



# PB

## PERFORM BETTER

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WE HAVE WORKED WITH PERFORM BETTER FOR THE LAST FEW YEARS AND HAVE ALWAYS FOUND THEM TO BE ADAPTABLE AND CREATIVE WHEN DESIGNING AND CREATING NEW SPACES. WE HAD SPECIFIC REQUIREMENTS FOR THIS DEVELOPMENT AND WORKING WITH THEIR TEAM WE HAVE CREATED EXACTLY WHAT WE WANTED OVER THE OFF-SEASON PERIOD TO GIVE OUR SQUAD A NEW GYM ON THEIR RETURN TO PRE-SEASON.

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*Mark Twiggs,  
Head of Performance*



CASE STUDY

## EXETER CHIEFS RUGBY

EQUIPMENT

- Standard Half Racks x 4
- Hip Thruster x 2
- Performance Squat Stands x 2
- Leg Extension/Curl
- Inset Lifting Platforms x 6
- Performance Flooring

In pre-season Exeter Chiefs challenged PB with the task of refreshing their three gym rooms to create a streamlined, more space-efficient offering for the players. Including a physical therapy and rehab area. We moved all the Keiser equipment into here and created a stretch, activation and recovery area to complement the physiotherapy and rehab departments.

Cardio and Machines – Wattbikes, Ski Ergs, and Spin Bikes were moved into here along with the fixed-weight machines.

Strength and Conditioning – we converted the track gym under the stand to create a dedicated lifting and free weights gym alongside the track. We added two new Half Racks (to the existing 4), laid a 30m weight layer flooring with Integrated branded platforms.