



Manchester United FC's Academy is world famous for producing a constant stream of players who have progressed from the Academy teams through to the Senior Squad. From the Class of '92 of David Beckham, Nicky Butt, Paul Scholes, Gary and Phil Neville through to the current squad, that has seen Mason Greenwood, Marcus Rashford, Brandon Williams and Dean Henderson.

When lockdown occurred in March 2020, the Manchester United Academy moved from the Aon Training Centre in Carrington to the Littleton Road Training facility in Salford to allow social distancing at Carrington, where the Academy shared the Strength & Conditioning facility with the 1st team. When the Under 23s and Under 18s moved back to Carrington in September 2020, the Club made the decision to set up a new Strength & Conditioning facility on the indoor pitch in the Academy indoor pitch building. Having previously supplied equipment to the 1st team S&C facility, Perform Better were selected to equip the new Academy facility. With a tight timescale to get the new facility set up, Perform Better were able to supply the equipment at very short notice.

Five branded Performance Half Racks were installed along with Olympic bars and discs, benches, bespoke lifting platforms and dumbbell area, dumbbells, kettlebells, Bosus, balance pads, TRXs, plyo cubes, strength bands, Viper 360 trainers and other functional training equipment.



PB

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CASE STUDY MANCHESTER UNITED FC ACADEMY

EQUIPMENT

Performance Half Racks

Dumbbell Sets

Olympic Training Discs and Bars

Flat Benches

Competition Kettlebells

BOSU Balance Trainers

Foam Plyometric Cube Sets

TRX Suspension Trainers

Balance Pads

Strength Bands

Viper 360 Trainers