

# CASE STUDY

## MANCHESTER CITY WOMEN'S FC



### EQUIPMENT

- Performance Half Racks with Smith
- Performance Power Racks
- 45 degree Leg Press
- Standing Leg Curl
- Leg Extension
- Seated Calf
- Glute Thrust
- Multi Hip
- Seated Leg Curl
- Dual Adjustable Pulley
- Glute Ham Bench
- Hyperextension
- Dumbbell/Kettlebell Set
- Branded Wattbikes
- Concept Ski Ergs
- Assault Bikes
- AlterG Treadmill
- Humac Norm IKD

Manchester City Women's Professional Team was formed in 2014 and they play their matches at the Joie Stadium on the Etihad Campus and are currently top of the WPL. They have previously had to share the Academy Strength and Conditioning facilities. In 2024, City Football Group made the decision to design and build a new dedicated Women's Elite Training facility on the Etihad Campus. Building work on the new facility started in March 2025. The facilities include Hydrotherapy Suite, canteen, changing rooms, meeting room, offices and a large Strength and Conditioning facility with a mezzanine level.

Having worked closely with the Club for a number of years and having recently equipped the Strength and Conditioning facility at City Football Groups Belgian Club- SK Lommel FC- Perform Better were selected to design and equip the new Women's facility. Working closely with the Performance team and Architects- the designs were finalised and the facility was completed in February 2026.

