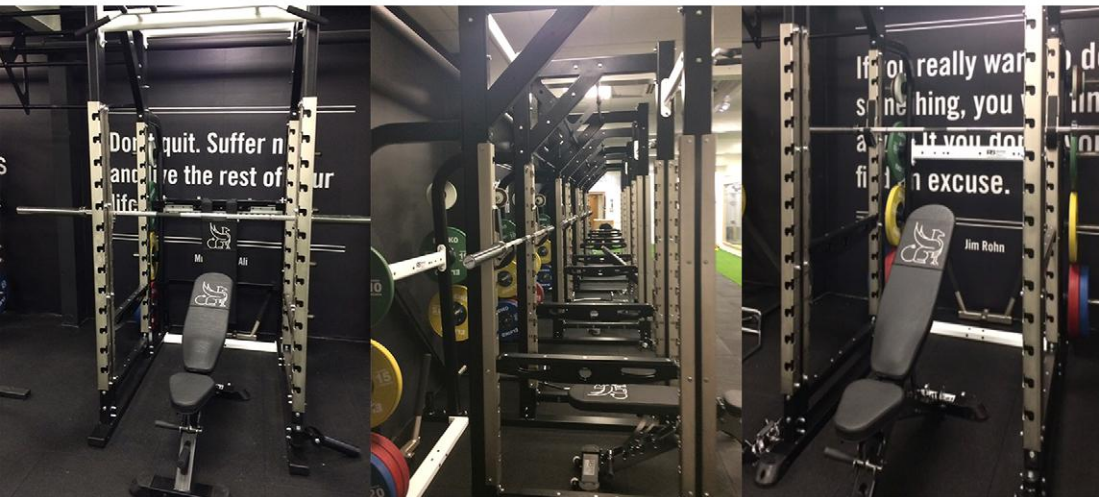




“ WE RECENTLY USED PERFORM BETTER TO UPDATE OUR S&C ROOM AND INSTALL NEW EQUIPMENT AND FLOORING. THEIR EXPERTISE AND EXPERIENCE REALLY HELPED US TO FIND WHAT WE WERE LOOKING FOR.

Tim Garrett - Head of Strength and Conditioning, University of Leeds. ”



After two years of planning, the University of Leeds refurbished their existing Strength and Conditioning facility at the Edge Sports Centre. The University were keen to have the refurbished facility up and running before Christmas, which left us just 5 days between the students finishing term and the completion date.

Once all the old equipment had been removed, Duratrain Performance Flooring and Artificial Turf were laid to create an Olympic lifting area and a functional area for sled drag or drive work etc. The height of the turf was built up to the 31mm height of the Duratrain flooring to give a continuous working area.

The S & C team were unsure if they wanted individual power racks or a training rig, so we developed a bespoke mix of the two: four power racks with joining bars between each rack to allow bodyweight training and other functional work. In addition, the Optojump jump testing system was specified, which will be connected to the screen in the gym for immediate video and data feedback to athletes. The University will also be using the GymAware power testing system, which they had purchased previously, to monitor power outputs of their athletes.

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CASE STUDY  
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## EQUIPMENT

- Performance Power Racks
- Adjustable Benches
- Eleiko Bars
- Eleiko Technique Bars & Discs
- Eleiko Olympic Training Disc Sets
- Farmers Walk Bars
- Hex Bars
- Rubber Dumbbell Set & Rack
- Chalk Bowls
- Timer Clock
- Duratrain Performance Free
- Weights Flooring
- Performance Artificial Turf Track
- Optojump Jump Testing System