



Perth College provides further education and higher education in the city of Perth, Scotland, through a main campus as well as offering distance learning.

Perth College recently completed a new £7m Academy of Sport and Well-being facility which includes a sports hall, fitness suite, studios and a large Strength & Conditioning facility. Perform Better were chosen as industry experts to design and install the facility.

The Strength & Conditioning suite has six full Olympic standard power racks, complemented with Olympic bars for all users and two full sets of collaborated Eleiko discs and four training sets, lateral pull down machine, leg press, glute-ham bench, plyometric boxes and dumbbell rack.

The racks also provide access to pull up bars at the front and between racks. The suite has been designed for easy access for wheelchairs with Duratraining flooring laid to be flush with all platform areas. The facility is used by the Scottish Institute of Sport as one of their regional training facilities.



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University of the
Highlands and Islands
Perth College

CASE STUDY PERTH COLLEGE

EQUIPMENT

Performance Power Racks

Integrated Bespoke Platforms

Eleiko Discs

Olympic Bars

Benches

Dumbbells

Glute Ham Bench

Leg Press

Pulley Machines

Plyometric Boxes

Storage Solutions

Duratraining Flooring