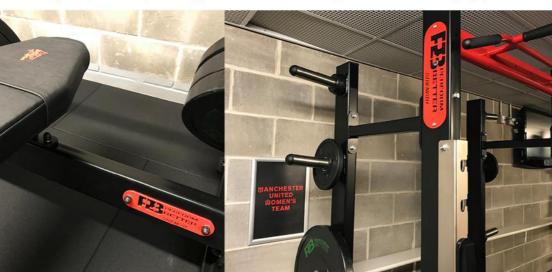




Manchester United Women's team were founded in 2018. Due to the success of the team the Club made the decision that the Women's team needed a professional Strength and Conditioning facility.

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.



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