

# PB

**PERFORM  
BETTER**

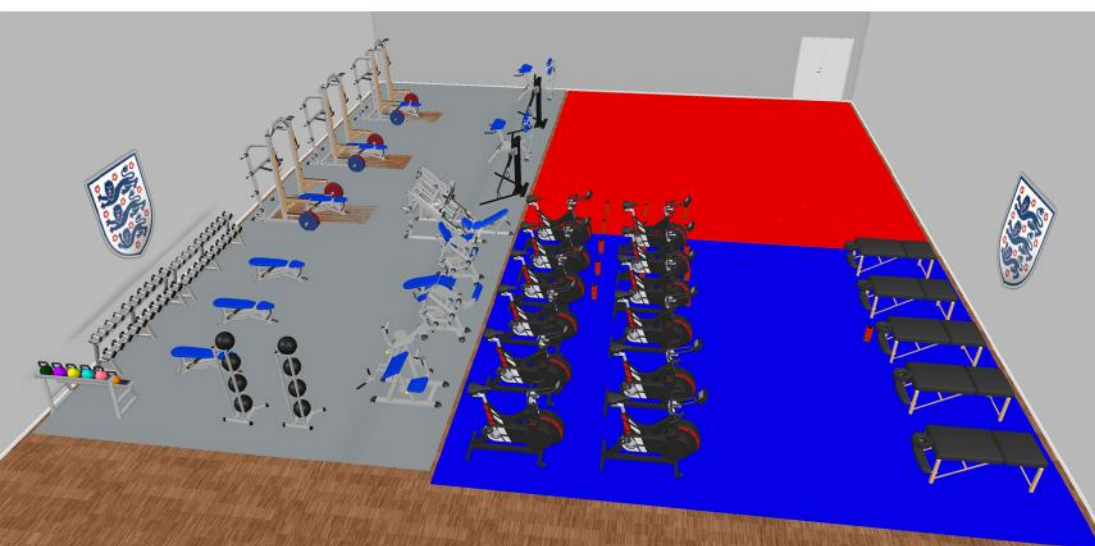
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FIFA WORLD CUP  
**RUSSIA 2018**

Once England had successfully qualified for the 2018 World Cup finals and selected their base, the Performance Department decided they wanted to set up a Performance Strength & Conditioning facility at the hotel. A sports hall on the second floor of the hotel was identified as the ideal room for the facility; due to there being a wooden floor in the room, a flooring solution was also required.

With the FA only having access to the hotel for three days prior to the players arriving, Perform Better were given a very tight time-scale to get the flooring laid and equipment installed ready for the players. The manager and players were very impressed with the facility that was created.



## EQUIPMENT

- Performance Flooring
- Lifting Platforms
- Elite Half Racks
- Olympic Discs and Bars
- Dumbbells
- Keiser Functional Trainer
- Watt Bikes