

CASE STUDY

PLATO STADIUM, TBLISI, GEORGIA



EQUIPMENT

- Elite Power Rack x 4
- Integrated Platforms x 4
- Adjustable Bench x 8
- Dual 45 degree Leg Press
- Disc Loading Leg Extension
- Disc Loading Leg Curl
- Dual Adjustable Pulley
- Glute Ham Bench
- Toast Racks x 6
- PB Olympic Discs and Bars
- Dumbbell Set
- Kettlebell Set
- Performance Hex Bars
- Medicine Ball Set
- Concept Ski Erg x 3
- Concept Rower x 3
- Concept Bike x 3
- Assault Bike x 2
- Spirit Elliptical Trainer
- Smart Hurdles
- Climbing Ropes
- Tug of War Ropes
- Bosus
- Punchbags

“ We would like to thank the Perform Better team for providing a top quality service and equipment to Georgia Rugby Union when we refurbished the gym in the National Performance Centre in Tblisi in 2023. We replaced the flooring and most of the equipment in the facility and the equipment has proved to be of outstanding quality and extremely durable which we require for our very heavy use. We have used Perform Better as our key supplier for a number of years and it is always a pleasure doing business with them. ”

IRAKLI CHKONIA
HEAD OF STRENGTH & CONDITIONING, GEORGIAN
RUGBY UNION

Plato Stadium in Tblisi is one of the key training venues for Georgia Rugby's squads. Having fully re-equipped the Georgian Rugby National Performance Centre in 2023 Perform Better were again selected to design and equip two new Strength & Conditioning facilities in Tblisi for the Georgian Rugby Union.

Plato Stadium had a basic facility measuring 18m x 10m which was fully floored with 30mm Performance Flooring and fully equipped with four Elite Power Racks and Integrated platforms, PB Olympic bars and discs, Dual 45 degree leg press, disc loading Leg Extension and Leg Curl, dual adjustable pulley and benches.

The strength equipment was complemented by a range of Cardio equipment- three Concept bikes, rowers and ski-ergs, two Assault bikes and a Spirit Elliptical. In addition a range of sleds, prowlers, Smart hurdles, climbing ropes and punchbags were supplied.

