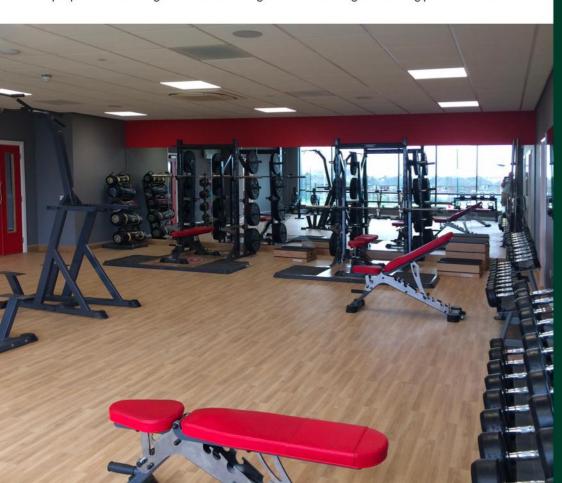


While Fleetwood Town were building their new state-of-the-art Poolfoot Training Ground they wanted the players to have a temporary gym facility. They decided to have two prefab buildings installed on the site and contacted Perform Better to discuss options for equipment they were planning to move across into the new facility.

Perform Better worked with club staff on a range of equipment that would complement the new gym space available.

Once the facility was completed, the equipment was moved out of the temporary gym into the new purpose-built Strength and Conditioning room overlooking the training pitches at Poolfoot.





sales@performbetter.co.uk www.performbetter.co.uk 01926 813916



## CASE STUDY FLEETWOOD TOWN FC

## **EQUIPMENT**

Half Racks and Platforms
Olympic Bumper Discs Sets
Olympic Bars
Powerbag Set and Rack
Medicine Ball Set and Rack
Rubber Dumbbell Set and Rack
Chin and Dipping Station
Technique Boxes
Aerobic Mats
Storage Cage