

# Inside Craig Richards' Camp: The Power of Recovery and Cryotherapy Excellence

28/04/2025 3:08 pm BST

Craig Richards, the accomplished English professional boxer born on 30 April 1990, continues to set high standards both inside and outside the ring. With a career that includes holding the British light-heavyweight title from 2020 to 2021 and challenging for the WBA (Super) light-heavyweight championship in 2021, Richards understands the critical importance of recovery in elite athletic performance.

Throughout his most recent training camp, Craig placed a heightened focus on recovery and injury prevention, working closely with his team to maintain peak physical condition. Central to this approach was the integration of advanced localised cryotherapy treatments. Utilising innovative technology such as the Kaasen, he was able to promote faster muscle recovery, reduce inflammation, and maintain high training intensity across the camp.

This careful attention to recovery not only maximised his performance gains but also showcased the vital role modern cryotherapy solutions play in supporting athletes at the highest level. As recovery continues to evolve as a cornerstone of professional training, equipment like the Kaasen offers a clear advantage for those looking to train smarter, recover faster, and perform at their best.