

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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