



Hull City FC invested in their Cottingham Training Facility- a new gym building was erected and Perform Better were selected to equip the new facility.

Three squat racks with performance lifting platforms, adjustable benches, three ISO disc loading strength machines, a range of spinning bikes and Concept rowers were installed.

Since then the Club have added Keiser Functional Trainer and replaced two of the squat racks with performance power racks. When Dr Steve Barrett joined the club as Head of Sports Science the club invested in more Sport Science equipment in the gym and installed a new Perform Better Performance testing rack which includes ForceDecks force platforms, GymAware power testing system and cameras for analysing player's techniques when they are lifting.



PB

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CASE STUDY HULL CITY FC

EQUIPMENT

Performance Power Rack & Platform

Performance Squat Rack & Platform

ISO Leg Press

ISO Leg Extension

ISO Leg Curl

Cable Crossover

Dumbbell Set

Adjustable Benches

Keiser Functional Trainer

Woodway Treadmill

Instyle Spinning Bikes

Concept 2 Rowers

ForceDecks Force Platforms

GymAware