

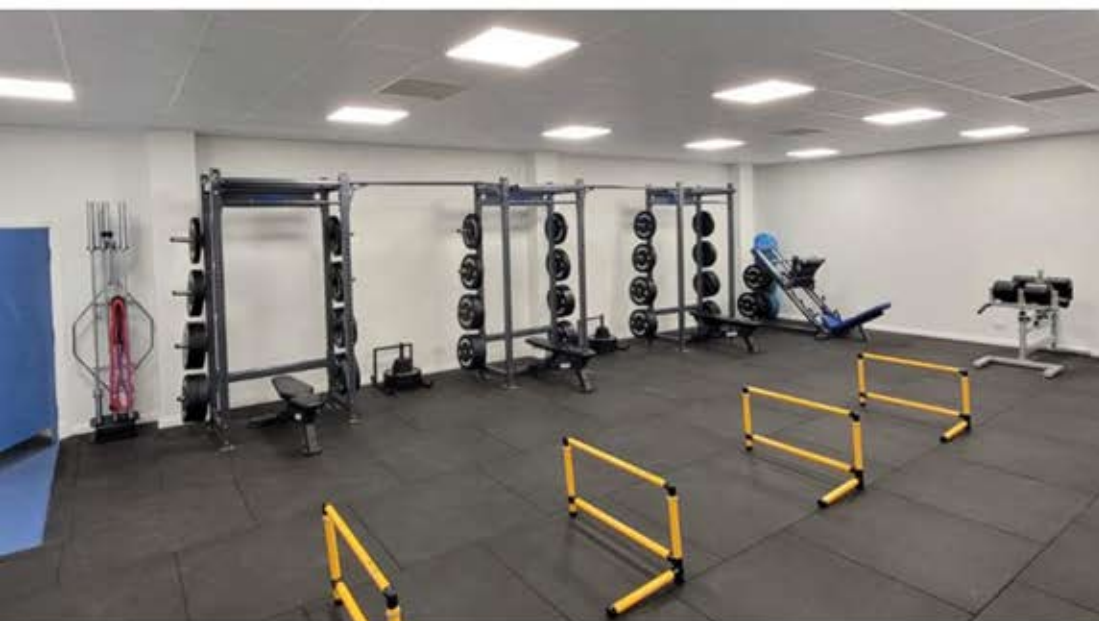


Kelvinside Academy is an independent day school in Glasgow, Scotland, founded in 1878. It has a capacity of over 600 pupils.

Perform Better won a tender process in late spring to be the provider of equipment for the schools new S&C gym.

Following meetings with school staff, we designed a 3 racks station with adjoining suspension training bars to make use of the usual 'dead space' between racks.

We also added in a selection of free weights and benches to allow a range of exercises suitable for all ages. A leg press, multipulley, and glute ham bench were added to complement the other equipment and make good use of the space available.



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**THANK YOU TO PERFORM BETTER WHO OFFERED AMAZING SERVICE, PROVIDING ADVICE ON DESIGN AND EQUIPMENT FOR OUR SCHOOL CONDITIONING SUITE. PUPILS AT KELVINSIDE ACADEMY HAVE AN EXCELLENT RESOURCE THAT WILL PROVIDE OPPORTUNITY FOR PERFORMANCE DEVELOPMENT THROUGH ALL SPORTING ENDEAVOURS AND A POSITIVE MINDSET IN DEVELOPING HEALTH AND WELLBEING MOVING FORWARD.**

**David Wilson - Head of PE, Games and Extra-Curricular**

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**CASE STUDY**  
**KELVINSIDE**

## **EQUIPMENT**

**Standard Half Rack**

**Adjustable Flat to Incline Benches**

**7ft Chrome Bars**

**6ft Hex Bars**

**Safety Squat Bar**

**Rubber Bumper Discs**

**Plyometric Cubes**

**PB Medicine Balls**

**PB Competition Kettle Bells**

**Blue 65cm Blue Gym Balls**

**Training Ropes**

**Strength Bands**

**Smart Hurdles**

**Rubber Hex Dumbbells**

**R2 Multiple Pulley**

**Olympic Incline Leg Press**

**Mini Prowler**