



Leander Club Case Study: Emily Ashford

Age: 25

Sport: Rowing

Club: Leander

When do you use your KYMIRA?

“Whenever I can! Because of the volume of training we do as rowers our bodies are recovering all the time. Wearing my leggings especially in between training sessions revives my legs for the next session. I also make sure I’m not without my compression socks when I’m racing.”

What are the key benefits you find when rowing?

“Definitely the reduction of the incidence of DOMS (aching muscles after intense exercise). This is crucial when racing 2-3 times a day at competitions to feel fresh for the next race. My leggings have rescued me from tired and heavy legs going into many races!”

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

“I use them mostly for recovery because I know they do the job for me. However, I’ve recently started wearing the leggings and shorts during weights sessions and have noticed already that I’m able to train longer and harder before fatigue sets in.”

Would you recommend KYMIRA?

“Absolutely. I’ve already recommended KYMIRA kit to the elite athletes I train alongside and to family and friends who do recreational sport, and I’ve heard nothing but good things. It’s great to see that so many others are catching on to the brilliance of the KYMIRA kit and benefiting from the smart technology behind it.”

