



Scottish Football previously based themselves at Oriam National Performance Centre for their camps using the world class Performance gym equipped by PB. In Spring 2023 a decision was made to base themselves closer to Hampden Park Stadium in Glasgow- they found a Hotel to base themselves close to Hampden. The Performance Team wanted to set up a Performance gym at the Hotel for the players to use while in camp - a marquee was set up on the first floor of the hotel and PB were selected to equip the facility with Performance Flooring, Performance Half Racks, Olympic bars and discs, dumbbells and benches, Plyo Boxes, Med Ball Wall, Keiser M3 bikes and Wattbikes.



PB

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CASE STUDY

SCOTTISH FOOTBALL PERFORMANCE CENTRE

EQUIPMENT

- Performance Half Rack x 2
- Compact Dual Adjustable Pulley
- Adjustable Benches x 3
- Olympic Discs and Bars
- Dumbbell Set
- Foam Plyometric Boxes
- Med Ball Wall
- Wattbikes
- Keiser M3 Bikes
- Performance Flooring