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**THE PERFORM BETTER STAFF WERE EXCELLENT AND ACCOMMODATING TO OUR NEEDS. THE SUPPORT THEY HAVE PROVIDED IN THE WHOLE PROCESS OF CREATING OUR GYM PROVISION HAS BEEN REMARKABLE.**

**Mike Hine - Head of Medical, Lincoln City FC.**

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Lincoln City's historic FA Cup run of 2016/17 has helped fund the build of a new £1.3 million Centre which houses a fully-equipped gym, changing rooms, canteen, offices and media room.

Perform Better were chosen to supply and install the new training facility with elite performance products. The Centre includes an elite Strength and Conditioning Suite to develop physical performance and for rehabilitation of injured players.

**PB**  
**PERFORM**  
**BETTER**

[sales@performbetter.co.uk](mailto:sales@performbetter.co.uk)

[www.performbetter.co.uk](http://www.performbetter.co.uk)

01926 813916



## **CASE STUDY** **LINCOLN CITY FC**

### **EQUIPMENT**

Standard Half Rack

Keiser M3 Bikes

Spirit CT900 Treadmills

Leg Press

R2 Leg Extension

Concept 2 Rowing Machine

Wattbike Pro Trainer

Hip Thruster

R2 Compact Pulley

Portable Grappler

Gym Balls and Racks

Dumbbell Set and Rack