



Following installations (Performance Lab, Fitness Studio) as part of the Carnegie School of Sport project in 2020, Perform Better were again selected as the equipment provider for the Universities S&C Gym to be utilised by University sports teams and talented athletes.

The project's standout feature is the bespoke 12m x 8m lifting platform to house the 4 x power racks and squat stands as well as allowing free lifting space in between. To complement this was a selection of strength kit and free weights including a smith machine, dual adjustable pulley, glute ham benches and prone row attachments.

The room also has a removable prowler sled track for pushes and pulls to allow a large variety of S&C work to be performed. The University added a custom colour scheme as well as University logos to give the athletes a real sense of pride when training for competition.



“ PERFORM BETTER HAVE NOW INSTALLED TWO EXCELLENT GYM FACILITIES AT OUR UNIVERSITY THAT ALLOW US TO DELIVER HIGH PERFORMANCE TRAINING, TEACHING AND RESEARCH ACROSS THE TWO SPACES. DARREN AND ALISTAIR HAVE BEEN EXTREMELY HELPFUL THROUGHOUT AND ADAPTED BOTH FACILITIES TO OUR NEEDS, BUDGETS AND SPECIFIC ACTIVITY REQUIREMENTS. ”

Dane Mitchell - Head of Strength & Conditioning

PB
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CASE STUDY LEEDS BECKETT UNIVERSITY S&C GYM

EQUIPMENT

- Weight Lifting Platforms
- Performance Squat Stands
- Smith Machine
- Flat to Incline Bench
- Glute/Ham Bench
- Reverse Hyper Bench
- Rubber Bumper Discs
- Rubber Dumbbells
- Dumbbell Rack
- Hex Bar
- Swiss Bar
- Safety Squat Bar
- 7ft Chrome Bars
- Assault Air Bike
- Concept 2 Rowing Machine
- Olympic Incline Press
- Foam Plyometric Boxes
- Branded Upholstery