



To prepare for the 2016 Euros Wales Football senior men required a pop-up gym creating in their team hotel in France.

Featuring strength and conditioning space, CV area and a recovery zone to maximise the team preparation during the tournament.



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PERFORM BETTER SUPPORTED OUR FACILITY LAYOUT, DESIGN AND SOURCED ALL EQUIPMENT REQUIRED. THEY ALSO MANAGED THE INSTALLATION AND COMMISSIONING PROCESS THROUGHOUT. THE FACILITY WAS SECOND TO NONE WHILST PROVIDING AN EXCELLENT ENVIRONMENT FOR OUR PLAYERS.

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Dr Ryland Morgans - Head of Performance

PB
**PERFORM
BETTER**

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CASE STUDY WALES FOOTBALL 2016 EUROS

EQUIPMENT

Adjustable Benches
Keiser FT
Keiser Spin Bikes
Olympic Bumper Plates
Range of Bars
Plyometric Boxes
Plyometric Hurdles
Dumbbells
Slam Balls
Flooring Solutions