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PERFORM BETTER

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WE RECENTLY USED PERFORM BETTER FOR A FURTHER REFURB OF OUR ACADEMY GYM. AS ALWAYS THE SERVICE AND SUPPORT THROUGHOUT THE PROCESS HAS BEEN EXCELLENT. FROM VISITING OUR FACILITY, TO DISCUSSING OPTIONS AND INSTALL, WE HAVE BEEN EXTREMELY HAPPY.

Alek Gross - Head of Sport Science, Southampton FC.

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CASE STUDY SOUTHAMPTON FC

EQUIPMENT

Performance Power Racks

Benches

Dumbbell Set

Olympic Sets

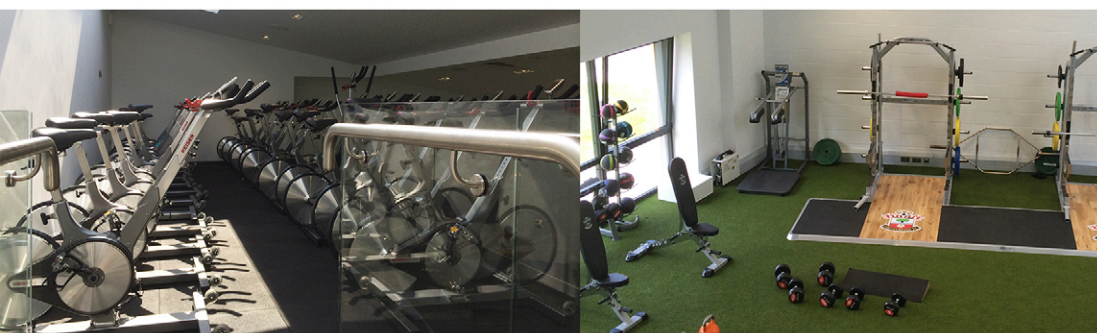
Keiser Functional Trainer

Keiser Squat

Keiser Spinning Bikes

kBox Devices

VertiMax Platforms



When Southampton FC were planning their new Longwood Training Ground facility, Perform Better were selected to design and equip the new 1st team Strength & Conditioning room. The training ground is used by all age groups, with players starting at one end of the training ground as U8s and graduating through the site. The facility is equipped with sports science, scouting & recruitment, football administration and medical departments, as well as training, changing and dining facilities.

Perform Better's design team worked closely with the Performance Team to plan out the new facility. The Club required a specialist floor installing, which consisted of artificial turf with a shock pad base, giving a surface that can be used for both rehab and conditioning work. At the same time as building the new facility, the Club also upgraded their Academy Strength & Conditioning facility. Perform Better were again selected and installed the required kit.