



# PB

**PERFORM  
BETTER**

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CASE STUDY

## PRESTON NORTH END FC

### EQUIPMENT

- Performance Power Rack
- Performance Olympic bench
- Customised Adjustable Benches
- Olympic Bars
- PB Olympic Bumper Discs
- R2 Leg Curl
- R2 Leg Extension
- R2 Leg Press
- R2 Smith Machine
- R2 Compact Dual Adjustable Pulley
- Rubber Dumbbell Set and Rack
- Plyo Box Set
- Wattbike Nucleus
- Ski Erg
- Concept Rower
- Multipurpose Storage
- 30mm Strength Performance Flooring
- 12m x 2m Turf Section
- Medicine Ball Set

“ PERFORM BETTER WORKED VERY HARD ON CREATING A GREAT S&C GYM FOR OUR PLAYERS AND STAFF TO WORK IN. FROM START TO FINISH THEY DEMONSTRATED PROFESSIONALISM AND GOOD COMMUNICATION TO ENSURE THE DESIGN AND INSTALLATION WENT AS SMOOTHLY AS POSSIBLE. HAVING WORKED WITH PB FOR A NUMBER OF YEARS I HAD NO HESITATION IN TRUSTING THEM TO DELIVER A GREAT END PRODUCT FOR OUR NEW TRAINING GROUND AT EUXTON. ”

Dr Tom Little - Head of Performance



Preston North End training base was the Springfield Training ground in Preston before the club acquired a site at Euxton in September 2020, which was previously host to both Bolton Wanderers and Wigan Athletic.

The club have completely renovated the site to create a fantastic new training centre for their players.