

## CASE STUDY

# UNIVERSITY OF BIRMINGHAM



UNIVERSITY OF BIRMINGHAM

## EQUIPMENT

- Performance Power Rack Back-to-Back x3
- Performance Half Rack x10
- Olympic Competition Bumper Discs
- Turf Track
- Bespoke Storage Solutions
- Bespoke Oak Lifting Platforms
- Chrome Dumbbells with Rack
- Solid End Rubber Dumbbells with Racks
- Standard Double Conditioning Prowler
- 20kg Olympic Bars
- Concept Ski-Erg
- Flooring

“

It has been an absolute pleasure working with Perform Better over the last few months on the transformation of Tiverton Gym. From Day 1 they have excelled in professionalism and expertise to bring our vision to life - with the end result exceeding even our high expectations! From the planning phase through to execution, the processes followed were detailed, meticulous and organised. The installation ran smoothly and we were reassured by the resources put in place to ensure the work was completed promptly and to a top standard. Communication from Zoe and the team was second to none, which has helped to grow the partnership between the University and Perform Better significantly.

Tiverton Gym has evolved into a state-of-the-art training facility that University of Birmingham Students will thrive in for years to come. We could not have envisaged such an impact and Perform Better have been pivotal in realising this. We would not hesitate to recommend Perform Better to fellow Universities and Institutions alike.

”

KIERAN DAYARAM, FITNESS AND WELLNESS  
MANAGER, UNIVERSITY OF BIRMINGHAM

Tiverton Gym is a student only gym for University of Birmingham students. The gym is a converted swimming pool, with some characteristics still present in the new gym. The aim was to make the gym more of a strength-based gym, whilst keeping a focus on functional fitness. Perform Better were selected to design and install three separate rooms in the gym to cover all things fitness.

This student-only gym now includes 22 lifting stations, a functional fitness room with a track, and a final room dedicated to selectorised machines. Having previously been used as a swimming pool, original features have been kept, whilst ensuring structural integrity and suitability for the equipment installed.

