

SARACENS RUGBY



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EQUIPMENT

- x4 Performance Power Racks with Integrated Bench Pull Benches, Jammer Arms, Landmines & Branded Platforms
- Performance Half Racks with Integrated Dual Pulley Systems & Branded Platforms
- Perform Better Disc Loaded Belt Squat & Calf Raise
- x2 Elite Lat Pulldown Machines
- Branded Weight Lifting Discs
- Rubber Dumbbells
- Branded Velcro Gym Mats
- 8mm Rolled Rubber Flooring
- Heavy Duty Weight Layer Flooring

Saracens have invested in Phase one of their new Performance Centre development by re-developing the current Gymnasium at their training centre in Hertfordshire.

Perform Better were chosen to design and develop this facility and working with the Performance Team of Phil Morrow and Liam O'Hara we created a High Performance training facility for Elite Rugby Player Athletic Development.

Removing the old racks and platforms, Perform Better installed x4 Performance Power Racks with integrated Bench Pull Benches, Jammer Arms, Landmines, and Branded Platforms, along with Performance Half Racks with integrated Dual Pulley systems and Branded Platforms. We also laid a new 30mm heavy duty weight layer flooring.

In addition, Perform Better provided a new range of Saracens own branded weight lifting discs and rubber dumbbells (2.5-70kg) along with branded and velcro gym mats.

For single station weights machine, alongside the existing leg press and scrum trainers, we installed a Perform Better Disc Loaded Belt Squat and Calf Raise along with 2 x Elite Lat Pulldown machines.

In the machine area we laid an 8mm rolled rubber floor to complement the weight layer flooring.

