



## Stand Up Paddle Holistic Personal Training at your place, at your time, reach your individual goals



### Stand Up Paddle

means to move on a SUP Board on your feet. This Board is specially developed for this sports. It's an ancient form of surfing. You can practice this sport almost everywhere! Originally used by the polynesian fishers from Tahiti. It is very easy to learn this sport and you will train your whole body muscles. You will exercise in the nature, it's total relaxation, balancing your body, very healthy for your back, and a lot of fun, too!! I will create your holistic total body workout.

**SUP Personal Training:** after a short health & fitness history, I will create together with „you“ your perfect workout program; including SUP technology – the special gift for your health – independent of time and place

**Prices: 1h – 85,-€ / 1,5h – 99,-€ / 3h Excursion – 179,-€, included rent Sup Board**

Robert Klaus Huber

- dipl. Personal Trainer, staatl. Geprüfter Ergotherapeut – Occupational Therapist
- cert. Healthy Back Instructor, Aqua-Fitness Instructor; Relaxation Instructor(AT,PMR)
- cert. Nutrition Coach, cert. Iron System Instructor licensed Louise L. Hay Teacher – „You can heal your Life“

„I want that you feel good“

Sign in and get more info, Tel.: 0034 6444 33 585 Robert

11.