

# RIPPING UP THE SLOPES: INTERVIEW WITH AN OLYMPIAN

## WITH **BEN KILNER**

**JULY 24<sup>TH</sup>, 2023 – 13:00 BST | RIGRUN RECOVERY ZONE**

In this exciting Q&A, 2x Winter Olympian Ben Kilner welcomes you into the exhilarating world of competitive snowboarding and what he's learned from his life in sports, including:



- How he got into snowboarding, and what made him want to compete professionally
- His journey from skilled snowboarder to Winter Olympian and the challenges he faced getting there
- How he recovered from debilitating injuries
- His move into strength training and cross-fit competitions and how he used his snowboarding experience to improve his performance
- How he helps clients ready the body for daily activities through 'Functional Fitness'
- How he learned to love the process of getting fit

Visit [rigrun.co.uk/recovery-zone](https://rigrun.co.uk/recovery-zone) for more details.

**INCLUDES PRIZE DRAW ENTRY TO WIN A 12 WEEK ONLINE TRAINING PROGRAM WITH BEN KILNER.**



Scan the QR code to join the webinar!

