

# CASE STUDY

## SCOTTISH FOOTBALL EUROS 2024



### EQUIPMENT

- 3 x Performance Half Racks
- Olympic Discs and Bars
- Dumbbell Set
- X2 Ancore Pulley Systems
- Selectorised Leg Extension
- Selectorised Seated Calf
- Selectorised Glute Ham Bench
- Plyo Boxes
- X12 Keiser m3 Spin Bikes
- X2 Wattbikes
- Normatec Recovery Pants
- Pilates Reformer Bed
- Performance Flooring

When the Scotland team qualified for the 2024 European Championships in Germany they were keen to provide the players with a Performance Gym at their Training Base in Garmisch-Partenkirchen in Southern Germany. Perform Better had previously equipped the Men's national team base at Lesser Hampden in Glasgow and the Oriam National Performance Centre in Edinburgh and were selected to equip the pop-up facility. A 25m x 10m marquee was set up next to the training pitch- three Performance Half Racks were installed along with Olympic Discs and Bars complemented by a range of Dumbbells. Two Ancore Pulley systems were set up on the racks to provide a range of pulley options.

A selectorised Leg Extension, Seated Calf, Glute Ham Bench and Plyo boxes were also installed in the lower body area and twelve Keiser m3 Spin bikes and two Wattbikes were installed in the recovery area along with Normatec Recovery pants and a Pilates Reformer Bed. Performance flooring was installed across the whole area.

The Performance facility provided an excellent S and C and Recovery facility that was used extensively by the squad throughout the tournament.

