

James J Rice Fitness Loop



0.6 mile, 9 element fitness course
on UWEC's upper campus
Located behind McPhee Center

University Drive



McPhee

Olson

Simpson Field

Tennis Courts

Practice Field

University of Wisconsin
Eau Claire

Recreation and
Sport Operations

Map Source: ESRI

Thomas Ruohoniemi
12 June 2023

1
Warm Up /
Cool Down

2
Parallel Bars

3
Push Up /
Row

4
Abdominal
Bench

5
Plyometric
Platforms

6
Balance
Beam

7
Monkey Bar /
Ball Grip

8
Pull Up /
Dip

9
Captain's Chair

US - 12 / East Clairemont Avenue

Wold Court