



PB

PERFORM BETTER

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916



CASE STUDY PARC EIRIAS

EQUIPMENT

Power Racks & Lifting Platforms

Disc Loading Strength Equipment

Keiser Air Equipment

Discs and Bars

Concept Rowers, Xtrainer, Ski Erg

Testing Area with a Force Platform

Bespoke Lifting Platform

30m Sprint Track

Timing System

Perform Better were selected to supply all the equipment to the Strength and Conditioning Facility at the Parc Eirias facility in Colwyn Bay, North Wales. The facility is used by Welsh Rugby as a regional training facility for North Wales.

The Parc Eirias facility also includes a full size 3G indoor training area, changing rooms with contrast baths, rugby stadium with 2,500 capacity covered grandstand and running track.