



PB

PERFORM
BETTER

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916

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THANKS TO MARK AND THE WHOLE PERFORM BETTER TEAM WHO WORKED WITH US FROM INCEPTION TO DELIVERY AND ALWAYS LISTENED TO OUR REQUIREMENTS TO PROVIDE US WITH A FACILITY WE NEEDED. THE CENTRAL TRACK AREA WAS ESSENTIAL FOR US AND TO HAVE SUCH A STRONG CLUB IDENTITY TO THE TURF MAKES THE FACILITY A FOCAL POINT OF OUR DEVELOPMENT PROGRAMME FOR ALL THE SQUADS.

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*Nigel Ashley-Jones,
Head of Performance*



CASE STUDY

SCARLETS
RUGBY

EQUIPMENT

Elite Power Racks x 3
Hip Thruster
Dual Multiple Pulley
Adjustable Benches
Bespoke Medicine Ball Walls
Glute Ham Bench
Dumbbell Set
Kettlebell Set
PB Olympic Bars and Discs
Branded Turf Track



Scarlets Rugby tasked Perform Better to upgrade their Performance Gym to create a new modern gym space with clearly defined areas for Olympic Lifting, Speed and Power Work, Free Weights and Fixed machines.

Perform Better developed the gym around the central focus of the 35 x 5m branded Turf track with a shockpad base to allow for speed, power and reaction work whilst offering a strong ground reaction for fast feet and multi-directional work. To the side of the track, along the whole length of the room, we laid weight layer flooring down the left side of the gym and installed 4 new Perform Better Elite Power Racks and re-installed 4 existing racks to create an 8 station Olympic lifting area.