

PERFORM BETTER

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## TAUNTON SCHOOL

## CASE STUDY TAUNTON SCHOOL

## **EQUIPMENT**

**3 Folding Squat Racks** 

3 Platforms

4 Watthike Pros

Olympic Bars

**Olympic Incline Leg Press** 

Bumper Disc Set

Foam Plyo Box Set

Infinity Rig

Adjustable Benches

44

PERFORM BETTER INSTALLED WITH PRECISION AND THE END PRODUCT SHOWS THAT. NEW PERFORMANCE EQUIPMENT HAS EXPANDED OUR PROGRAMME DESIGN ALLOWING MORE STUDENTS FROM ALL AGES AND SPORTS TO ACCESS THE TRAINING.

Tim Thompson - Head of Strength & Conditioning, Taunton School.



The team at Taunton School wanted to convert their commercial gym into an elite performance facility for their school athlete programme. Perform Better worked with Taunton to design bespoke equipment to fit the space and make the room more usable for students, with collapsible squat stands and a variety of weights and dumbbells.

Taunton School prides itself in the nurturing of excellence and the challenge of participation in a variety of sporting activities within the school co-curricular programme. The school provides a sporting programme which enables those pupils striving for sporting excellence and elite performance, in county, regional and national competitions with high quality, experienced and well qualified coaches and a performance programme to support and guide them physically and mentally.