



PB

**PERFORM
BETTER**

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**Leeds Trinity
University**

To cater for their increasing number of Sport Science, Sport Coaching and Strength & Conditioning courses Leeds Trinity University made the decision to convert a lecture room into a Strength & Conditioning facility in their Sports Centre to complement their existing Fitness Suite.

Perform Better were selected by Leeds Trinity University to supply the equipment which included a bespoke 9m x 2m lifting platform along with bespoke flooring solutions.

CASE STUDY LEEDS TRINITY UNIVERSITY

EQUIPMENT

Performance Power Rack

Squat Stands

Technique Boxes

Olympic Bars

Olympic Discs

Benches

Dumbbells

Kettlebells

Plyometric Boxes

