



To prepare for the 2016 Euros England Football senior men required a pop-up gym creating in their team hotel in France.

Featuring strength and conditioning space, CV area and a recovery zone to maximise the team preparation during the tournament.



“ WE WERE VERY PLEASED WITH THE RESULT! THE FACILITY ENABLED US TO PROVIDE STRENGTH AND CONDITIONING SESSIONS IN AN ENVIRONMENT FITTING FOR A MAJOR FOOTBALL TOURNAMENT. I WOULD LIKE TO THANK PERFORM BETTER FOR THEIR EXPERTISE, PROFESSIONALISM AND WOULD RECOMMEND THEIR GROWING SERVICES.

Chris Neville, Conditioning Coach

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CASE STUDY ENGLAND FOOTBALL 2016 EUROS

EQUIPMENT

Power Rack
Adjustable Benches
Keiser FT
Keiser Spin Bikes
Wattbikes
Olympic Bumper Plates
Range of Bars
Plyometric Boxes
Dumbbells
Slam Balls
Flooring Solutions