

# Our Services

## The Bulletproof Runner Series



**You "get in shape to run, not run to get in shape"!**

Did you know that 82% of runners sustain a running injury in their lifetime?! Now that we've all been quarantined, many are either taking up running or increasing their mileage. Would you like to avoid being a statistic?

Our run expert and certified physical therapist, Victoria Liu has created different programs including a video guide to help you run strong and healthy! Scroll down to see the different program options available.

With Bulletproof Runner program, you'll measure posture, alignment, mobility, strength and core stability necessary to run well, efficiently and for longevity. You'll be able to assess yourself and know where you stand on the mobility and strength needed to run strong and injury-free. Learn how our patients and clients continue to run half marathon and full marathon distances even when they're 65+ years old, even one that's 80 years old!

Victoria Liu goes over training with a running injury in this video.



## BULLETPROOF RUNNER VIDEO GUIDE

DO YOU WANT TO RUN BETTER,  
MORE EFFICIENTLY, AND ↓ YOUR  
RISK OF INJURY?

-CHECK YOUR MOBILITY & STRENGTH  
WITH THESE RUN-SPECIFIC TESTS

-FIND YOUR WEAK POINTS

-LEARN THE 6 KEY EXERCISES  
EVERY RUNNER SHOULD BE DOING!

@IRONHORSEPT  
@IRONPTMOM

### BULLETPROOF RUNNER VIDEO GUIDE

Our Bulletproof Runner Video Guide Program guides you through multiple tests to see:

- 1) how likely you are to get injured and
- 2) how you can improve your run performance.

**This program is only \$25 and we will be donating a portion of the profit to Girls on the Run.**

Girls on the Run is a life-changing program for 8-13 year old girls that promotes girl empowerment by teaching life skills through lessons and running.



If you're brand new to running, we have a free run/walk program that we advise wanna be runners to start with. Complete the form below to receive our free Return to Run program.

Want a complete program that you can work on at home at your own pace? Consider getting our "**Bulletproof Runner's 6 week Strength & Mobility Program**" which guides you through a structured 6 week RUN-SPECIFIC program.

### **Bulletproof Runner's 6 week Strength & Mobility Program**

**"Because you dont just run with your feet, you run with your whole body!"**

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. Each video demonstrates how to do the exercises and stretches so you can follow along and do them correctly.
3. Run specific exercises to improve mobility, flexibility and strength with video instructions
4. Sample workout plan

The cost for this program is \$49 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.



**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.

**CHECK BACK FOR NEXT CLASS!**

### **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.

**CHECK BACK FOR NEXT CLASS!**

Here's a snippet of one of our Bulletproof Runner training videos:

**For more information, go to [www.thebulletproofrunner.com](http://www.thebulletproofrunner.com)**