



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.



PB

**PERFORM
BETTER**

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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