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I CONTACTED PERFORM BETTER ASKING FOR GUIDANCE AND ADVICE. THEY EXCEEDED MY EXPECTATIONS AND WERE EXTREMELY HELPFUL AND KNOWLEDGEABLE THROUGHOUT THE PROCESS. FROM CHOOSING THE CORRECT EQUIPMENT, TO FITTING, TO FOLLOWING UP AND ENSURING I WAS SATISFIED WITH THE GYM. PERFORM BETTER ARE A PROFESSIONAL AND HELPFUL COMPANY AND I CAN'T RECOMMEND THEM ENOUGH.

Jamie Routledge - Owner.

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With a change of ownership at Peak Fitness, the management team wanted to continue to evolve the facility allowing them to expand on what they can deliver in their 1-2-1 sessions.

Perform Better provided two separate flooring solutions, one for a functional training/cardio space and another other impact tile area with inset platforms to allow a greater range of barbell movements, especially Olympic lifting.

There was a joint decision made to install these areas as “islands” leaving some of the original wooden flooring exposed to ensure the original feel and character of the gym was preserved. They have also modernised their machine weight offering with a space saving cable low row/pull down and compact dual adjustable pulley.



CASE STUDY PEAK FITNESS

EQUIPMENT

Standard Half Rack

Renegade Curved Treadmill

Compact Dual Adjustable Pulley

Lat Pull Down/Low Row

Specialist Flooring

Customised Lifting Platform

Olympic Bumper Plates

Range of Bars

