



PB

**PERFORM
BETTER**

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To continue the club's development of facilities at the Pirelli Stadium, Perform Better were selected to convert some existing storage space into a small S&C gym to allow first team and academy players an area to complete fitness and recovery work on site.

The club staff wanted to install new flooring to allow weight to be dropped and double up to allow bodyweight work without traditional platforms. They also requested strength equipment to allow Olympic lifts and bench work to be possible. It was important to include as much equipment to allow variety of work but without taking up too much floor space.

Following discussions with S&C and Physio staff at the club Duratrain Performance Flooring was selected to allow heavy free weights and loaded Olympic bars to be used with lifting platforms. This also maximised space available without any changes in flooring levels.

Other equipment such as Performance Half Racks with removable attachments and compact storage shelving was used to reduce floor space being used. The club now have a functional and usable space to allow a strength and rehab work to be performed at the stadium reducing the need for additional travel and club staff to work efficiently.



CASE STUDY BURTON ALBION FC

EQUIPMENT

Performance Half Racks

Perform Better Discs and Bars

Performance Grappler

Performance Dipping Frame

Kettlebell Set and Storage

Dumbbell Set and Storage

Wattbike

Concept Rower

Duratrain Performance Flooring

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WE AT BURTON ALBION F.C. HAVE DEVELOPED A FANTASTIC WORKING RELATIONSHIP WITH PERFORM BETTER OVER THE LAST YEAR. THE COMPANY'S ABILITY TO PROVIDE DETAILED PLANS HAS ENABLED US TO REALISE THE FULL POTENTIAL OF THE GYM SPACE WE HAD AVAILABLE. THE END PRODUCT HAS TURNED OUT TO BE FANTASTIC AND FULFILLS ALL THE HOPES WE HAD FOR IT. WE LOOK FORWARD TO A PROSPEROUS PARTNERSHIP FOR MANY FURTHER YEARS AHEAD.

Nick Fenton - Head Physiotherapist.

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