



When Storm Desmond hit the UK, Carlisle was particularly badly hit; Carlisle United's Brunton Park stadium was submerged under 8 feet of water. Once the floods had receded the damage to the stadium became apparent.

The Club's Strength and Conditioning facility at the stadium was devastated, all the equipment was condemned and had to be thrown away. The pitch was totally ruined and had to be re-laid and the changing rooms and offices were all destroyed.

Following the flood damage Carlisle United wanted to redevelop and redesign their training space. Perform Better were the preferred supplier selected by the club.

Perform Better were contacted to help Lee Fearn, the Fitness Coach and Neil Dalton, Head Physio to redesign and refurbish the facility.



# PB

## PERFORM BETTER

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### CASE STUDY CARLISLE UNITED FC

#### EQUIPMENT

- Performance Power Racks
- Leg Press
- Keiser Functional Trainer
- Metal Wall Bars
- Kettlebells and Dumbbells
- Benches
- Plyo boxes
- Keiser M3 Spinning Bikes
- Wattbike
- Cybox Treadmill
- Cybox Arc Trainer
- Concept Rower
- Flowin board