



Monmouth School is a Boys School in South Wales, whose sporting heritage is strong.

The school wanted to create a dedicated Strength and Conditioning Suite for the elite players, talented athletes and developing players to train. As such two squash courts were identified as potential for development.

One court was to be a multi-functional area with CV equipment, free weights and wall bars for band and bodyweight exercises. The second court was to be a weight lifting centre with free standing racks, free standing platforms and bars and discs.

PB

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Monmouth School
for Boys

CASE STUDY MONMOUTH SCHOOL FOR BOYS

EQUIPMENT

Wattbike

Concept Rower

Ski Ergs

Glute Ham Developers

Dumbbells

Med Balls

Kettlebells

Multipurpose Wall Bars

Free Standing Platforms

Racks

Perform Better Bars & Discs