

CASE STUDY

CHELSEA FC WOMEN



Due to the success of the team the Club made the decision that the Women's team needed a professional Strength and Conditioning facility.

Following successful installations by Perform Better for the men's and academy teams Team PB were selected to install the dedicated strength and conditioning area.

The gym was originally situated at Leigh Sports Village and then moved into a temporary marquee facility at Carrington Training Ground until the new purpose built building was completed in Autumn 2023. The new facility had Performance Flooring laid throughout and five half racks were installed along with new Olympic bars, discs, dumbbells, benches, glute ham bench and a range of functional training equipment.



EQUIPMENT

- Standard Half Rack
- Performance Squat Stands
- Adjustable Bench
- Hip Thruster
- Bench Press Bench
- Rubber Dumbbells
- Olympic Discs and Bars
- DC Blocks
- Performance Flooring
- Wattbike Pro
- SkiErg