



Upon Manchester City FC Academy leaving Platt Lane Training facility for their new City Academy facility next to the Etihad Stadium, Manchester Metropolitan University moved into the Platt Lane facility.

Manchester City FC left some of the equipment in the facility that Perform Better had previously supplied including Power Racks and a Keiser Functional Trainer, and wanted to add to the kit that was left.

Perform Better liaised with the MMU team to create a versatile training space for university members and students, which included performance flooring and specialist testing equipment.



PB

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**Manchester
Metropolitan
University**

CASE STUDY MANCHESTER METROPOLITAN

EQUIPMENT

Free Weights

Flooring

Sprint Track

Lat Pulldown

Seated Row

Olympic Discs

Olympic Bars

Squat Stands

Wattbike

Optojump System

Brower Timing System