



PB

PERFORM BETTER

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CASE STUDY BARNESLEY FC

EQUIPMENT

ForceDecks

Bi-Lateral Incline Leg Press

Spirit Treadmill

Wattbike Pro

Performance Half Rack

Adjustable Benches

Olympic Bars and Discs

Rubber Dumbbell Sets and Rack

Kettlebell Sets and Rack

Medicine Balls and Rack

Foam Plyo Boxes

Standard Prowler

Power Sled

Gym Balls and Rack

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WE WERE EXTREMELY HAPPY WITH THE PROFESSIONAL AND METICULOUS SERVICE PROVIDED BY PERFORM BETTER THROUGHOUT THE PROCESS OF DESIGNING AND INSTALLING OUR GYM

Luke Dopson - Head of Sports Science, Barnsley FC.

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The installation at Barnsley FC saw a transformation to the current training facilities. Upgrading what the lads used to call 'The Dungeon' to an Elite Training Centre. The Barnsley Team will be using some high specification equipment in their training regimes which included Wattbikes, Performance Half Racks, Leg Press, Incline Bench, Perform Better Olympic Discs, strength and conditioning equipment and a number of recovery products to ensure the team get the most out of their training.