

## Welsh Rugby Union announce Perform Better as Official Supplier



**Southam, Jan 28, 2019 ([Issuewire.com](http://Issuewire.com))** - Perform Better have been announced as the Official Supplier of strength and conditioning equipment to the Welsh Rugby Union, this includes designing and installing a new performance facility for the national teams.

The new facility will be at the Welsh Rugby Union's National Centre of Excellence in Hensol, and has been specially designed to meet the needs of the team. Perform Better were pleased to be approached by the Welsh Rugby Union to be their official supplier, signing a three year deal with the governing body.

Paul Stridgeon, Head of Performance, Welsh Rugby Union said: "I have worked with the guys from Perform Better for over 10 years, and felt they were the perfect team to work with us on the new Performance Centre development and to help us develop the strength and conditioning of the

squads over the next few years. The new gym development is key to our future and we feel we will have the best Rugby training facility in the World, courtesy of Perform Better.”

Speaking of the partnership, Mark Gladwin, Perform Better Director said: “The Welsh Rugby team are renowned for their levels of fitness and strength on the pitch and Perform Better see this association as a re-enforcement of their desire to be the UK’s leading supplier of elite sports strength and conditioning equipment.

“We will be working with the Conditioning team to build and fit out the best Rugby training facility in the world” Gladwin continued. “With the forthcoming Guinness Six Nations, followed by the Rugby World Cup, and the end of the Warren Gatland era, we will create a facility that will prepare the team for the demands of the year ahead but also all the teams that follow in the future.”

The gym design has been carefully put together to ensure the best facility is provided. Even down to the flooring which is made of specific weight layer flooring, with integrated lifting platforms, color-coded to identify different training zones and including a hybrid plyometric/sprint lane.

Each lifting rack is designed to allow for all sizes of players and includes special accessories to develop speed and power. The individual machines are again specifically designed to suit the players and the range of free weights including dumbbells, medicine balls, slam balls and wall balls coming with the medicine ball throwing walls to create a multi-purpose total body training zone.

Perform Better have previously been selected to supply some of the most prestigious performance facilities in the UK, including Oriam Scottish National Performance Centre, Manchester Institute of Performance, St. George’s Park, The Football Association’s National Football Centre among many others.

Perform Better are the UK’s most innovative supplier of Performance Monitoring and Training Equipment specializing in meeting the needs of the Professional Sports and University markets in the UK and Europe.



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