

CASE STUDY

COVENTRY CITY FC



Perform Better were awarded the contract in May 2024 to develop the new gym at the Coventry City FC Training ground, outside Coventry. We worked with the Performance team to create a design that fit all aspects of the training and recovery programme and allowed the whole squad to work together in one area.

In the design we created training zones for specific training modalities as follows:

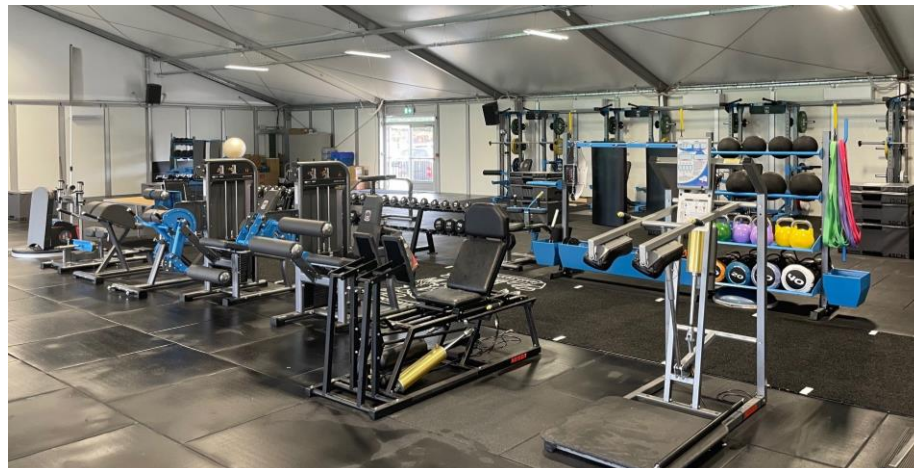
Olympic Lifting and Free Weight Zone – starting with laying a 30mm weight layer floor we installed 5 connected Performance Half racks with branded platforms. We also installed Prone pull, hip thrust and glute ham benches, along with bespoke storage system and Perform Better Dumbbells from 2.5 to 40kg. As the building construction was a semi-permanent structure, we also created branded free standing Medicine Ball throwing walls to complement the Power element of training.

Machine Zone – in this area we installed Perform Better weight stack resistance machines including, Leg Extension, Leg Curl, Calf raise and the newest Keiser A400 series air resistance machines – Leg Press, Squat and 2 x Functional Trainers.

Cardio Zone – here we created a cardio, warm up area looking out on to the training pitch, including Concept Rower and Ski Erg, Wattbikes, Spirit Treadmill, Air Bikes and re-installed the AlterG.

Stretch/Yoga/Recovery Zone – finally we created a large open area of 10x15m with more bespoke storage, branded boxing bags and plyometric boxes and a large open area for class work, yoga training and recovery activities.

This new performance centre has created a new centre for excellence within the club and will be used for all ages groups within the club to develop athletic performance.



EQUIPMENT

- 5 Performance Half Racks
- Prone Pull
- Hip Thrust Benches
- Glute Ham Benches
- Leg Curl
- Calf Raise
- Keiser A400 Series Air Resistance Machines
- Leg Press, Squat and 2 x Functional Trainers.
- Leg Extension
- Concept Rower and Ski Erg,
- Wattbikes
- Spirit Treadmill
- Air Bikes
- Re-installed the AlterG
- Perform Better Dumbbells
- Branded Boxing Bags
- Branded Plyometric Boxes
- Medicine Ball Throwing Walls
- Perform Better Dumbbells
- Bespoke Storage System
- Branded Platforms