

WHAT'S SUP? WITH PAUL BYRNE

JUNE 29TH, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

Whether you've never even heard of SUP, you need a gentle nudge to finally take the plunge, or you're a paddle-boarding pro, ASI Master SUP Trainer Paul Byrne will have you ready to get on board! In this informative webinar, he'll discuss:



- How SUP can help tone your body and relax your mind
- How SUP helps improve your cardiovascular health and endurance
- How SUP complements other types of exercise and can maximise your overall sports performance
- How to get started with SUP and stay safe on the water

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

**INCLUDES PRIZE DRAW ENTRY TO
WIN VOUCHER FOR A SUP LESSON**



Scan the QR code to
join the webinar!

