

## CASE STUDY

# AL ETTIFAQ FC POP UP GYM



## EQUIPMENT

- X2 Performance Half Racks with integrated Smith and ISO attachments
- Olympics bars
- Olympic discs
- Foam plyometric boxes

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Al Ettifaq who play in the Saudi Pro League made the decision to hold a month long pre-season camp in La Manga Resort in Spain before the 2024/25 season. Due to the length of the camp the Club made the decision to set up a Performance Gym Marquee by the training pitch. Having seen the similar facilities PB equipped for England at the Euros the Club selected PB to equip the facility.

Two Performance Half Racks with integrated Smith and ISO attachments were installed along with Olympic bars and discs plus Foam Plyos. The PB install team set up the facility so it was ready for the players arriving and once the camp had finished we de-rigged the equipment.

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