

CASE STUDY

Brentford FC



EQUIPMENT

- Performance Power Racks x 2 Portable Squat Stands x 2
- Performance Bars, Plates and Dumbbells
- Adjustable Benches, Glute Ham Bench
- Selectorised Dual Pulley, Leg Extension/Leg Curl, Seated Calf
- Multi purpose Storage System
- Wattbike Pros x 2, Ski Erg, Assault Bike
- Performance flooring with integrated functional track

As part of a significant development of the pathway and academy programme at Brentford FC, Perform Better were selected to design and facilitate a performance environment that reflects the requirements of an elite academy player.

The training space was designed to be adaptable, organised and performance focussed. The space and ideas were discussed with leading practitioners of respective departments. A design, using the latest software was created, based on the ideas and requirements, collaboratively between Brentford FC and Perform Better.

Elite training equipment was installed in an efficient and timely manner, with no impact to the training programme, ensuring that returning players were able to start the season with the best physical opportunity.

We continue to work closely with Brentford FC as the academy evolves and, continue to drive the high expectational standards forward with the introduction of performance testing equipment.

