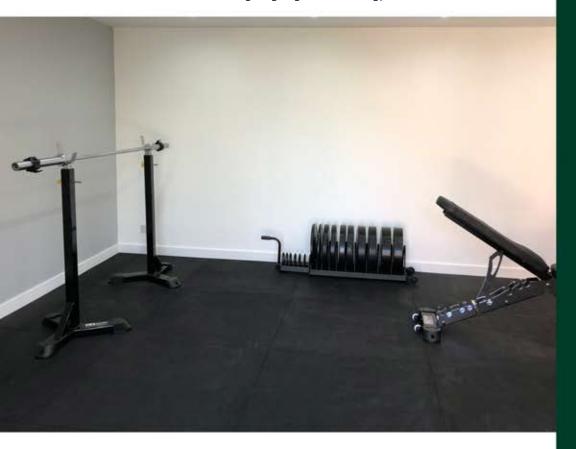


Premier League and England defender, wanted to convert garage space into a gym space for home workouts, to build on strength and fitness while away from the training ground.

The client had used Perform Better equipment in his professional club, so were the best choice when converting his garage into a home gym.



I USED PB FOR MY HOME GYM AND FROM START TO FINISH EVERYTHING
WAS REALLY EASY FOR ME, FROM SEEING THE SPACE IN THE DESIGN
SOFTWARE TO PLANNING AND CHOOSING THE FLOORING AND
EQUIPMENT. I USE THE EQUIPMENT OFTEN AND IT'S BRILLIANT, NO
COMPLAINTS FROM ME. I'M MADE UP WITH IT!

PERFORM BETTER

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CASE STUDY WIDNES HOME GYM

EQUIPMENT

Performance Squat Stands
Olympic Bar
Hex Bar
Black bumper disc set
Olympic Discs Toast Rack
Dumbbell Set and Rack
Adjustable Bench
Foam Plyo Cube
Strength band set
Keiser Spin Bike
30mm Strength flooring