

CASE STUDY

UK SPORTS INSTITUTE



“The UKSI, in collaboration with Perform Better, successfully completed the refurbishment of the UKSI Elite Training Centre gym at the English Institute of Sport Sheffield. PB played an integral role in both the planning and delivery of this project, ensuring the creation of a modern, high-performance environment tailored to the needs of our athletes and S&C staff. During the planning phase, the PB team provided invaluable guidance on the design and layout of the gym. Their expertise helped align the space with our primary goal of enhancing accessibility for our Paralympic athletes. This involved thoughtful integration of features such as a level flooring solution, space-efficient rack and storage systems. PB sourced and manufactured bespoke equipment to meet the specific requirements of our S&C coaches and athletes. The quality of the equipment is exceptional, and it has significantly elevated the functionality and aesthetics of the new gym space. These elements combined to create an environment that supports high-performance training while maintaining accessibility and efficiency. The delivery of the project was seamless, with PB demonstrating exceptional professionalism throughout. They adhered to our targeted timelines and were flexible in accommodating adjustments as the project progressed. We are thrilled with the outcome and highly recommend Perform Better for anyone undertaking a gym design or refurbishment project. Their expertise, quality, and commitment make them an outstanding partner for creating effective training spaces.”

MARK CAMPBELL, TECHNICAL LEAD S & C COACH - NORTH

Since 2002, and over the last four Olympic and Paralympic cycles, the UK Sports Institute has evolved quietly and effectively into an organisation consistently performing at a world-leading level, contributing to over 1,000 British Olympic and Paralympic medals. Through its network of seven high performance centres across England, the UK Sports Institute is able to provide athletes and coaches with access to high quality facilities that are specifically designed for elite athletes. Sheffield is one of these facilities which caters for a variety of sports including: Boxing, Diving, ParaTable Tennis and Para Badminton plus other Paralympic and Olympic athletes based around Yorkshire who utilise UKSI Performance Services can also access the space.

The gym previously was split into two rooms and a lot of the equipment as on raised areas making it quite inaccessible for a number of Para Athletes. At the end of the Paris Olympic cycle it was decided to invest in the Strength and Conditioning facility at Sheffield to make it more accessible for Paralympic athletes, upgrade the flooring and replace some of the pieces of equipment. PB were selected due to their design concepts, product knowledge, user knowledge and customisation options. A number of bespoke design features were integrated into certain pieces of equipment.

The room design involved working with the Performance team and contractors to create a professional performance gym environment suitable for all athletes. Internal changes were made to create necessary changes, floorplans were designed and equipment list ascertained to meet the specifications outlined by the requirements of the S&C and medical teams. Once athletes had left to attend the Paris Olympics and Paralympics the facility was closed while the work was carried out and reopened at the end of October with the delivery and installation being coordinated efficiently and effectively.



EQUIPMENT

- Elite Power Racks x 4
- Rack Integrated Smith x 2
- Rack Integrated Pulleys x 2
- Elite Glute Ham x 2
- 45 degree Dual Leg Press
- Seated Leg Extension/Curl
- Belt Squat
- Modular Storage systems between Racks
- Ecore Performance Flooring
- Branded Lifting Platforms