



As part of an ongoing initiative to improve the health and wellbeing offering to all staff within the force, the team at Leicestershire Police were converting an existing office and storage space to a staff gym.

Space restrictions in the previous gym had limited the range of activities and equipment that could be utilised. A key focus for the project was to address this limitation and offer a wide variety of training possibilities whilst still allowing users of all abilities and experience levels to enjoy unsupervised use of the gym.

Perform Better were approached to consult on the project because of their previous work with the force at their Enderby Head Quarters and flagship projects with local Premier League team Leicester City.



# PB

**PERFORM  
BETTER**

[sales@performbetter.co.uk](mailto:sales@performbetter.co.uk)

[www.performbetter.co.uk](http://www.performbetter.co.uk)

01926 813916



## CASE STUDY LEICESTERSHIRE POLICE

### EQUIPMENT

Custom Built Rig

Pin Loaded Strength Equipment

Branded Adjustable Benches

Stainless-steel Dumbbell Set

Verticle Storage

Concept 2 SkiErg, Bike and

Rower

Keiser M5i Strider

Assault Bike

Curved Treadmill