

CASE STUDY

FULHAM FC ACADEMY

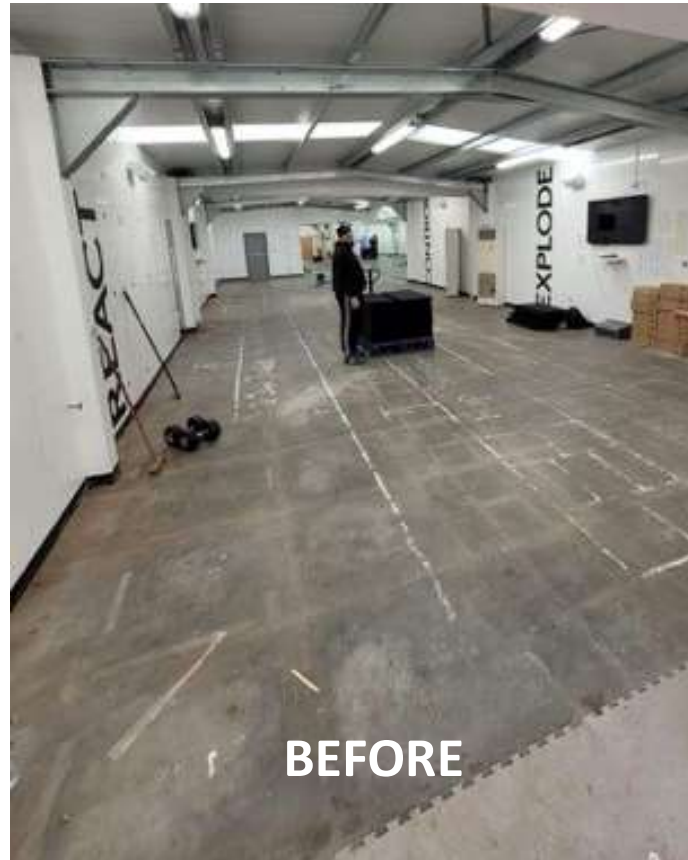


EQUIPMENT

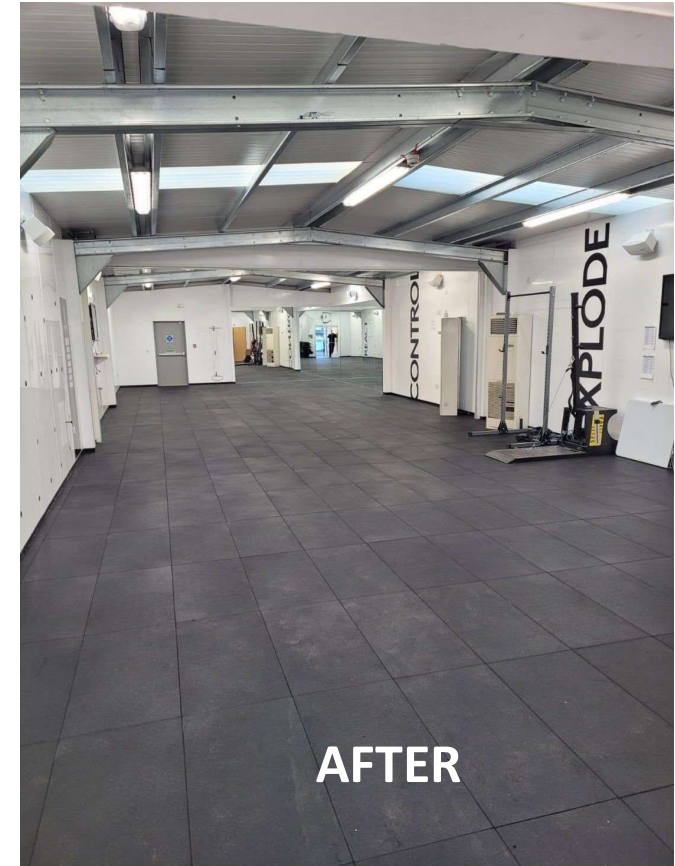
- 30mm Weight Layer Flooring
- Half Racks
- Lifting Platforms
- Benches
- Single-Leg Squat Stands
- Perform Better Discs, Dumbbells and Kettlebells
- Wattbikes
- SkiErgs
- Concept Rower
- Slam Balls
- TRX
- Grid Rollers

During lockdown in 2020 Fulham FC set up a new Academy Strength and Conditioning facility at their New Malden training facility, Perform Better supplied four Half racks and lifting platforms, four benches, single-leg squat stands, PB discs, dumbbells, kettlebells, Wattbikes, SkiErgs, Concept Rower, Slam balls, TRX and Grid Rollers.

In December 2021 Perform Better were selected to replace the flooring in the 1st team gym at the Club's Motspur Park Training Ground. The PB install team had a very tight two-day window to carry out the work and take up the old flooring and replace it with 30mm Weight layer flooring.



BEFORE



AFTER