



# PB

PERFORM  
BETTER

[sales@performbetter.co.uk](mailto:sales@performbetter.co.uk)

[www.performbetter.co.uk](http://www.performbetter.co.uk)

01926 813916



## CASE STUDY BOURNEMOUTH FC

### EQUIPMENT

Performance Flooring

Performance multi racks

kBox Pro 4

Renegade SpeedFit Curved Treadmill

Keiser A300 Leg Curl

Keiser Functional Trainer

Concept2 Rowers

Witty SEM

AFC Bournemouth selected Perform Better to both design and install their performance area gym for the first team squad. It was vital for Perform Better to get the right level of Bournemouth branding within the facility to drive player engagement and passion for the club, which is where the bespoke lifting platforms come into the design. The final element was getting the right mix of strength and CV equipment to suit the unique needs of elite footballers.