



# PB

## PERFORM BETTER

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“ IT WILL BE ABSOLUTELY AMAZING, IT’S GOING TO BE ONE OF THE BEST IN THE WORLD. THAT’S GOING TO GIVE US AN OPPORTUNITY TO DEVELOP THE PLAYERS AND THAT IS GOING TO BE VERY IMPORTANT FOR US.

Brendan Rodgers - Manager, Leicester City FC.

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Plans for the development of the former Park Hill Golf and Fishing Centre at Charnwood were revealed by the Leicester City Football Club in February 2018. Work is complete on the 185-acre site in Seagrave, which includes 11 full-size pitches, including one show pitch with a 499-seater stand, full size indoor pitch, eight smaller pitches, five training grids, two goalkeeping areas, and a sports turf academy for developing the next generation of ground staff.

The Perform Better technical team worked closely with the Leicester City Performance Department over an 18 month period to develop bespoke designs on a number of pieces of equipment. The club were keen to feature Club branding on a number of pieces of equipment including benches, dumbbells and Wattbikes.



## CASE STUDY LEICESTER CITY FC

### EQUIPMENT

- Elite Half Racks
- Recumbent Leg Press
- ISO Leg Extension & Leg Curl
- ISO Seated Calf
- 3D Smith Machine
- Pulley Configuration
- Concept 2 Rower
- Prone Row Bench
- Adjustable & Glute Ham Benches
- Belt Squat & Sissy Squat
- Monster Storage
- Keiser Functional Trainer
- Keiser M3 Bike & Keiser Squat
- Branded Rubber Dumbbells
- Kettlebells & Medicine balls
- Eleiko Discs and Bars
- Run Rocket
- kBox Pro
- Foam Plyometric Boxes
- Assault Bike & Wattbikes
- Woodway 4Front Treadmill
- ForceDecks Max Force Platforms
- GymAware Power Testing systems