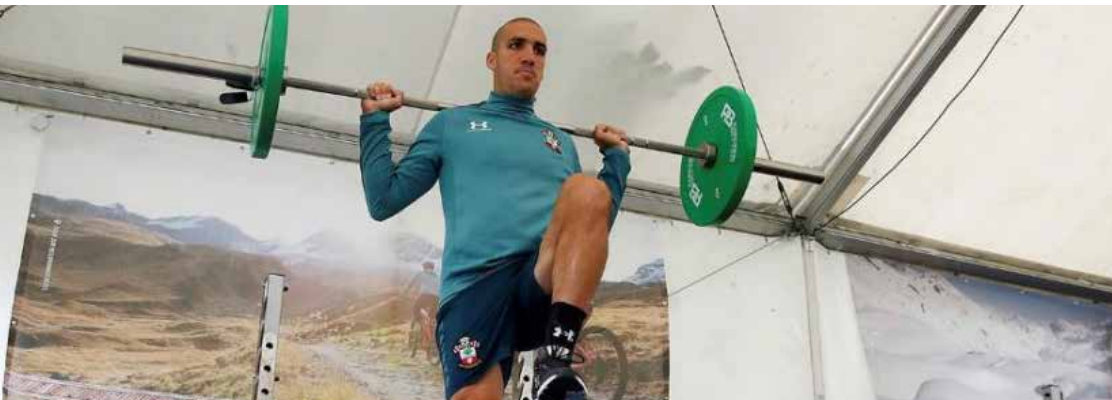




Having previously fitted out the 1st team and Academy gyms at Southampton FC, Perform Better were approached by the Club in April 2019 to set up a pop up Performance gym in a marquee at their base for their pre-season training camp in Schruns, Austria.

Perform Better sent the equipment out and our installation manager met the equipment at the Hotel and set it up with the Performance team ready for the players to arrive. The feedback from the Performance team and players about the facility was excellent and they fed back it made a huge difference to their camp. Once the camp had finished the Installation manager flew out to Austria again to pack up the equipment.



**“ AS ALWAYS THE SERVICE AND SUPPORT THROUGHOUT THE PROCESS HAS BEEN EXCELLENT. FROM VISITING OUR FACILITY, TO DISCUSSING OPTIONS, AND INSTALLATION WE HAVE BEEN EXTREMELY HAPPY WITH. ”**

**Alek gross - Head of Sport Science**

**PB**  
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## CASE STUDY SOUTHAMPTON FC PRE SEASON

Performance Squat Stands

Adjustable Benches

Foam Plyometric Box Set

Olympic Discs

Olympic Bars

Dumbbell Set

Wattbikes

Keiser M3 bikes