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Georgia Rugby are one of the world's fastest growing Rugby Nations currently playing in the Europe Rugby Championship. In July 2022, Georgia beat a Tier 1 nation for the first time, Italy, 28-19 and in November 2022, Georgia beat Wales 13-12 in Cardiff and have qualified for the 2023 Rugby World Cup.

Georgia Rugby's Performance Centre is based in Tblisi- prior to the 2023 World Cup Preparation camp budget was allocated to fully refurbish the Strength and Conditioning facility with new flooring and equipment. Due to their expertise in equipping Rugby Performance Centres including Wales Rugby and Scottish Rugby's base at Oriam National Performance Centre in Edinburgh- Perform Better were selected to carry out the refurbishment. The PB design team worked closely with the GRU Performance team to design the layout and certain pieces of bespoke equipment.



CASE STUDY

GEORGIA RUGBY

EQUIPMENT

- Elite Power Rack x 5
- Elite Power Rack with Smiths x 1
- Glute Ham Bench x 2
- Adjustable Bench x 8
- Hyperextension Bench
- Bespoke Storage Systems
- Bespoke Medicine Ball Wall
- Bi-Lateral Leg Press
- Dual Adjustable Pulley x 2
- Leg Extension
- Leg Curl
- Shoulder Press
- Chest Press
- Lat Pulldown/Low Row
- Seated Calf
- Branded Dumbbells
- Eleiko Olympic Discs and Bars
- Kettlebells
- Foam Plyo Boxes
- kBox Pro



Six Perform Better Elite Half Racks were installed along with a number of single station pieces- Dual Adjustable Pulleys, Lat Pulldown, Leg Extension, Bi- Lateral Leg Press and complemented by Assault bikes, Ski Ergs and Elliptical trainer. Eight GymAware Power Tools were specified to allow close monitoring of the players lifting velocities and power outputs. Duratrain Performance Flooring was installed along with a bespoke turf track.