



Perform Better were appointed to supply a Covid secure pop up gym for the England Netball Roses to train in the lead up to their January international series.

The equipment was installed at the Netball centre located at Loughborough University, with the layout and design created by the Perform Better experts.



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WE NEEDED A POP UP GYM TO PROVIDE A COVID SECURE ENVIRONMENT FOR OUR ATHLETES TO TRAIN SAFELY IN PREPARATION FOR OUR SERIES. THE SUPPORT FROM PERFORM BETTER WAS EXCELLENT IN PROVIDING A HIGH PERFORMANCE GYM ENVIRONMENT THAT WAS A VITAL PART OF OUR PREPARATION. THEY LED ON THE DESIGN, SOURCING OF HIGH END EQUIPMENT AND INSTALLATION/DECONSTRUCTION OF THE GYM MAKING THE PROCESS VERY SIMPLE AND EFFICIENT. A BRILLIANT ENVIRONMENT FOR OUR ATHLETES TO TRAIN IN.

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Katie Denton - Strength and Conditioning Coach

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CASE STUDY
ENGLAND NETBALL
LOUGHBOROUGH UNIVERSITY

EQUIPMENT

Olympic Bars
PB Bumper Plates
Performance Flooring
Plyometric Boxes
Squat Racks
Trap Bars
PB Dumbbells
PB Kettlebells
NormaTec