



PB
**PERFORM
 BETTER**

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**CASE STUDY
 PERTSHIRE RUGBY FC**

EQUIPMENT

- Wall Mounted Racks
- Customised Oak Platforms
- Duratrain 32 mm Flooring
- Customised Adjustable Benches
- 7ft Olympic Bars
- 6ft Technique Bars
- Olympic Bumper Discs Set
- Customised Plyo Box Set
- Dumbbell Set & Rack
- Kettlebell Set & Rack
- Med Ball Sets & Racks



Perform Better were involved in a tender process to supply equipment to the new Perthshire Rugby strength and conditioning equipment gym located at Bells Sports Centre in Perth Town Centre. The room space was created by merging 2 x squash courts together to allow a large open plan S&C suite to accommodate 9 floor mounted oak platforms and 6 wall mounted rack stations as well as free weight equipment and benches.