

## CASE STUDY

# ENGLAND EUROS PERFORMANCE GYM



## EQUIPMENT

- Bespoke Half Racks with Smith & Iso integration x3
- 45 Degree Dual Leg Press
- Combination Leg Extension/Leg Curl
- Keiser Functional Trainer x2
- Dumbbells
- Kettlebells
- 1080 Resisted Training System
- Wattbikes
- Couches
- Reformer Beds
- Large Matted Area
- Performance Rubber Flooring
- Turf Track

Having provided the players with a Performance gym at their base at all major tournaments since the 2016 European Championships- the Football Association made the decision to provide a bespoke facility at their training base at Weimarer Land Golf Resort in Blankenhain in Eastern Germany for the 2024 tournament.

A 25m x 10m marquee was set up next to the training pitch- Perform Better were selected to equip the facility again having provided similar facilities for the FA at the Euros in 2016, World Cups in Russia in 2018 and Qatar in 2022 and also fully equipping the Strength & Conditioning facility at St Georges Park National Football Centre.

The space was split into three sections with a Physio treatment area housing couches and Reformer beds, a recovery area with Wattbikes and a large matted area and a Strength area with three bespoke designed Perform Better Half Racks with Smiths and Iso integration, a 45 degree Dual Leg Press, combination Leg Extension/Leg Curl, two Keiser Functional Trainers complemented by dumbbells and kettlebells. Performance Rubber Flooring was installed throughout and a turf track was installed to allow Prowler work and use of the 1080 Resisted training system.

The Performance facility provided an excellent Training and Recovery facility that was used extensively by the squad throughout the tournament all the way through to the Final.

