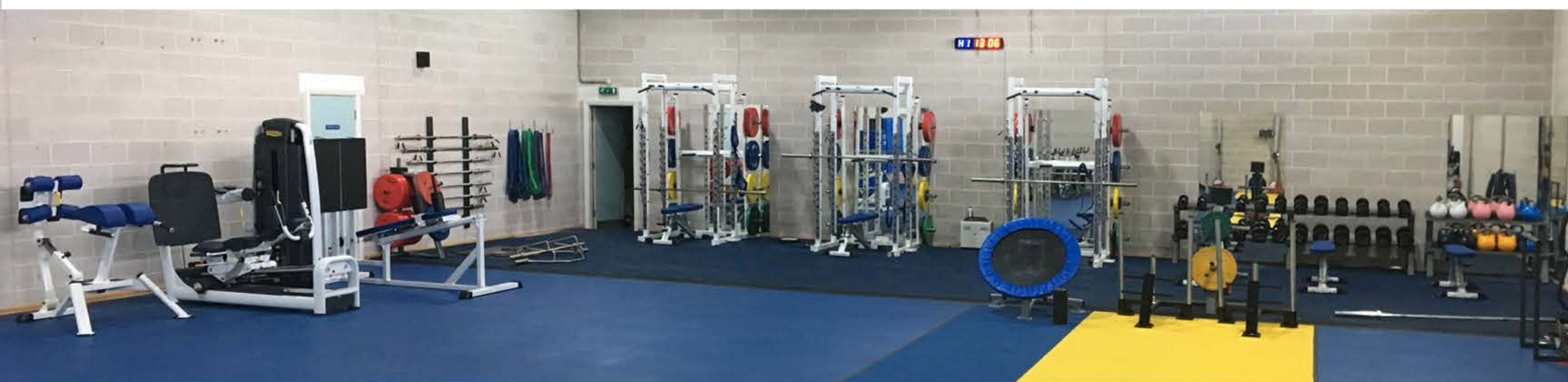




In 2017 Leeds United made significant investment at the Club's Elland Road Stadium and Thorp Arch training facility. The Club made a decision to upgrade the 1st team gym and also create a new academy Strength and Conditioning facility in a sports hall space above the 1st team gym.

Duratrain Performance Free Weights flooring was installed to create an Olympic Lifting area, a Sprint Track and Turf Track were installed along the length of the gym and Pavigom flooring was installed into the remainder of the room.



PB

**PERFORM
BETTER**

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916



CASE STUDY LEEDS UNITED FC ACADEMY

“

WE HAVE BUILT A GOOD RELATIONSHIP WITH PERFORM BETTER WHICH HAS HELPED US TOWARDS OUR MISSION OF PRODUCING PLAYERS THAT ARE CAPABLE OF MEETING THE FUTURE DEMANDS OF THE GAME.

PERFORM BETTER HAVE HELPED ENSURE THAT WE ARE ABLE TO PROVIDE A FIRST CLASS WORKING ENVIRONMENT FOR EACH OF OUR ACADEMY PLAYERS.

”

Rob Etherington - Head of Academy Physical Development.



EQUIPMENT

Training Rig

Benches

Glute Ham Bench

Olympic Bars and Discs

Dumbbells

Kettlebells

Keiser Functional Trainers

Leg Presses

Activio Heart rate system

Turf Track

Blue Duratrain Performance Flooring

Blue Pavigom Flooring