



PB were asked to install equipment in a small space at the club training ground to enable staff to complete strength and rehab work with players.

The club and PB staff discussed and chose a range of essential S&C kit to ensure that the space available was maximised to allow a range of exercises.

The club have since added to their equipment by purchasing some testing equipment (Nordbord and kbox) to complement the S&C equipment shown in images.



PB

**PERFORM
BETTER**

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916



CASE STUDY BLACKPOOL FC

EQUIPMENT

Standard Power Rack with
Chinning Bar

Flat Bench

Black Bumper Disc Sets

Olympic Bar

Open Hex Bar

Black KB Set

TRX Pro

Core Trainer

Standard Black DS Flooring