



The English Golf association were developing a new training centre at their headquarters and chose Perform Better to design and fit their new high performance Strength and Conditioning suite. Working with the key stakeholders Perform Better designed an elite training facility, including a range of top quality strength equipment whilst also maintaining a large open area for class and group work.

Laying weight layer flooring throughout meant the users were able to lift and drop weights anywhere in the room, whilst providing a cushioned and comfortable surface to perform bodyweight exercise and pre and post exercise stretching.



# PB

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**ENGLAND  
GOLF**

## **CASE STUDY ENGLAND GOLF NATIONAL CENTRE**

### **EQUIPMENT**

**Standard Half Racks**

**Adjustable Flat to Incline Bench**

**Prone Row Bench**

**Squat Stands**

**Competition Kettlebells**

**Olympic Discs**

**Chrome Bars and Hex Bar**

**Flooring**

**Plyometric Boxes**

**Slam Balls**

**TRX Suspension Trainer**

**Foam Rollers**

**Strength Bands**