



Wolverhampton Wanderers FC developed a new Academy training facility on the main training ground, incorporating a full size indoor pitch, changing rooms, teaching rooms and recovery areas.

The club asked Perform Better to create a multipurpose training area in the gym. The specific requirements were to provide a strength training area, cardio area, free weight area and an open area where floor work, functional training and bodyweight exercise could be performed.

Integrating the platforms into the floor allowed for the best use of space. Movement patterns were added to the flooring to allow for rehab and recovery training for athletes.



PB

**PERFORM
BETTER**

sales@performbetter.co.uk

www.performbetter.co.uk

01926 813916



CASE STUDY WOLVERHAMPTON WANDERERS FC ACADEMY

EQUIPMENT

Performance Power Racks

Woodway Treadmills

Keiser Functional Trainer

Squat Stands

Olympic Discs

Olympic Bars

Medicine Balls

Duratrain Flooring

Sprint Track