

FITNESS OVER 40 WITH **FUNK ROBERTS**

JUNE 22ND, 2023 – 12:00 BST / RIGRUN RECOVERY ZONE

It's never too late to get into a fitness routine, and self-proclaimed "54-year-old badass" Funk Roberts is here to show you how to:



- Naturally increase your testosterone levels to help you build strength
- Work your core muscles to support your lower back and improve your posture
- Incorporate strength training into your routine (whether you're in the gym or not!)
- Nourish your body to build endurance and help you recover faster

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

**INCLUDES PRIZE DRAW ENTRY TO
WIN A 4 WEEK WORKOUT PLAN**



Scan the QR code to
join the webinar!

