



PB
**PERFORM
BETTER**

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**BEDFORD
BLUES**

**CASE STUDY
BEDFORD BLUES
RUGBY**

EQUIPMENT

Performance Half Racks

Dumbbell Set

Activio

Mini Bands

Strength Bands

Wooden Technique Boxes

Bedford Blues are a rugby union club in the town of Bedford, England, currently playing in The RFU Championship.

The Bedford Blues players training facility was expanded to feature a dedicated strength and conditioning space. The club appointed Perform Better as the preferred supplier to not only design, but also install the additional equipment.