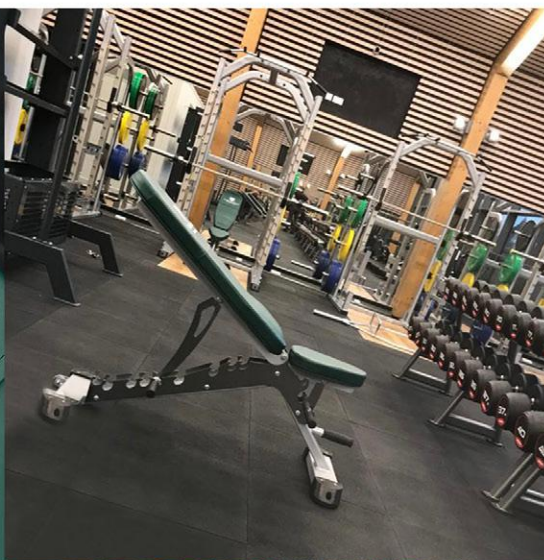




After meeting at Rosslyn Park 7's, Perform Better were commissioned to design and install a new strength and conditioning facility as part of St. John's new sports centre development. This included consultation with all heads of the sports department which led to us creating a facility to cater for the school's multi-sport requirements and pupils from participation level to elite performance.



PB

**PERFORM
BETTER**

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St John's School
LEATHERHEAD

CASE STUDY ST. JOHN'S SCHOOL

EQUIPMENT

- Performance Half Racks
- Performance Power Racks
- Adjustable Flat to Incline Benches
- Olympic Bars and Rubber Discs
- Kettlebells and Slam Balls
- Foam Plyometric Boxes
- BOSU Balance Trainers
- TRX Suspension Trainers
- Monster Storage and Multi Rig
- Witty Timing System
- JumpMat Smart Mat
- Treadmills and Wattbikes
- Concept 2 Rowers and Ski Ergs

“

PERFORM BETTER HAS BEEN SIMPLY FIRST CLASS FROM START TO FINISH, WORKING TOGETHER TO ENSURE THAT WE CREATED A FACILITY THAT WAS ACCESSIBLE AND ENGAGED ALL OF OUR PUPILS FROM THE PARTICIPATION LEVEL TO THE ELITE.

Gareth James - Director of Sport, St. John's School.

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