



To complement the existing Sport Scotland Institute of Sport Strength and Conditioning facility it was decided to convert an existing aerobics studio into a Rugby specific Strength and conditioning facility to house the SRU Caledonia Academy. Scottish Rugby Union operates four FOSROC Scottish Rugby Academies containing the nation's most promising male rugby players, with centres in Aberdeen, Cumbernauld, Edinburgh and Galashiels. The academy in Caledonia was the first of the four Scottish Rugby Academies to be launched in October 2014.

Perform Better were selected to design the facility in conjunction with the SRU Performance team and ASV Management team. The project was delayed by 12 months due to lockdown but in October 2021 the flooring and equipment were installed. The 13m x 13m space had 32mm Duratrain Performance flooring laid throughout- a specially designed Infinity Rig with 6 lifting stations, monkey bars, disc storage and dipping stations was installed into one half of the room along with PB Olympic discs and bars, benches, PB dumbbell, slam and wall balls and a Ski Erg.



**PB**  
**PERFORM**  
**BETTER**

[sales@performbetter.co.uk](mailto:sales@performbetter.co.uk)

[www.performbetter.co.uk](http://www.performbetter.co.uk)

01926 813916

Aberdeen  
**Sports Village**



CASE STUDY  
**ABERDEEN SPORTS  
VILLAGE**

**EQUIPMENT**

Bespoke Infinity Rig

Adjustable Benches

Olympic Discs and Bars

Dumbbell Set

Wall and Slam Balls

SkiErg