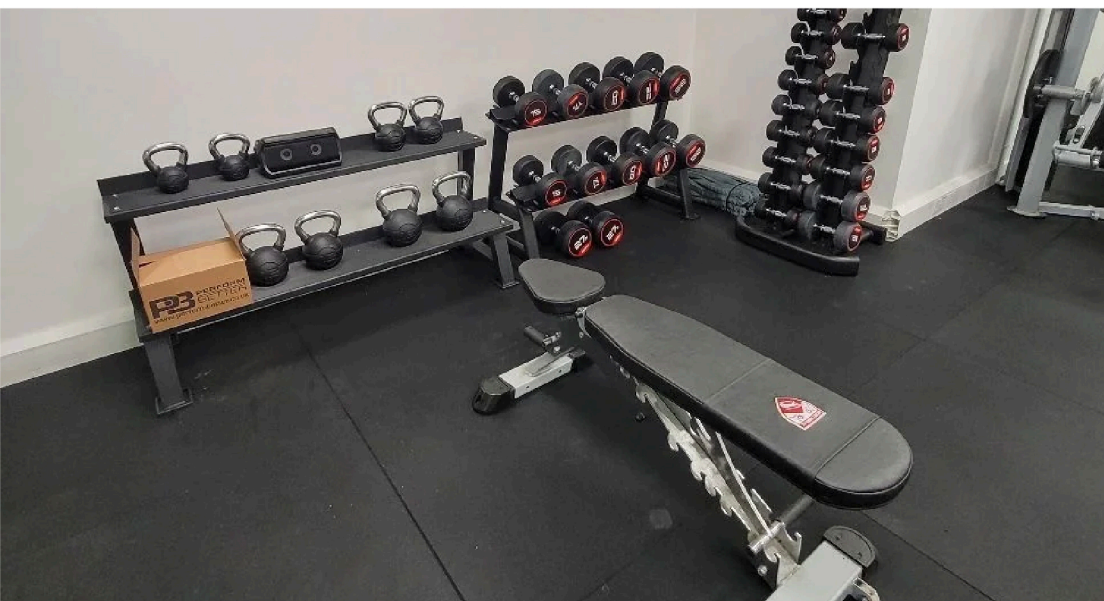




In 2020-21 Morecombe FC won the League Two play off final and were promoted to League One for the first time in their history. They are one of only two teams in the top four Leagues of English Football to have never been relegated in their history.

The Club play their home games at the Mizuma Stadium- they have a small gym within the stadium- in the 2021-22 season Perform Better were approached by the Club to re-design and refurbish the space. Having confirmed the new equipment list and layout the Perform Better install team refurbished the room with new Free Weights Flooring, a Wall Mounted Half Rack, Recumbent Leg Press, new Olympic Discs and Bars, Dumbbells, Kettlebells with Storage, an ANCORE Trainer, Foam Plyo Cube, Training Rope and Strength Bands. In addition, Perform Better refurbished the upholstery on the existing equipment they were keeping.



PB

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CASE STUDY

MORECAMBE FC

EQUIPMENT

- Wall Mounted Standard Half Rack
- Recumbent Leg Press
- Rubber Dumbbells with Storage
- Kettlebells with Storage
- Olympic Discs and Bar
- Wall Mounted Disc Storage
- ANCORE Trainer
- Foam Plyo Cube
- Foam Roller Dispenser
- Training Rope