



In 2019 Mansfield Town Football Club pushed through with plans to create a new club training facility named the RH Academy. The state-of-the-art facility boasts a new full-sized and floodlit 3G pitch, built to FIFA standards.

Perform Better were selected to create a Strength & Conditioning gym at the facility to allow all teams access to develop their strength and physical performance. 30mm Performance flooring was installed with embedded birch wood lifting platforms sporting the club crest.



PB

**PERFORM
BETTER**

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CASE STUDY MANSFIELD TOWN FC

EQUIPMENT

Standard Half Racks

Customised Benches

2.5-35kg Rubber Dumbbell Set

Dumbbell Rack

Kettlebell Set

Concept 2 Rowing Machine

Core Plate

Olympic Bars

PB Olympic Bumper Discs

30mm Strength Flooring

Custom Lifting Platforms