dumbbell - Pair	\$30.00	<input type="text" value="0"/>
15LB Rogue Rubber Hex Dumbbell - Pair	\$36.00	<input type="text" value="0"/>
17.5LB Rogue Rubber Hex Dumbbell - Pair	\$42.00	<input type="text" value="0"/>
20LB Rogue Rubber Hex Dumbbell - Pair	\$48.00	<input type="text" value="0"/>
22.5LB Rogue Rubber Hex Dumbbell - Pair	\$54.00	<input type="text" value="0"/>
25LB Rogue Rubber Hex Dumbbell - Pair	\$60.00	<input type="text" value="0"/>
30LB Rogue Rubber Hex Dumbbell - Pair	\$72.00	<input type="text" value="0"/>
35LB Rogue Rubber Hex Dumbbell - Pair	\$84.00	<input type="text" value="0"/>
40LB Rogue Rubber Hex Dumbbell - Pair	\$96.00	<input type="text" value="0"/>
45LB Rogue Rubber Hex Dumbbell - Pair	\$108.00	<input type="text" value="0"/>
50LB Rogue Rubber Hex Dumbbell - Pair	\$120.00	<input type="text" value="0"/>
55LB Rogue Rubber Hex Dumbbell - Pair	\$132.00	<input type="text" value="0"/>
60LB Rogue Rubber Hex Dumbbell - Pair	\$144.00	<input type="text" value="0"/>
65LB Rogue Rubber Hex Dumbbell - Pair	\$156.00	<input type="text" value="0"/>
70LB Rogue Rubber Hex Dumbbell - Pair	\$168.00	<input type="text" value="0"/>
75LB Rogue Rubber Hex Dumbbell - Pair	\$180.00	<input type="text" value="0"/>
80LB Rogue Rubber Hex Dumbbell - Pair	\$192.00	<input type="text" value="0"/>
85LB Rogue Rubber Hex Dumbbell - Pair	\$204.00	<input type="text" value="0"/>
90LB Rogue Rubber Hex Dumbbell - Pair	\$216.00	<input type="text" value="0"/>

Overview Gear Specs Reviews

Rogue's Rubber Hex Dumbbells are available in weights ranging from 2.5LB up to 125LB. The easy-grip handle measures 25mm in diameter for the smaller dumbbells up to 20LB and 35mm for dumbbells 25LB up to 125LB.

Most movements that can be done with a barbell become much more difficult when performed with a dumbbell.

Rogue Rubber Hex Dumbbell Specifications:

- Weight range: 2.5-125LB
- Handle Diameter: 25MM up to 20LB, 35MM 25LB and above
- Heavy duty rubber encased head: minimize noise, floor damage, and wear and tear on the dumbbells themselves.
- Ergonomic chrome plated handle
- Proprietary head to handle construction ensures the head does not come loose



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30am-12:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing (Sparring)	Kickboxing (11-12pm)
12:00 pm-1:00pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	MMA
5:30pm-6:30pm	Boxing	Boxing	Boxing	Boxing	Boxing	Open Mat 10am-1pm
6:00pm-6:30pm	Orientation	Orientation BJJ	Orientation	Orientation BJJ		
6:30pm-7:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing (Sparring)	
7:30pm-8:30pm	Intermediate Kickboxing	Intermediate Kickboxing	Intermediate Kickboxing	Intermediate Kickboxing	Open Mat	
7:30pm-8:30pm	Wrestling		Wrestling			
8:00pm-9:00pm		Judo		Judo		

STRENGTH & CONDITIONING



MONDAY – THURSDAY

12-1PM

4-5PM

5-6PM

6-7PM

7-8PM

FRIDAY

12-1PM

4-5PM

5-6PM

6-7PM

SATURDAY

10-11AM

