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**PERFORM
BETTER**

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PERFORM BETTER WORKED WITH US ON OUR GYM DEVELOPMENT, FROM DESIGN STAGE ALL THE WAY THROUGH TO INSTALLATION. I WOULD RECOMMEND THEM TO ANY OTHER SCHOOL LOOKING TO DEVELOP A GYM.

Jonny Mason - King's School Worcester.

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CASE STUDY KING'S SCHOOL, WORCESTER

EQUIPMENT

Performance Power Rack

Multi-Function Power Rack

Squat Stands

ISO Preacher Curl

ISO Leg Extension

ISO Leg Curl

ISO Chest Press

Prone Row Bench

Life Fitness Treadmill

Life Fitness X-Trainer

Wattbikes

Perform Better Med Balls

Perform Better Dumbbells



This was a project that developed from a small gym in a converted classroom, to a full-blown new sports centre within the school. Perform Better worked with the architects, builders and school PE staff to make sure that the gym was exactly to requirement.

After creating a 3D plan of what the gym could look like, we started by discussing the flooring. The school chose 31mm of Duratrain rubber flooring across the whole area to ensure total floor protection and better sound management. Integrated within this flooring was 15m of plyo/sprint track, an essential element for all of the staff.

The equipment chosen included our own performance weight lifting racks and ISO disco loaded single station. In addition, we added a range of CV equipment and free weights to complement the strength training section. Each area was colour coded to give clarity to the zones, making a simple flow of users around the area.