

CASE STUDY

SUNDERLAND AFC ACADEMY/WOMEN'S



EQUIPMENT

- Performance Half Rack x6
- Branded Platforms x6
- PB Olympic Bars and Discs
- Dual 45 degree Leg Press
- Leg Extension/Leg Curl
- Dual Adjustable Pulley
- Exxentric KBox x2
- Exxentric KPulley x2
- Run Rocket
- Prowler Sled
- Wattbike AirPro x4
- Assault Bike
- Ski Erg
- Branded Plyo Boxes
- Dynamax Med balls

Having shared the first team gym since it was refurbished three years ago in 2026 the decision was made by the club to convert a space in the **Academy of Light**, that had previously been a spin bike studio, into a new Strength and Conditioning facility for the Academy and Women's teams. Having designed and equipped the first team gym three years ago, PB were again selected to design and equip the new space.

Six Performance Half racks with branded platforms were installed down one side of the room, complemented by a range of adjustable benches, PB Olympic discs and bars and a branded dumbbell set. A branded turf track was laid down the middle of the room complemented by a Run Rocket, Prowler Sled and branded plyometric boxes. A range of disc loading and selectorised equipment were installed in the other half of the room along with two Exxentric kBoxes and two kPulleys. The cardio equipment included four Wattbike AirPro, Assault bikes and Ski Erg.

With there being no natural light in the space, and dark walls, the equipment was manufactured in red complemented by red platforms and turf track to create a stunning contrast in the facility.

