



PB

**PERFORM
BETTER**

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“
THE TEAM AT PERFORM BETTER HAVE DONE AN AMAZING JOB ON THE NEW STRENGTH & CONDITIONING SUITE HERE AT LJMU. THE SUPPORT WE RECEIVED WAS INVALUABLE.
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Carl Langan-Evans - Head Strength & Conditioning, Liverpool John Moores University.

CASE STUDY LIVERPOOL JOHN MOORES UNIVERSITY

EQUIPMENT

- Performance Power Racks
- 3 Oak Platforms
- Duratrain Flooring
- 2-50kg Dumbbell Set and Racks
- Foam Plyobox
- Eleiko Olympic Bars
- PB Olympic Discs
- Keiser Functional Trainer
- Adjustable Dipping Attachments
- Grappler Attachments
- Loumet Balls



Liverpool John Moores is currently one of the leading Universities in the UK for Sports Science provision. Carl Langan-Evans (Head Strength & Conditioning) had approached PB to discuss and potentially design a refurbishment of their existing S&C suite to cater for their new S&C MSc course. The project aim was for MSc students, as well as all University athletes and sports teams to have access to an elite S&C training facility to assist and improve their performance. With this in mind Perform Better were chosen as the sole supplier and project managers for the new S&C Suite design and installation.

Having previously equipped the S & C area at the IM Marsh Campus, Perform Better were again selected to carry out the upgrade and installed Duratrain Performance Flooring to the whole area with oak lifting platforms in addition to a full range of strength equipment.