



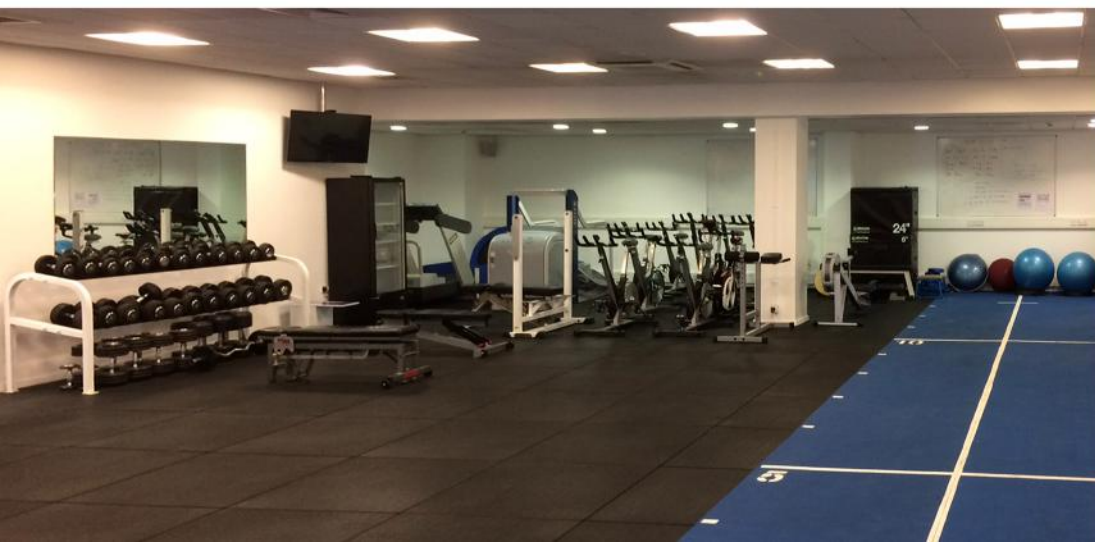
Perform Better were selected to improve elements of the club's Strength and Conditioning facility at their Brockhall Training Ground in 2017. This followed working with former Head of Performance, Chris Neville, on England's 2016 Euro Championship pop-up gym out in France.

This install included new 40mm strength flooring, power rack, embedded lifting platform, Olympic bumper disc set, Keiser spin bikes and 15m sprint track.

In 2019 new head of Performance Chris Rush asked Perform Better to add additional equipment to the S&C gym to allow larger groups to train and update the kit in need of a freshen up.

This additional equipment included; a large set of rubber dumbbells, new adjustable benches to free a free weights area, a Keiser Performance trainer, and an additional squat rack.

Perform Better also discussed relevant Sports Science testing equipment to allow the performance staff to test players and record several performance metrics. This included a NordBord hamstring testing device and ForceDecks force platforms with a isometric mid thigh pull.



PB

**PERFORM
BETTER**

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CASE STUDY BLACKBURN ROVERS FC

EQUIPMENT

- Performance Half Racks
- Olympic Bars and Discs
- Benches and Dumbbell Area
- Bespoke Lifting Platforms
- Dumbbells and Kettlebells
- kBox 4
- Balance Pads
- TRX
- Strength Bands
- Viper 360 Trainers
- NordBord
- ForceDecks
- Isometric Mid Thigh Pull