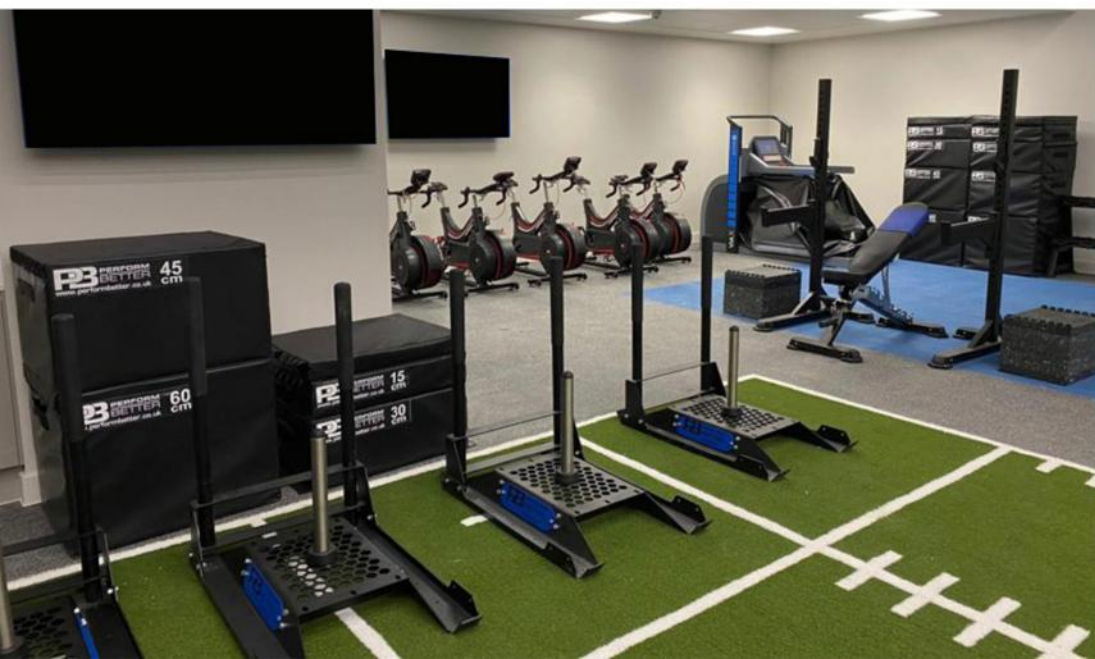




The Academy gym space is a very similar size as the first team area and to help the pathway of players from the Academy into the first team squad. The Club were keen to include some of the same equipment as the first team gym in the Academy facility including: ISO leg extension, ISO leg curl, recumbent leg press and belt squat.

The Academy installed performance squat stands that can be moved off the main gym floor to create more functional space in the facility. In addition to the strength and conditioning equipment Perform Better also supplied a range of sport science equipment including: ForceDecks force plates, NordBord testing system, Optojump systems and Witty Timing systems.



PB

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CASE STUDY LEICESTER CITY FC ACADEMY

EQUIPMENT

- Recumbent Leg Press
- Belt Squat & DC Blocks
- ISO Leg Extension & ISO Leg Curl
- Performance Squat Stands
- Glute Ham & Adjustable Benches
- Foam Plyometric Boxes
- Dumbbell Set & Kettlebells
- Powerbags & Speed Sleds
- Training Ropes & Smart Hurdles
- Tractor Tyres
- Wattbike Pro
- ForceDecks Max Force Plates
- NordBord
- Optojump system
- Witty Timing System