



# PB

**PERFORM  
BETTER**

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## CASE STUDY ABERDEEN FC

### EQUIPMENT

Performance Power Racks

Wattbike Pro

Spirit Treadmill

Keiser M5 Strider

Technique Boxes

Bespoke Benches

Performance Glute/Ham Bench

Hip Thruster

Single Leg Squat Stand

Bi Lateral Incline Leg Press

Foam Plyo Box

Dumbbell Set and Rack

PB Discs and Bars



### CORMACK PARK

PROFESSIONAL TRAINING CAMPUS  
BOBBY CLARK YOUTH ACADEMY  
AFC COMMUNITY TRUST

Aberdeen FC wanted to create a flexible space with movable kit to increase floor space when required. The team wanted to incorporate a variety of kit to allow for additional flexibility for the space moving forward at their newly opened training centre Cormack Park.

Cormack Park is named after club vice-chairman Dave Cormack due to his contribution to the funding and delivery of the project, while the youth academy portion of the facility is named after former Dons keeper Bobby Clark.

It features a state-of-the-art training pavilion, groundsman's accommodation, three professional training pitches, two floodlit 3G pitches and two grass pitches. There is also outdoor and indoor space for a variety of community-based sporting and recreational activities.