



PB

PERFORM BETTER

sales@performbetter.co.uk
www.performbetter.co.uk
01926 813916



CASE STUDY WELLINGTON SCHOOL

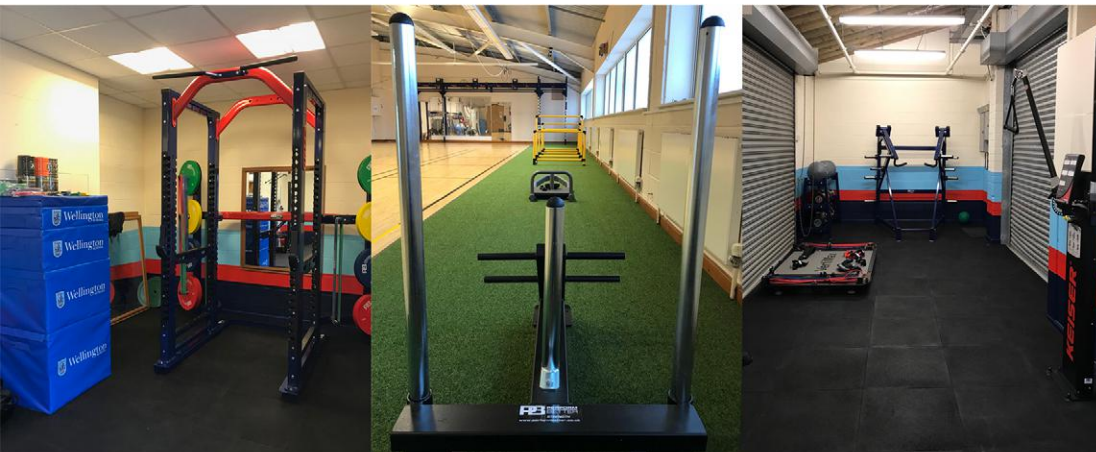
EQUIPMENT

- PB single station equipment
- Smith machine, Half rack
- Dumbbells, Spirit Treadmills
- Wattbikes and Concept Rowers
- Full PB Power Testing rack
- Forceplates
- Free Standing Squat Stands
- Keiser FT, Bars and Discs
- Column & Platform Flywheel Trainers
- Plate loaded Iso Equipment
- Free Weights, MultiFunction Rig
- Lifting Stations and Monkey Bars
- 2m wide Turf Track with Shockpad
- Vertimax Raptor and RunRocket
- Bodyweight Equipment

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PERFORM BETTER WERE ABLE TO USE THEIR EXPERTISE TO DESIGN
THREE INDEPENDENT AREAS IN THE SPORTS CENTRE TO HELP US
DEVELOP THE HEALTH AND WELLBEING OF THE STUDENTS.

Steffan Jones - Director of Sport, Wellington School.

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Wellington are a co-educational school based in Somerset. Developing their S&C and fitness provision they wanted to be able to provide facilities for the students comparable to the more elite private schools in the region.

We developed three areas in the Sports Centre:

1. Re-developed the commercial fitness suite to create more space, dedicated lifting areas, more functional fitness areas and added more Wattbikes
2. Developed a storage area into a full S&C suite with Testing Power Rack, Free Standing Squats, Flywheel Trainers, Keiser FTs, and strength areas
3. Developed multi-use area installing Multi-Rig with lifting stations, laid turf for prowler and power work and added free weights and functional zones