



PB
**PERFORM
 BETTER**

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**PERFORM BETTER HAVE BEEN IMPLICIT IN OUR DECISION TO PURCHASE
 STATE-OF-THE-ART TESTING AND MONITORING EQUIPMENT SUCH AS
 THE OPTOJUMP SYTEM, THE WITTY SEM SYSTEM, HUR FORCE PLATFORM
 AND THE GYMAWARE SYSTEM AS WELL AS A VAST RANGE OF STRENGTH
 TRAINING APPAREL.**

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Ian Davis - FDSC Strength, Conditioning and Sports Coaching.



**CASE STUDY
 CITY COLLEGE
 PLYMOUTH**



Perform Better supplied equipment for a new Conditioning Room at City College Plymouth.

This included multi-function rack and lifting platform, squat rack, Olympic discs and bars, plyometric boxes, plyometric hurdles, Activio telemetry heart rate system and Microgate Witty timing system.

Perform Better were then asked to provide additional equipment for the Conditioning Room to compliment the kit previously supplied.

Recently City College Plymouth has demonstrated their foresight in the importance of testing and monitoring athletes with the purchase of OptoJump system, Witty SEM, force platform and GymAware.

EQUIPMENT

Power Rack

Multifunctional Rack

Squat Rack

Witty Timing

Witty SEM

Olympic Bars

Olympic Discs

Sprint Track

Activio

OptoJump

GymAware

