



PB

**PERFORM
BETTER**

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CASE STUDY MANCHESTER UNITED WOMEN FC

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

Manchester United Women's team were founded in 2018. 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 Club allocated the same stadium space they had been previously using, the area 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.

