



# PB

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BETTER**

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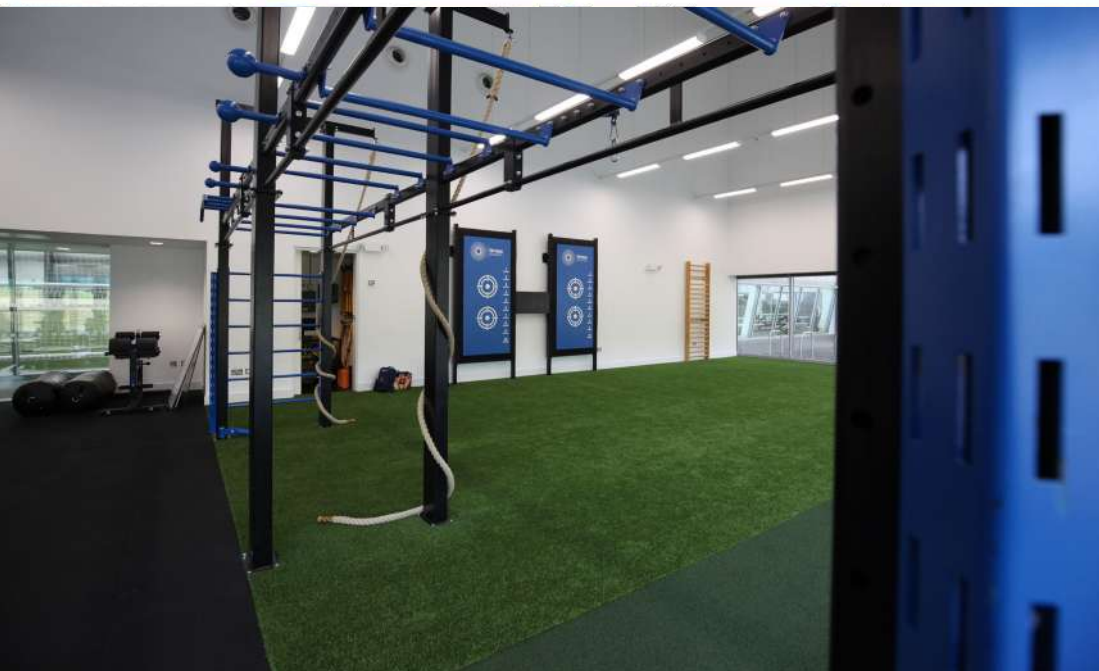
“ IT WAS BRILLIANT TO WORK WITH PERFORM BETTER TO DEVELOP OUR NEW HIGH PERFORMANCE GYM - THEY WORKED TIRELESSLY TO ENSURE OUR NEEDS WERE ACCOMMODATED. THE NEW DESIGN HAS BEEN EXCEPTIONALLY WELL RECEIVED BY OUR PERFORMANCE PARTNERS (SCOTTISH RUGBY, SCOTTISH FA, HEARTS FC, SPORTSCOTLAND INSTITUTE) WHO FEEL THAT THE NEW LAYOUT AND EQUIPMENT QUALITY WILL MAKE A REAL DIFFERENCE TO THEIR TRAINING ENVIRONMENT.

*Ross Campbell - Executive Director, Oriam,  
Scotland's Sports Performance Centre*

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**Oriam**  
SCOTLAND'S SPORTS  
PERFORMANCE CENTRE



## CASE STUDY ORIAM SCOTLAND'S NATIONAL SPORTS PERFORMANCE CENTRE

Elite Back to Back Half Racks x 6

Bespoke Bridge Rig

Prone Row Bench x 2

Leg Curl

Glute Ham Bench x 2

Bespoke Medicine Ball Wall x 2

Storage Systems x 2

Duratrain Performance Flooring

Inset Lifting Platforms

Mondo Sprint Track

Performance Turf Area

The aim of this project was for the Perform Better team 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.

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.