



PB

**PERFORM
BETTER**

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916



CASE STUDY BURNLEY FC

EQUIPMENT

Performance Half Racks

Hip Thrusters

Pairs of Squat Stands

Functional Training Rig

Bi Lateral Leg Press

Dual Adjustable Pulley

Adjustable Benches

Glute Ham Bench

Duraflex Performance Flooring

Olympic Discs and Bars

Dumbbell Set

TRX Suspension Trainers

GymAware Power Testing Units

Pasco Force Plates

“
**PERFORM BETTER HAVE WORKED CLOSELY WITH MYSELF FROM DAY ONE
ON CONSTRUCTING THE GYM FOR OUR NEW TRAINING CENTRE. THEIR
PROFESSIONALISM AND DESIGN CAPABILITIES ARE SECOND TO NONE.**
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Tom Short, BSc, MSc - 1st Team Strength and Conditioning Coach.

After a 15 month build the new £10.6m Training Facility at Burnley FC's Gawthorpe Training Ground is now complete. The facilities include: an indoor 60m x 40m football pitch, team meeting room, match analysis suite, medical and sports science facilities, administration facilities for support staff, players' lounge, drugs testing suite, hydro pool with an underwater treadmill and a new Strength and Conditioning Room.

Having supplied the equipment to the Strength and Conditioning Room at the old facility at Gawthorpe- Perform Better were selected to design and equip the new facility.