



PB
**PERFORM
 BETTER**

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I HAVE WORKED WITH THE GUYS FROM PERFORM BETTER FOR OVER 10 YEARS, AND FELT THEY WERE THE PERFECT TEAM TO WORK WITH US ON THE NEW PERFORMANCE CENTRE DEVELOPMENT, AND TO HELP US DEVELOP THE STRENGTH AND CONDITIONING OF THE SQUADS OVER THE NEXT FEW YEARS. THE NEW GYM DEVELOPMENT IS KEY TO OUR FUTURE AND WE FEEL WE WILL HAVE THE BEST RUGBY TRAINING FACILITY IN THE WORLD, COURTESY OF PERFORM BETTER.

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Paul Stridgeon - Head of Performance, Welsh Rugby Union.



**CASE STUDY
 WELSH RUGBY UNION**

EQUIPMENT

- Elite Power Racks
- Olympic Bench Press
- Adjustable Benches
- Adjustable Glute Ham Benches
- Branded Med Balls & Med Ball Walls
- Branded Plyometric Boxes
- Branded Bumper Plates
- Range of Bars
- Dumbbells & Storage Solutions
- Duratraining Flooring



The new facility at the Welsh Rugby Union's National Centre of Excellence in Hensol, has been specially designed to meet the needs of the team. Perform Better were pleased to be approached by the Welsh Rugby Union to be their official supplier, signing a three year deal with the governing body.

The gym design has been carefully put together to ensure the best facility is provided. Even down to the flooring which is made of specific weight layer flooring, with integrated lifting platforms, colour coded to identify different training zones and including a hybrid plyometric/sprint lane.

Each lifting rack is designed to allow for all sizes of players and includes special accessories to develop speed and power. The individual machines are again specifically designed to suit the players and the range of free weights including dumbbells, medicine balls, slam balls and wall balls coming with the medicine ball throwing walls to create a multi-purpose total body training zone.