

Our Services

Running Gait Analysis



This comprehensive evaluation starts with a full musculoskeletal assessment and discussion of your training plan and goals. We then videotape a front, back and side view of your running form and show you in slow motion what you are doing well and what can be improved upon or what is contributing to pain (if you have any) during your run. From those findings, we develop a plan to improve your run performance or help you run pain-free. This also includes shoe/orthotic recommendation, corrective exercises and a running program.



BULLETPROOF RUNNER
IRONHORSE PT & PILATES

3 day Home Strength & Mobility Program

Exercise	Sets	Reps	Load
Air Squat	3	AMRAP	RPE 8
Couch Reverse Hyper	3	AMRAP	RPE 8
Push Up w/ Feet Elevated	3	AMRAP	RPE 8
Pull up	3	AMRAP	RPE 8
Feet on Bench Pull up	3	AMRAP	RPE 8-9
Sit up	2-3	30secs	RPE 8-9
Front Squat	3	AMRAP	RPE 8
Box Jump	2-3	AMRAP	RPE 8
Jump Rope	3	1 min or 25R	RPE 8
Rower	3	20min	RPE 6
Exercise	Sets	Reps	Load
Deadlift	3	AMRAP	RPE 8
Split Squat	3	AMRAP	RPE 8
Shoulder Press	3	AMRAP	RPE 8
One Arm Row	3	AMRAP	RPE 8
Copenhagen Adductor Hold	2-3	AMRAP	RPE 8-9
Wall Press Deadlift	2-3	15	RPE 8-9

**Sample
Program**