



# PB

## PERFORM BETTER

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Lancashire County  
Cricket Club

### CASE STUDY LANCASHIRE COUNTY CRICKET CLUB

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**PERFORM BETTER EXCELLED IN ALL ASPECTS OF THE PROCESS  
PARTICULARLY IN THE DESIGN, INSTALLATION AND ATTENTION TO  
DETAIL GIVEN TO THE PROJECT.**

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David Roberts MCSP, HCPC - Director of Medical Services, Lancashire County Cricket Club.

### EQUIPMENT

Performance Half Rack and Platform  
Olympic Bars  
PB Olympic Discs  
Bi Lateral Incline Olympic Leg Press  
Adjustable Glute Ham Bench  
Adjustable Benches, R2 Leg Extension  
Dumbbell/Barbell Sets and Racks  
Wattbike Pro+Keiser M3 Spin Bike  
Concept Rower, Concept Ski Erg  
Foam Plyo Box, Power Tyre  
Selection of Boxing Equipment  
Selection of Medicine Balls  
BOSU Balance Trainers  
Flooring – Red Turf Track



Perform Better were selected to re-equip the Strength and Conditioning facility at Lancashire County Cricket Club at the Emirates Old Trafford Stadium.

This project involved developing the existing facility space with a new design layout, including new equipment to improve both the strength, conditioning and rehabilitation facilities at the club.