



Dukes Meadows is a Golf and Tennis centre regional hub based on the Thames near Chiswick.

To develop the Strength and Conditioning provision for their Talented and Developing Athletes, the club decided to convert the squash court into a strength training facility.

The floor was initially in poor state so Perform Better stripped it back, re-concreted where necessary and then lay Duratraining tiles to protect the floor.

The Perform Better team then installed a wall mounted rig with three lifting stations, monkey bars and free weights. To complement the following were added; dumbbells, multi-pulley, CV and free exercise equipment.



PB

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DUKES MEADOWS

CASE STUDY DUKES MEADOWS

EQUIPMENT

Duratraining

Wall Mounted Multi-Purpose Rig

Lifting Stations

Monkey Bars

Black Olympic Bumper Plates

Multi-Pulley

Spin Bikes

SkiErgs

Dumbbells

Medicine Balls

Glute Ham Bench

Brower

Prone Row Bench