

PERFORMANCE & PREVENTION

RUNNING ANALYSIS

Your professional check-up for an efficient, pain-free, and faster running style.

DURATION
60 Min.

LOCATION
Treadmill/Road

EQUIPMENT
Shoes/Shorts

PRICE
120 €

01 ANAMNESIS

Discuss goals, pain points & training.

02 GAIT ANALYSIS

High-speed video of dynamics & patterns.

03 FUNCTIONAL

Mobility & strength tests (hips, feet).

04 COACHING

Personal exercise plan & videos.

✓PAIN-FREE ✓FASTER ✓MORE FUN

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