



After the success of the temporary Strength and Conditioning facility which Perform Better provided to the England Men's team at their hotel for the European Championships in France last summer, Perform Better were again selected to provide a similar facility for the Women's team at the European Championships in Holland.



PB

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BETTER**

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CASE STUDY ENGLAND WOMEN'S FOOTBALL

EQUIPMENT

Performance Half Racks

Squat Stands

Leg Press

Keiser Functional Trainer

Adjustable Benches

Wattbikes

Dumbbells

Keiser Spin Bikes

Olympic Bumper Plates

Range of Bars

Glute Ham Benches