

## ORIAM



## EQUIPMENT

- Elite Back to Back half racks x 6
- Bespoke Bridge Rig
- Prone Row Bench x 2
- Leg Curl
- Glute Ham Bench x 2
- Bespoke Med Ball Wall x 2
- Storage systems x 2
- Duratrain Performance Flooring
- Inset Lifting Platforms
- Mondo Sprint Track
- Performance Turf Area

**“ It was brilliant to work with Perform Better to develop our new High Performance Gym. They worked tirelessly to ensure our needs were accommodated. The new design has been exceptionally well received by our performance partners (Scottish Rugby, Scottish FA, Hearts FC, sportscotland Institute) who feel that the new layout and equipment quality will make a real difference to their training environment. ”**

ROSS CAMPBELL, EXECUTIVE DIRECTOR

Oriam, Scotland's National Performance Centre for sport, is the flagship performance centre for Heriot-Watt University and host to the Scottish Institute of Sport, Scottish Rugby Union, Scottish Football Association and Hearts of Midlothian FC. When the facility first opened in 2016 Perform Better were selected to equip the Performance Strength and Conditioning facility. With SRU's increased use of the facility for all their Senior, age group and Women's camps and the Institute's wider requirements to cater for multiple sports-discussions began between the Oriam Management team and stakeholders about upgrading the facility.

The aim of this project was for the Perform Better team supported by our Technical design partners- Indigo Fitness to work closely with the Oriam Performance team along with the Performance teams from SIS,SRU, SFA and Hearts FC to transform the current performance gym into an area which will maximise athletic development of the athletes and individuals using the facility.

Through extensive collaboration and stakeholder management the technical design team designed bespoke space saving back-to-back Racks, a Monster Bridge Rig, medicine ball walls and a number of other bespoke features.

Perform Better's ability to be creative with space design to maximise its efficiency and also being able to manufacture equipment bespoke to an area, has created a space which is unique, functional yet dynamic and motivating.

