



“ I HAVE WORKED WITH PERFORM BETTER FOR MANY YEARS NOW AND KNEW THEY COULD BRING MY IDEAS TO LIFE. ”

Laurence Bloom - Head of Performance.



Perform Better were Millwall FC's preferred supplier for both strength kit and flooring solutions during the upgrade.

To give the Millwall FC first team gym a face-lift in pre-season Perform Better were selected to provide additional kit for the area, allowing the coaching staff at Millwall to maximise the space and equipment to get the most out of the players during this vital time in the season.

Millwall wanted to upgrade their gym in pre-season to maximise all the training elements of the player's programme.

By adding pro lifting racks, Keiser Spin Bikes and free weights, Perform Better managed to cover off three areas of training and added a sprint track through the middle of the gym to add in some speed, power and plyometric work.



PB
**PERFORM
 BETTER**

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CASE STUDY MILLWALL FC

EQUIPMENT

Performance Half Racks

Benches

Keiser Spin Bikes

Sprint Track

Bosu

Balance Pad

Occlusion Cuff

6ft Hex Bar

Plyo Cube

Plyo Boxes