



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.

REEBOK RUNNING

SHOES



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been made to ensure accuracy.

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STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	<p>Floatride RF26mm-FF18mm-HD8mm</p> <p>Harmony Road RF36mm-FF23mm-HD13mm - ONE SERIES</p> <p>Sweet Road RF-FF-HD8mm - ONE SERIES</p> <p>Harmony Racer RF-FF-HD6mm - ONE SERIES</p> <p>Pump Plus RF-FF-HDmm</p> <p>Print Smooth Run RF-FF-HD10mm</p> <p>Print Run Her RF-FF-HD10mm</p> <p>Pump Plus RF-FF-HD9mm</p> <p>Twist Form Blaze 3.0 RF-FF-HD3mm</p> <p>Twistform 3.0 MU RF-FF-HD3mm</p> <p>Hexaffect Ride RF-FF-HD8mm</p> <p>Astoride RF-FF-HD8mm</p>
RACING	
TRAIL	<p>All Terrain Freedom RF-FF-HD8mm</p> <p>All Terrain Super 3.0 RF-FF-HD5mm</p>
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	<p>CROSSFIT</p> <p>Nano 7.0 RF-FF-HD4mm</p> <p>R Crossfit Lifter Plus 2 – weight lifting</p> <p>R Crossfit Nano 6.0</p> <p>R Crossfit Speed TR RF-FF-HD3mm</p> <p>TRAINING / GYM</p> <p>Crossfit Combine RF-FF-HD16mm Combo of Nano and Olympic lifting shoe</p> <p>Reebok Legacy Lifter RF-FF-HD22mm</p> <p>Reebok Fire TR</p>

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	Reebok Eve TR Workout TR 2.0 Hayasu LTD Pilox TR 1.0
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TECHNOLOGY: DMX, Hexalite, CMEVA, Play, DMX reflex, 3D Ultra Lite, Super Hexalite, DMX Shear, DMX Foam, DMX 6, DMX 10, DMX Walk, DMX Flowpak, ERS, Proflexion, Xbean, Play Dry, Kinetis Fit System.

ONE TECHNOLOGY – 12mm heel drop, 3 zones in m/s. Rf zone 43% cushioning + 57% stability, midfoot zone 48% cushioning + 52% stability, ff zone 52% cushioning + 48% stability. O/s stride guide groove. New logo - DELTA. Integration of three aspects - physical, mental, social. Smoothfuse – seamless uppers, narrow fitting. Owned by Adidas 2005, Floatride, Pump air muscle, 360 degree stretch sleeve, Ultra knit upper, EVA support rim, CRTEK, Independent nodes, 3D ultra light foam,

