



Perform Better are proud to have completed the installation of the Newport Gwent Dragons Strength and Conditioning facility at the CBB Centre for Sporting Excellence in Caerphilly.

The facility is one of the Welsh Rugby Union regional Hubs for pathway and performance athletes to train.

Perform Better were selected as the preferred supplier to not only design but also install the facility.



# PB

**PERFORM  
BETTER**

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## CASE STUDY NEWPORT GWENT DRAGONS RUGBY

### EQUIPMENT

Racks

Interconnecting Platforms

Plyometric Boxes

Eleiko Bars and Discs

Benches

Pulley Systems

Dumbbells

Run Rockets