



# PB

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BETTER**

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## CASE STUDY MANCHESTER UNITED FC

When Manchester United decided to upgrade the Strength and Conditioning facility at Carrington Perform Better were selected to carry out the upgrade. Perform Better also installed a bespoke lifting platform to house a Force Platform into the Sports Science Laboratory.

In addition, Perform Better installed a 20 metre two lane sprint track down the length of the gym which the Club use for their Run Rocket trainers.

Since the upgrade, the Club have added equipment to the facility every season and Perform Better have supplied a lot of the equipment which has included: Monster Storage system, kBox Eccentric Trainers, Half Rack and Platform, Run Rockets and Mid Thigh Pull Rack.

During the Covid-19 outbreak the Club wanted to expand their gym space to allow social distancing for their players while training. Perform Better provided a marquee that was set up on one of their training pitches to allow an additional gym space to be created.



## EQUIPMENT

- Five Lifting Platforms
- Ivanko Olympic Discs
- Olympic Bars
- Technique Boxes
- MVP Shuttle
- Run Rocket
- Keiser Bikes
- 20m Sprint Track
- Force Platforms