



Despite being based on the same site as the Oriam National Football Centre, which has a large S&C facility, Hearts FC have converted an old rehab room into a Strength and Conditioning room.

Hearts FC selected Perform Better to supply the flooring and equipment in their dedicated S&C room at Oriam.

Perform Better laid Duratrain Performance Flooring across the whole area with coloured drop zones to assist with the different training elements completed by the players.



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IT WAS GREAT TO HAVE THE PERFORM BETTER TEAM HELP US IN THE REDEVELOPMENT OF OUR REHAB GYM. THE TOP OF THE RANGE, ROBUST EQUIPMENT AND FLOORING HAS CONTRIBUTED TO THE QUALITY OF OUR REHAB SESSIONS.

Mike Williams - First Team Sport Scientist.

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## CASE STUDY HEART OF MIDLOTHIAN FC

### EQUIPMENT

Squat Stands

Benches

Olympic Discs

Olympic Bars

Chinning Bars

Foam Plyo Box Set

Hex Bar

Medicine Ball Set

Dumbbell Set

Olympic Incline Leg Press