



With the recent investment at the Club's Elland Road Stadium and Thorp Arch training facility, Leeds United Football Club have upgraded the 1st team gym. Perform Better were selected as the preferred supplier for both the first team and academy team equipment for Leeds United FC.

Some of the existing Perform Better equipment from the 1st team gym was moved into the academy facility and complemented by a range of new equipment, with a range of new equipment being installed for the 1st team facility.



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**WE HAVE WORKED WITH PERFORM BETTER FOR A NUMBER OF YEARS FOR ALL OF OUR PERFORMANCE AND S&C EQUIPMENT, AS WE KNOW WE CAN RELY ON THE QUALITY OF BOTH THE PRODUCTS AND THE SERVICE.**

Tom Robinson - First Team Sport Scientist.

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# PB

## PERFORM BETTER

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## CASE STUDY LEEDS UNITED FC

### EQUIPMENT

Performance Power Racks

Benches

Hyperextension Bench

Olympic Bars and Discs

Leg Presses

Keiser Functional Trainers

Keiser Spin Bikes

Cybex Treadmill

Foam Plyo Boxes

Slide Board

Core Plate

Turf Track

Duratrain Performance Flooring