

## CASE STUDY

# KINGSLEY SCHOOL



## EQUIPMENT

- Standard Wall Mounted Racks x2
- Bespoke Standard 4 Bay Rig
- DAP
- Combined Leg Extension/Leg Curl
- Chest Press
- Leg Press
- Standard Adjustable Flat to Incline Bench x2
- Bespoke Turf Track
- Concept RowErg x4
- Concept SkiErg x2
- Spirit CT800+ x4
- Olympic Rubber Discs and storage
- Rubber Hex Dumbbells and racks
- Wall Balls
- Slam Balls
- Flooring

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Perform Better worked with The Kingsley School to transform their gym hall into an all purpose gym.

We installed a combination of wall mounted racks, a functional rig with additional lifting stations, a track, free weights section, selectorised kit and CV equipment.

The school wanted a new gym to provide the students and teachers at The Kingsley School a facility to excel their performance, enhance sport lessons to learn the fundamentals of training and making the gym a welcoming place for everyone. The facility can now accommodate all of the schools needs.

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