

Our Services

The Bulletproof Runner Series

****NEW BULLETPROOF RUNNER 1 DAY WORKSHOP - SATURDAY, OCTOBER 12 AT 1:00PM****

The Bulletproof Runner 1 day workshop: In this 2 hour workshop, you'll learn how to improve your run efficiency, performance, and how to prevent injury. Run Better, Faster and Stronger! VIDEOTAPE analysis is included- a \$375 value by itself! The videotape will be an analysis your running form and an assessment of your capacity to withstand the high loads that can be generated during running. We measure your posture, alignment, mobility, strength and core stability with several assessment test. Taught by a licensed physical Therapist with over 17 years of treating injured runners (and is a runner herself!). No refunds on registration but can be transferred to another person at no additional cost.

EARLY BIRD SPECIAL! - The cost of this workshop is \$110 until 10/1/19!

Price goes up to \$125 on 10/1/19.

Click [HERE](#) to book spot!

The Bulletproof Runner's Strength & Mobility Series: 6 weeks of Run-Specific Strength & Mobility Training to Improve your Run Performance and Decrease Injury Risk. We will use a unique blend of Kettlebells, TRX, pilates, & yoga for a well-rounded program to improve your run! A single private session the Owner/Head PT Victoria Liu is valued at \$250-\$275, so this a **GREAT** deal as you get 6 sessions for the price of 1! This series is taught by licensed Physical Therapist, certified Pilates and Kettlebell Instructor, and owner of the practice, Victoria Liu. Sign up [HERE](#)

CHECK BACK FOR NEXT CLASS!

If you need some help or guidance in what you should be doing to make this your best run year, feel free to reach out via email: vliu@ironhorsept.com or give us a call 925-222-5446 to discuss how we can help you achieve your goals! You may also consider getting our "**Bulletproof Runner's 6 week Strength & Mobility Program**" which guides you through a structured 6 week RUN-SPECIFIC program.

What you get with the 6 week Bulletproof Runner's Strength & Mobility program:

1. PDF of the exercises we cover joint by joint from feet to core to head/shoulders over the 6 weeks. You can follow the exercises and self-tests on your own time and in the comfort of your own gym/home.
2. Videos of all the exercises, dynamic warm up and cool down/stretch and mobility flows

The cost for this program is \$75 which is a great deal because the normal cost for a private 1:1 session (including videotape run gait analysis) with Victoria Liu is \$350.

Click on the button below if you would like to purchase the Bulletproof Runner's 6 week Strength & Mobility Program. All purchases are final. No refunds.



For more information, go to www.thebulletproofrunner.com