



# PB

## PERFORM BETTER

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**MHP** Manchester  
Institute of  
Health &  
Performance

### CASE STUDY MANCHESTER INSTITUTE FOR HEALTH AND PERFORMANCE

#### EQUIPMENT

Bi Lateral Leg Presses

Leg Extension & Leg Curl

Keiser Functional Trainers

Eleiko Bars and Discs

Rubber Dumbbell Set

Adjustable Benches

Cybox Treadmills

Cybox Arc Trainer

Concept 2 Rower

Ski Erg

Wattbikes

Spider Rig

Power Racks

Based in East Manchester the Manchester Institute of Health and Performance has a facility that drives forward the standards of sport science and medicine in elite and community sport across Manchester, firmly placing the city as a leading nucleus for sport.

Due to the fact that the S&C facility is located on the first floor, above treatment rooms, it was imperative that there was no noise transferring to the downstairs areas. Working closely with the design and construction teams- the specification was to produce a 12cm thick flooring which was a combination of wood and 31mm of Duratrain performance flooring. In addition, a two lane sprint track and an artificial turf lane were created down the middle of the 30m x 10m room.

With the facility being used by a range of athletes, the equipment specification was highly specialised. Four bespoke Power Racks were specified with joining bars to allow bodyweight training. In addition, a large 12m x 4m Spider Rig was requested to bridge over the Sprint/Turf track area. The Rig includes adjustable monkey bars running down and across the length of the Rig.