

# CASE STUDY

## SHEFFIELD UNITED FC WOMEN



### EQUIPMENT

- Standard Half Racks x2
- Adjustable Benches x 4
- Glute Ham Bench
- Dual Adjustable Pulley
- Leg Extension
- Olympic Bars and Discs
- Dumbbell Set
- Foam Plyo Boxes
- Hurdles
- Other functional equipment

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The Sheffield United Women's team was founded in 2002 and they play in the Women's Championship playing their matches at Bramhall Lane Stadium. In 2023 the Women's team moved into a training facility at the Sheffield Hallam University Sports Park and a space was identified to create a Strength and Conditioning facility for exclusive use by the Women's team.

Having equipped the Men's Academy gym and a number of other Women's Football teams PB were selected to design and equip the facility. The area was floored with Performance flooring and two Half Racks were installed along with Leg Extension, Glute Ham Bench and Dual Adjustable Pulley. These were complemented by a range of Olympic bars and discs, dumbbells, benches, weighted bags and hurdles.

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