

CASE STUDY

RC STRASBOURG



RC Strasbourg is a French national football team, competing in League 1 which is owned by BlueCo - owners of Chelsea FC. Perform Better were asked to provide a proposal for an extension of their current training facility, to improve the performance environment.

The existing area was cluttered, disorganised, and compromised by space available for the athletes and practitioners. Items of equipment were outdated and didn't reflect the current demands of an elite level footballer. The space increased from 120sqm to 430sqm, which incorporated a transparent medical area, activation area, conditioning area, testing area and integrated functional track. All areas were designed from an athlete's perspective, ensuring that an efficient flow from the arrival of the athlete into the environment, to the completion of their session.



EQUIPMENT

- Performance Half Racks with Integrated Smith Machine and Iso Testing x4
- Olympic Bars and Plates
- Dumbbells
- Adjustable Benches x6
- Keiser Functional Trainers x2
- Leg Extension
- Leg Curl
- Wattbike Air Pro x2
- Concept 2 Ski Erg
- Gymaware x2
- Exergies
- Strength Bands and Various Ancillaries
- Flooring including Integrated Stretch Area
- Branded Turf Track

