

STEPPING INTO THE RING

WITH **ALEX BAILEY**

JULY 20TH, 2023 – 12:30 BST | RIGRUN RECOVERY ZONE

Looking to work your way to the top of the RigRun Boxing Leaderboard? Whether you're fighting for first place, or you just want to give the sport a try during the next RigRun event, Boxer Alex Bailey is on hand to tell you all about:



- The benefits of different types of boxing
- How to start boxing, whether competitively or for general fitness
- The physical demands of boxing and how to prepare yourself for it
- What 10 years of boxing taught him

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN RDX BOXING HAND WRAPS



Scan the QR code to join the webinar!

