



## EQUIPMENT

- Performance Half Racks x 6
- Belt Squat
- 45 Dual Leg Press
- Leg Extension/Curl
- Dual Adjustable Pulley
- Seated Calf
- Lat Pulldown
- Seated Row
- Adjustable Benches x 6
- Glute Ham Bench
- Prone Row Bench
- PB Olympic Discs and Bars
- Plyo Boxes
- Medicine ball set
- Spirit treadmill x 2
- Concept Ski Erg x 3
- Concept Rower x 3
- Wattbike Pro x 2
- Keiser m3 Bikes x 10
- Duratrain Performance Flooring.

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**The Perform Better team have been excellent throughout the entire process of outfitting our new facility. They brought a wealth of experience in the design phase ensuring the layout of the facility and the equipment selected was appropriate for our demands, then delivered and installed the equipment expeditiously and in a professional manner. The facility has been incredibly well received by both our community users and our athletes, and thanks must go to the entire Perform Better team helping us create such a high standard facility.**

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DONALD VOAS, HEAD OF PHYSICAL DEVELOPMENT, BIGGAR RFC

Biggar RFC in South Lanarkshire was founded in 1975 and the mens team competes in Scottish National League Division One. Biggar built its own clubhouse premises in 1989(extended in 2012) and now owns 30 acres of ground. The Club recently developed its playing facilities and now has 5 pitches, 4 of which are floodlit. In 2023 the Club received a grant and made a decision to build a new Strength & Conditioning facility and also extend the Club House.

The Club's Committee visited a number of Rugby Training facilities in Scotland including Oriam National Performance Centre where the Scottish National Rugby team train- and saw the S and C facility Perform Better equipped in 2022. Due to their experience in designing and equipping Rugby facilities in Scotland and around the World- PB were selected to design and equip the new facility which includes- an S & C facility measuring 21m x 8m, a 7.5m x 5m CV Room and a 23m x 8m Functional multi-purpose area.

PB floored the S and C room with Duratrain performance flooring and the CV/Functional spaces with 30mm rubber flooring. Six Performance half racks were installed along with a Dual Leg Press, Leg Extension/Curl, Lat Pulldown, Seated Row, Calf raise and Belt Squat plus a range of benches. Discs, bars and dumbbells. In the CV room- two treadmills, three Concept Rowers and Ski Ergs plus a range of Wattbikes and Keiser bikes.

