



The team at Milton Keynes wanted to alter the layout to create more space and make more lifting stations available for their students and external teams in their courtside gym. This was both to meet the demands of the academic program but also requirements of group sessions with close college partners and teams.

Perform Better were asked to consult on the project and throughout the project worked closely with Course Team Leader & Lecturer, Ian Greenwood.



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PERFORM BETTER HAVE TRANSFORMED OUR GYM AT MILTON KEYNES COLLEGE INTO A FANTASTIC STRENGTH AND CONDITIONING SPACE. FOLLOWING INITIAL CONSULTATION THEY PROVIDED US WITH DIGITAL DRAWINGS OF WHAT THE EQUIPMENT WOULD LOOK LIKE AND HOW IT WOULD BE LAID OUT IN OUR FACILITY THEN INSTALLED IT TO A VERY HIGH STANDARD. THE NEW SQUAT RACKS AND LIFTING PLATFORM WILL ENHANCE THE TRAINING EXPERIENCE OF THE COLLEGE FOOTBALL TEAM, AND OUR SPORT SCIENCE AND PERSONAL TRAINING COURSES. I WOULD HIGHLY RECOMMEND PERFORM BETTER TO ENHANCE ANY FITNESS SPACE THAT YOU MAY HAVE.”

Ian Greenwood - Course Team Leader & Lecturer: Sport & Exercise Science, Strength and Conditioning Coach: MKC Football Academy

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CASE STUDY
MK COLLEGE

EQUIPMENT

Double Half Rack

Storage Pod

Half Racks

32mm DuraTrain Platform