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**PERFORM BETTER HAVE SUPPLIED TOP QUALITY EQUIPMENT THAT WILL BE A MASSIVE BENEFIT TO THE SQUAD.**

**John Iga - Head of Performance, Huddersfield Town FC.**

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Two years ago, the Club developed a new 1st team training facility including a strength training room and a warm up/cardio-vascular room. With Perform Better's vast experience of designing and equipping football clubs Strength and Conditioning facilities we were selected ahead of a number of other companies to design and equip the two rooms.

In Summer 2018 the Club developed a new Strength and Conditioning facility for the Academy. A room that previously housed a members gym has been renovated and equipped by Perform Better.

**PB**  
**PERFORM**  
**BETTER**

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**CASE STUDY**  
**HUDDERSFIELD**  
**TOWN FC**

## **EQUIPMENT**

Performance Half Racks

Bi Lateral Leg Press

Keiser Functional Trainer

Eleiko Discs and Bars

Dumbbell Set

Kettlebell Set

Adjustable Benches

Wattbikes

Spirit Spinning Bikes

Renegade Air Bike

Upper Body Ergo

Foam Plyo Box Set

Duratrain Performance Flooring