



The team at the University of Nottingham faced a challenging task of being able to facilitate the safe and effective delivery of the high performance programmes at the University, as well as being able to continue to safely provide their members with the comprehensive offering of the David Ross Sports Centre.

To do this, 12 more lifting stations were required for the High Performance Zone within a short timeframe. After consultation meeting with Tom Sherratt, Fitness Manager and Tim Lawrenson, Head of Strength and Conditioning and comprehensive pre installation visits, Perform Better were selected as the provider for Power Racks, Mounted Platforms and Benches for the project.

Perform Better were able to manufacture and install all equipment within five weeks of being provided order confirmation. The installation was overseen by Perform Better's Installation and Serving Manager and carried out in just one day to minimise disruption to the staff at the David Ross site, all whilst following the companies Covid secure protocols.



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PERFORM BETTER REALLY HELPED US OUT WITH KIT THAT WAS NEEDED UNDER A TIGHT DEADLINE. THEY MANAGED TO PROVIDE US EXTREMELY HIGH QUALITY EQUIPMENT IN A VERY TIGHT TIME FRAME DURING A VERY BUSY PERIOD FOR THEM. THEY REALLY HELPED WITH FINDING THE RIGHT KIT SOLUTION AND MADE THE ORDER PROCESS EXTREMELY EASY. THE FITTING TEAM DID AN INCREDIBLE JOB INSTALLING ALL OF THE EQUIPMENT EXTREMELY QUICKLY DURING A THE DIFFICULT CONDITIONS OF A PANDEMIC.
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Tim Lawrenson - Lead Strength and Conditioning Coach.

PB
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BETTER**

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The University of
Nottingham

**CASE STUDY
UNIVERSITY
OF NOTTINGHAM**

EQUIPMENT

Performance Half Rack
Rack Mounted Platforms
Adjustable Flat to Incline Benches
Flat Benches