



# PB

## PERFORM BETTER

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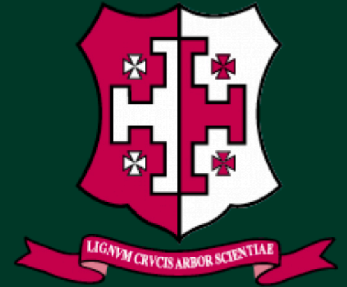
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“ PERFORM BETTER MET THE BRIEF PERFECTLY TO PROVIDE A USER AND COACH FRIENDLY GYM THAT ALLOWS SIGHT OVER THE WHOLE AREA TO ENSURE SAFETY AND GOOD SESSION 'FLOW'. AS WELL AS THIS THE EQUIPMENT IS PERFECT FOR A SCHOOL SETTING DUE TO THE DESIGN, COLOURS AND EASE OF USE MEANING THAT THE STUDENTS HAVE THE BEST EXPERIENCE. WE CAN NOW FIT IN A LARGE PE CLASS OF 25 YEAR 7S, OR A SQUAD OF 20+ SENIOR RUGBY PLAYERS, NO ISSUE AND THE SPACE CATERS FOR BOTH.

*Henry Boggie*  
*Head of Athletic Development*

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### CASE STUDY

## DENSTONE COLLEGE

### EQUIPMENT

- Elite Power Racks x 4
- Adjustable Benches x 6
- Branded Graphix Platforms x 4
- Medicine Ball Walls
- Olympic Discs and Bars
- Branded PU Dumbbell Set
- Competition Kettlebells
- Wattbike Pro x 2
- Concept Ski Erg x 2
- Concept Rower x 2
- Concept Bike x 4
- Duratrain Performance Flooring
- Turf Track



Prior to the development the Denstone College were using a re-purposed viewing gallery area above their sports hall. The programme outgrew this area, as well the school facing issues with sub floor damage and space limitations. Having identified two areas on site, the school went for the larger option of knocking through 4 x existing Fives courts.

A key objective was to preserve a large, open central space, that was versatile and could be adapted to any type of session delivery. Equipment has been located at the perimeter to utilise the spaces between internal walls and eliminate dead space. The wide range of free weights can be used to load a vast array of movements, allowing progression and regression based on both competency and strength levels.