

CASE STUDY

BROWNS SPORTS RESORT

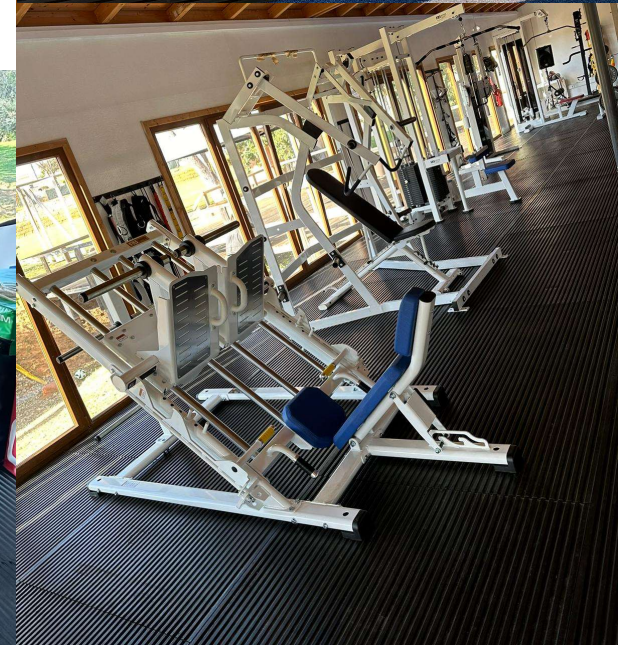
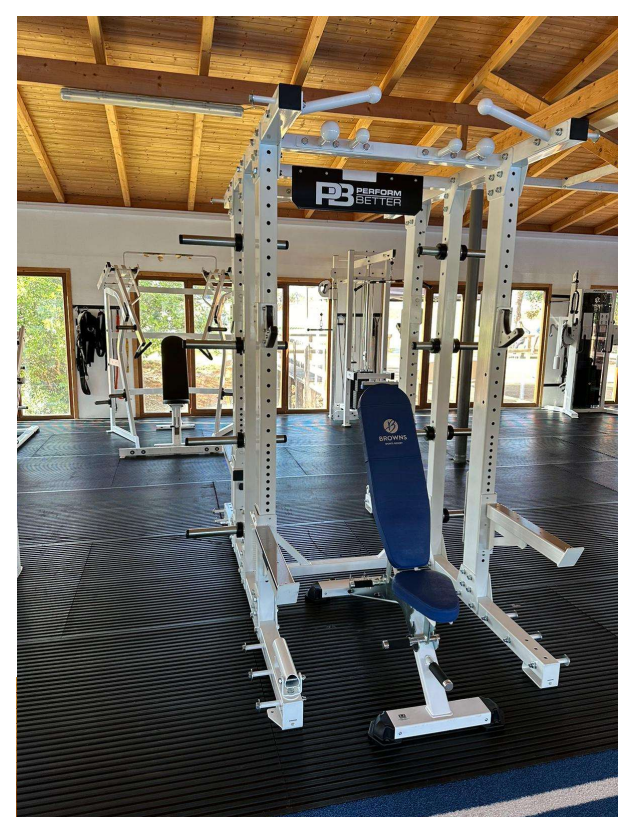


BROWNS
SPORTS RESORT

With 20 years' experience, Browns Sports Resort is located in Vilamoura in the heart of Portugal's Algarve. The private, enclosed resort has a total area of 53,000m² with on-site accommodation and first-class sporting facilities designed to cater for sports teams from professional, amateur through to grassroots. Over 800 teams have used Brown's world class facilities over the past 20 years including England Rugby, Ireland Rugby, Georgia Rugby, Manchester City FC amongst many others.

The on-site facilities include a 300sqm High Performance gym that was developed a number of years ago. Due to the increased usage from high profile sports teams in 2023 it was decided to commence an upgrade programme of the gym. Due to their expertise and experience in designing and equipping Performance gym spaces for Professional Rugby and Football Clubs, Perform Better were selected to re-design and re-equip the facility.

The first phase at the end of 2023 included replacing the Pulley machines, benches and the turf track, the second phase in May 2024 included replacing the Dual Leg Press, back to back Elite Half Racks, Wattbikes and Ski Ergs.



EQUIPMENT

- Back to Back Elite Half Rack
- Multi Stack Pulley System
- Adjustable Benches x 4
- Dual 45 degree Leg Press
- Wattbikes x 3,
- Concept 2 Ski Erg
- Dumbbell Set