

# CASE STUDY

## QUEENS PARK RANGERS



### EQUIPMENT

- Standard Half Rack With Storage Options
- PB Branded Black Rubber Bumper Discs
- 7ft Bars
- 6ft Hex Bars
- Custom Branded Flat to Incline Benches
- Hex Dumbbell Set
- Plyometric Boxes
- Duratrain 32mm Flooring
- PB Slam Ball Set
- PB Competition Kettlebell Set
- SPIRIT CE800 Elliptical
- Concept 2 RowErg
- Concept 2 SkiErg
- Assault Airbike Pro

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Tasked by Queens Park Rangers, we designed and equipped the First Team and Academy gymnasiums in their new Training Centre, focusing on Weightlifting, Free Weight, Cardio, and Body Weight training. The installation, completed in June 2023 for a pre-season opening, featuring specific zones and a central area for group training, offering a cutting-edge facility for both teams.

Focusing on supplying a range of Weightlifting, Free Weight, Cardio-vascular and Body Weight training equipment in the first team we designed a layout that provided specific zones within the room whilst allowing for a large open area in the centre for pre-activation and group training.

Starting with the flooring we provided a 30mm Heavy duty weight layer flooring across the whole area allowing for sub-floor protection but also comfort for the user. We then produced branded lifting rigs with connected storage sections, along with a range of PB's Elite Bars and Discs.

Individual Weight stack loaded equipment allowed for more specific training, whilst the Hex Dumbbells and Kettlebells allowed for free exercise. A range of Cardio-vascular equipment complemented this with Concept Bike Ergs, Versaclimbers and Rowers.

Whilst smaller in size the Academy gym required the same ranges of equipment and zoned areas and incorporated the same training principles of the first team.

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