



PB

PERFORM
BETTER

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WE'RE PLEASED TO HAVE LINKED UP WITH PERFORM BETTER. THEIR EXPERIENCE GAINED FROM WORKING WITH TOP SPORTING TEAMS AND NATIONAL GOVERNING BODIES HAS GIVEN THEM AN ADVANTAGE.

Bryce Cavanagh - Head of Physical Performance, Football Association. ”

ST.
GEORGE'S
PARK

CASE STUDY
ST. GEORGE'S PARK
NATIONAL FOOTBALL
CENTRE



EQUIPMENT

6 Bespoke Elite Half Racks

Bespoke Spider Training Rig

Bi-Lateral Leg Presses

Leg Extension

Eleiko Olympic Discs & bars

Keiser Functional Trainers

Woodway Curve Treadmills

Dumbbells, Spin bikes, Wattbikes

GymAware

ForceDecks

Swift Timing System

Polar Heart Rate System

Concept 2 Rowers

TeamBuildr Database System

St. George's Park, which opened in 2012, is a £105 million facility set in 330 acres of Staffordshire countryside that provides world class facilities for all 28 England teams ahead of international matches. The site is also the home of FA Education and delivers all FA National coach education courses. The Football Association recently appointed Perform Better Ltd as the Official Supplier of strength and conditioning equipment to the 'St. George's Park'.

The FA Performance Team had some very specific requirements and designs that they wanted included in the equipment specifications. The Perform Better technical design team worked closely with the FA Performance Team to ensure their exact requirements were met.