



“ WE ARE INCREDIBLY PLEASED WITH OUR NEWLY REFURBISHED STRENGTH AND CONDITIONING ROOM, DESIGNED AND INSTALLED WITH THE EXPERTISE OF THE TEAM AT PERFORM BETTER UK. ”

Glenn Kirkham - Director of Sport, The Perse School.



The Perse School, Cambridgeshire runs an Elite Sports Programme. Students on the programme work closely with a mentor, have access to international standard testing facilities, receive supervision and evaluation of their training schedules and have the chance to learn from experts in sports science on topics such as diet, psychology, training methods, injury prevention and time management. As such the school needed a bespoke strength and conditioning facility to accompany their Elite Sports Programme, and chose Perform Better to design and install the centre during the school holiday period.

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CASE STUDY THE PERSE SCHOOL

EQUIPMENT

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Medicine Balls and Rack

Dumbbell Set and Rack

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