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**PERFORM
BETTER**

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WE WORKED CLOSELY WITH PERFORM BETTER TO LOOK AT THE DESIGN OF THE ROOM LAYOUT AND THE DESIGN OF THE EQUIPMENT. WE ARE VERY PLEASED WITH THE FACILITY WE HAVE CREATED AND WE HAVE HAD SOME EXCELLENT FEEDBACK FROM OUR PROFESSIONAL USERS.

**Ross Campbell - Director of Sport, Performance and Health,
Oriam National Performance Centre.**

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Oriam
SCOTLANDS SPORTS
PERFORMANCE CENTRE



CASE STUDY **ORIAM** SCOTLAND'S NATIONAL SPORTS PERFORMANCE CENTRE

EQUIPMENT

Power Racks

Half Racks

Lifting Platforms

Pulley Machines

Bi Lateral Leg Press

Keiser Functional Trainer

Eleiko Bars and Discs

Dumbbell Set, Adjustable Benches

Glute Ham Bench, Medicine Balls

Medicine Ball Wall, Run Rocket

Oriam- Scotland's National Sports Performance Centre is a £33m state of the art multi sport centre which is designed to house Scotland's top sportsmen and women with the facilities, programmes and services to excel on the International Stage. Oriam will be the performance base of the Scottish FA, the Scottish Rugby Union and the SportsScotland Institute of Sport.

Oriam is the Performance base for the Scottish FA, Scottish Rugby Union and the SportsScotland institute of Sport amongst other sports. The facilities include a Strength and Conditioning facility sized 30x10m, a full size indoor pitch, full size outdoor synthetic pitch, twelve court sports hall, five outdoor grass football and two grass rugby pitches. Also included is eight squash courts, three exercise studios, a four court sports hall and 60x40m indoor synthetic pitch.

With the facility being used by a range of athletes, the equipment specification was highly specialised. Two bespoke Performance Power Racks and six Performance Half Racks were specified with joining bars to allow bodyweight training. In addition a range of Eleiko Olympic Discs and Bars, Urethane Dumbbells, Bi-Lateral Leg Press and Pulley Machines were installed.