

“

WE HAVE BEEN SO IMPRESSED BY OUR ENTIRE EXPERIENCE WITH PERFORM BETTER, FROM THEIR CREATIVENESS IN THE DESIGN PHASE RIGHT THE WAY THROUGH TO THE EFFICIENCY OF THE INSTALL.

Martin Lanfear - Physiotherapist, Scottish Ballet.

”



PB
**PERFORM
 BETTER**

sales@performbetter.co.uk
 www.performbetter.co.uk
 01926 813916

**SCOTTISH
 BALLET**

**CASE STUDY
 SCOTTISH BALLET**

EQUIPMENT

- Duratrain Performance Flooring
- Performance Half Rack
- Grappler Attachment
- Multi Adjustable Bench
- Olympic Bumper Disc Set
- Assisted Tricep/Pull Up Station
- Roman Chair
- Wattbike
- Spirit C900 Treadmill
- Cybox Arc Trainer
- 1-10kg Dumbbell Set
- TRX Suspension Trainer
- Calf Raise
- Hex Bar & 7ft Olympic Bar
- Customised Foam Plyo Box
- Optojump Next System

Scottish Ballet, founded in 1969, is Scotland's national dance company. Based in Glasgow, the company performs regularly across Scotland, and increasingly throughout the UK and internationally – promoting Scotland's pioneering spirit far and wide.

Perform Better were invited to speak with Martin Lanfear, Head Physiotherapist, at Scottish Ballet HQ in Glasgow to discuss a revamp of their S&C and rehab space. We created a new room design, allowing more floor space as well as implementing new equipment to assist the development of their strength and rehab programmes for dancers.