



GB Rowing Case Study: Cam Buchan

Age: 24

Sport: Rowing

Club: Leander/GB

When do you use your KYMIRA?

"I use it during training and recovery, especially during regattas to get extra recovery in between races."

What are the key benefits you find when rowing?

"On top of the kit looking great?! I love how the kit feels, it is comfortable and it helps me to push that extra bit in training and at regattas when I am using it for recovery."

Do you find the kit helps more with performance or recovery?

"I find it helps with both. I wear it mostly for recovery purposes due to constraints with GB kit etc. and definitely feel it helps there, it feels like it makes me a lot fresher quicker than I am without them."

Would you recommend KYMIRA?

"Yes! KYMIRA helps me perform at my best, and in such tough racing environment you must be able to perform as close to your best as possible as many times as possible per year. KYMIRA gives another gain to help get the leg up over my competitors."

