

## CASE STUDY

# PINNACLE PERFORMANCE, HONG KONG

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Located in Central Hong Kong, the brand new Pinnacle Performance facility spans across two floors and features a fully equipped Groups and Teams Strength & Conditioning floor and a second, exclusive Black Tier membership floor with two dedicated physiotherapy suites.

Housing 150+ Pinnacle member athletes and clients, the flagship location in the centre of Hong Kong delivers training, programming, profiling, and clinical services.

Tom Summers, Director of Pinnacle Performance, had worked closely with Perform Better during his time at Yorkshire County Cricket and selected PB to equip one of the gym areas in the new facility.

## EQUIPMENT

- Standard Half Racks x3
- Adjustable Benches x5
- Dumbbell Set
- Kettlebell Set
- Ancore Pro
- Tank M1
- Ski Erg
- Concept Rower
- Wattbikes x2
- Assault Bike
- Wooden Wall Bars

