



PB

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LEEDS
BECKETT
UNIVERSITY

CASE STUDY LEEDS BECKETT UNIVERSITY

EQUIPMENT

Isometric Mid-Thigh Pull Racks

Bi-Lateral Leg Press

Performance Squat Stands

Elite Power Racks

Dumbbell Set

Adjustable Flat to Incline Benches

Medicine Ball Set

Olympic Training Bars and Discs

Motion 1080 Sprint

Optojump Next

Witty SEM and Timing System

Run Rocket

Perform Better were commissioned by Leeds Beckett University to supply and install the S&C facility in their new Carnegie School of Sport Building. The building houses several outstanding features, including a 60m indoor athletics track, nutrition teaching kitchen, high performance strength and conditioning facility, human movement research laboratory, two environmental chambers, and a Performance Analysis Lab.