



Perform Better were asked to supply the flooring and equipment for the First Team and Academy Gymnasiums at the new Bearwood training ground for Reading FC.

PB supplied turf, sprint track and weight layer flooring to both gyms.

PB also supplied a wide range of training equipment for the two gym areas, to create a multi-use area which included weight lifting, free weights, cardio and functional fitness zones.



# PB

**PERFORM  
BETTER**

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## CASE STUDY READING FC

### EQUIPMENT

Standard Full Racks

Bars and Discs

R2 Leg Press

Adjustable Glute Ham Bench

PB Dumbbell set

PB Kettlebell Set

Keiser Functional Trainer

Keiser M3 Spin Bike

Wattbike Pro

TRX

Bands

Sled

Hurdles