

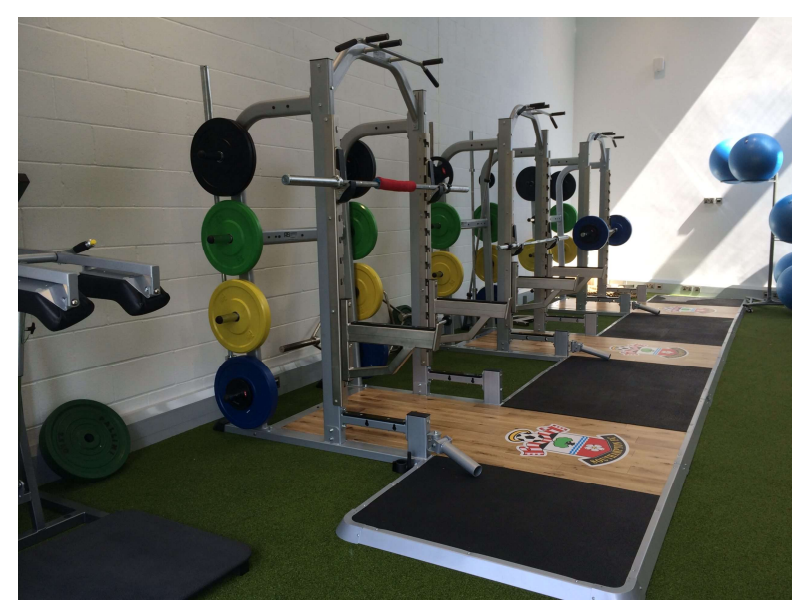
CASE STUDY SOUTHAMPTON F.C. REHAB GYM



“ We have recently used Perform Better for a further refurb of our Academy gym having worked with them on our First team gym when we built the training ground. As always the service and support throughout the process has been excellent. From visiting our facility, to discussing options, and installation we have been extremely happy with. ”

ALEK GROSS
HEAD OF SPORT SCIENCE

When the new Strength and Conditioning facility was completed the existing Gym facility was converted into a new Rehab gym for the Club's Physiotherapy department. The existing turf flooring was taken up by PB and replaced with Ecore Rally Performance Flooring, one of the existing Half racks was refurbished and re-installed along with a new Iso-Kinetic Dynamometer along with additional rehab equipment.



EQUIPMENT

- Performance Power Racks
- Benches
- Dumbbell Set
- Olympic Bumper Plates and Bars
- Keiser Functional Trainer
- Keiser Squat
- Keiser Spinning Bikes
- kBox Devices
- VertiMax Platforms