

Erimover[®]

FEEL GOOD. GO STRONG.

Erimover Oy Ab
SUP services

2018 - 2019



INDOOR & OUTDOOR SUP SURFING

SUP surfing is the world's fastest-growing water sport. As a workout, it's both relaxing and toning, which makes it an ideal choice regardless of your age or level of experience – whether you're a teenager, a seasoned athlete, a couch potato or in your golden years! SUP-surfing is a hybrid of several sports: it engages your upper, middle and lower body while strengthening your core. SUP-surfing doesn't strain your joints while still working your core, which is one of the main reasons SUP has gained in popularity from shore to shore. There's no need for previous experience; you can get the hang of stand up paddleboarding really easily!

Tailored courses are very much our thing, and we can organize a SUP course that meets your needs, whether you're planning on hitting the waters with your friends, or colleagues. Anywhere, anytime. Our SUP rental stations are open all summer; you can find them in Helsinki, Espoo's Laguuni, Vierumäki, Porvoo, and Nurmijärvi. You can also rent paddleboards from us, whether they're for a corporate event or a weekend away at your family cottage.

SUP OUTDOOR BASIC

This beginner's course will teach you the basics of SUP-surfing: safety first, handling your board and your paddle, getting up on your board, and paddling technique. All you need is lightweight workout clothes.

Duration: 60-90 min



SUP OUTDOOR PADDLING ROUTE

Join us for a versatile paddle around local waters. The class starts off with the basics of SUP-surfing: safety first, handling your board and your paddle, getting up on your board, and paddling technique. After going through the basics, we'll head out as a group down a route we know like the back of our hand. All you need is weather-appropriate clothing.

Duration: 90-120 min

SUP POLO

SUP Polo is an energetic and challenging team sport, which sees teams of 3-4 face each other in the water. The teams battle it out on a court made out of inflatables. Each player is equipped with their own paddling board, tailormade for SUP Polo, and a specialized SUP paddle functions as a mallet. The aim of the game is to get a floating ball into the opposition's goal across the 20x15m court. You're only allowed to handle the ball while standing on your paddleboard.

Get ready to get drenched, because SUP Polo will test the limits of your sense of balance! This amazing game is not only great fun, but it's also an incredible workout!

SUP RVP™ (abs, butt & thighs)

SUP RVP™ (abs, butt & thighs) will put your body through its paces in a whole new way. Balance and muscle strength trained in the water, on a board.

Where: In the pool or outdoors

Duration: 45-60 min



SUP Yoga™

SUP Yoga is a peaceful yet rewarding workout class. You will be led through movements which enhance body control and your sense of balance -- on a stand up paddleboard! Compared to your average landlocked yoga class, working out on a stand up paddleboard will push you to get the most out of every move. Balance on the board and dig deep to stay in control! This peaceful, rewarding class is suitable for all and does a whole lot of good.

Where: In the pool or outdoors

Duration: 45-60 min

SUP Pilates™

SUP Pilates will test your limits in a completely new way. Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Concentration, breathing technique, and continuous, deep engagement of your muscles are all vital ingredients of a SUP Pilates class.

Where: In the pool or outdoors

Duration: 45-60 min



SUP Fit & Balance™

SUP Fit & Balance™ classes are a brand-new, versatile, and effective way to raise your heartbeat through the winning combination of paddling and water resistance aerobics. You'll also train your muscles, your body control, and your sense of balance. Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Come try out something you've never done before – and train your whole body – in our SUP Fit & Balance™ class!

Where: In the pool or outdoors

Duration: 45-60 min

SUP VSP™ (abs, back & butt)

VSP stands for Abs, Back & Butt in Finnish. This SUP workout ups the ante on the paddleboard! Our VSP training will test your entire body during a highly-effective session in a picture-perfect setting. This format, which many will already be familiar with, consists of a warmup, a muscle workout (abs, butt and back!), and cool down exercises.

Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Our SUP VSP™ classes will train your muscles, your sense of balance, and body control in a brand-new way – while raising your heartbeat.

Where: In the pool or outdoors

Duration: 45-60 min

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SUP Cross™

Our SUP Cross workout will test your body's limits in a breathtaking setting. This trendy workout class is perfect for anyone who likes a challenge, and we'll tailor the class to you, whether you're a beginner or a self-proclaimed pro. Surrounded by water, we'll warm up, work on technique and get going on reps of 10-15 minutes, handpicked for you, for as long as we can. This workout-on-a-paddleboard is simple, effective and fun.

Where: In the pool or outdoors

Duration: 30-45 min

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