

WOMENS EUROS



EQUIPMENT

Equipment Installed

Performance Half Racks x 4

Bespoke Half Racks with Smith &

Iso integration x2

45 Degree Dual Leg Press

Leg Extension

Seated Leg Curl

Seated Calf

Keiser Functional Trainer x2

Dumbbells

Concept 2 bikes

Concept 2 Rower

Concept 2 Ski Erg

Performance Rubber Flooring Turf

Track

1080 Resisted Training System

Perform Better were instrumental in supporting the England Women's Football Team's preparation for the Euro 2025 tournament, providing the equipment for our Switzerland base. They turned a potentially complex logistics task into a seamless process, delivering top-quality equipment on time and to the highest standard. Their support was an integral part of ensuring we could prepare at the highest level.

RUTH WAGHORN, PHYSICAL PERFORMANCE COACH - FOOTBALL ASSOCIATION

For the 2025 UEFA Women's Euros in Zurich, the Football Association set up a bespoke performance facility at the Dolder Grand Hotel. A 30m x 15m marquee next to the training pitch was equipped by Perform Better, who had previously outfitted similar setups for the Men's teams at major tournaments, including the 2016 Euros and the 2018 and 2022 World Cups. The space was divided into three areas: a physio treatment zone with couches and reformer beds, a recovery area with Concept 2 bikes, and a large matted strength section. This included six custom-designed Perform Better Half Racks, two with Smith and Iso integration, a 45-degree Dual Leg Press, Leg Extension, Seated Leg Curl, Seated Calf, and two Keiser Functional Trainers, complemented by dumbbells and kettlebells. Performance rubber flooring was installed throughout, with a turf track for Prowler work and use of the 1080 Resisted Training System. The facility was fully equipped in collaboration with Nike Strength, who supplied the Olympic bars, discs, and branding. The setup supported the squad's preparation and recovery throughout the tournament, playing a key role in their successful title defense.

