



**PB**  
**PERFORM  
BETTER**

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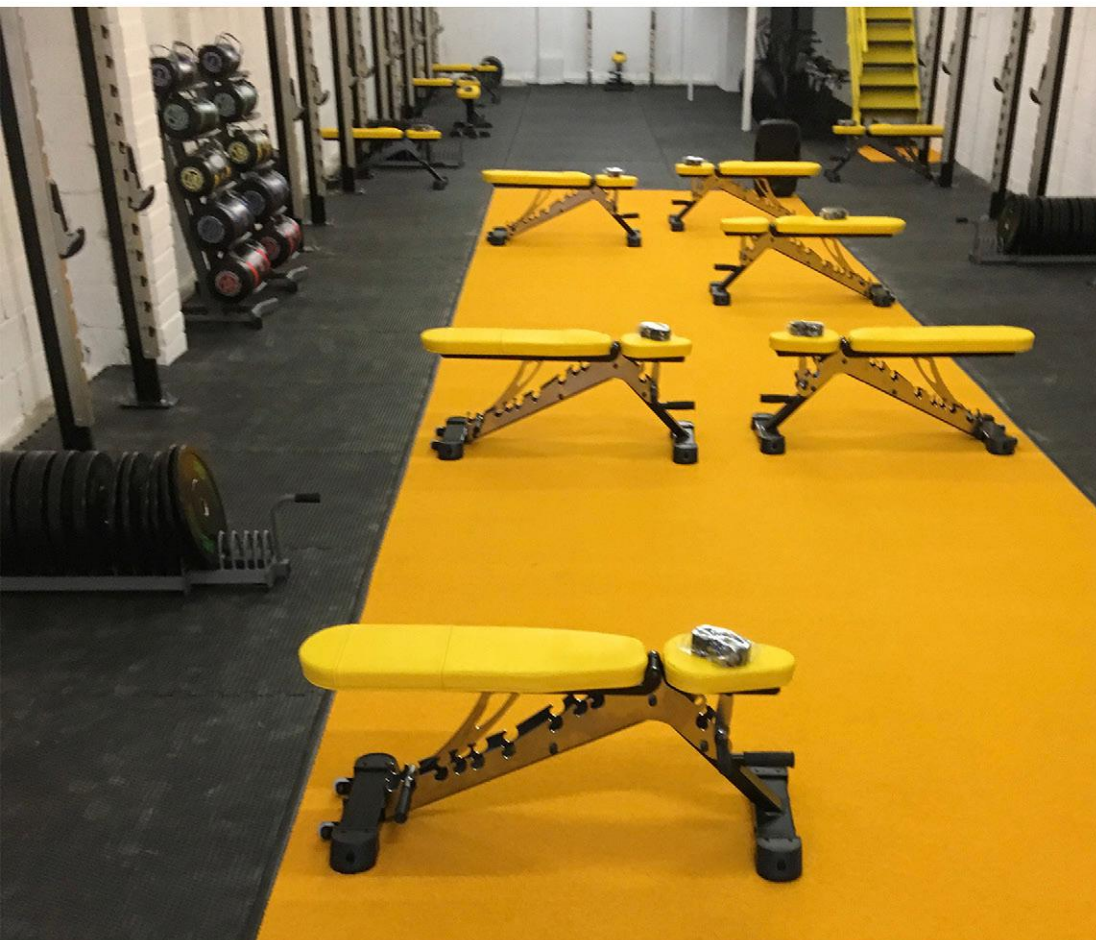
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**PERFORM BETTER HAVE BEEN AN OUTSTANDING PARTNER DURING THE DESIGN AND INSTALLATION PROCESS AND OUR MEMBERS ARE DELIGHTED WITH THEIR NEW PERFORMANCE FACILITY. WE LOOK FORWARD TO WORKING AGAIN WITH PB IN THE NEAR FUTURE.**

**Dominic Pullen - Owner and Coach, SG23 Performance.**

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**SG|23**  
**STRENGTH & CONDITIONING**



**CASE STUDY  
SG23 PERFORMANCE**

### **EQUIPMENT**

Wall Mounted Racks

Premium Prowler

Assault Airbikes

Concept 2 Rowing Machines

Hex Bar, Powerbags, Slam Balls

TRX Suspension Trainer

Chrome Bars, Safety Squat Bar

Dumbbells, Kettlebells

Medicine Balls, Climbing Ropes

Boxing Equipment, Rubber Flooring

Perform Better worked with the team at SG23 Performance to supply equipment for their second training facility based in Yate, near Bristol. This new venture allowed the SG23 team to build a training centre which was completely tailored to meet the needs of their own unique style.