













# Reebok

Updated: 8/99 – 07/11 (33), 7/2012, 5/2017, 8/2017, 2/2018, 8.2018, 5/2019

<p><b>STRONG ANTIPRONATION</b></p>	
<p><b>MILD ANTIPRONATION</b></p>	
<p><b>NEUTRAL</b></p>	<p>FloaTRIDE Run <b>RF26mm-FF18mm-HD8mm</b></p>  <p>FloaTRIDE 6000 RS <b>RF26mm-FF18mm-HD8mm</b> til June</p>  <p>Harmony Road 3 <b>RF-FF-HD10mm</b> - ONE SERIES</p>  <p>Forever FloaTRIDE Energy <b>RF-FF-HD10mm</b> 250g</p>  <p>Flexagon <b>RF-FF-HD10mm</b></p>  <p>Fusion flexweave cage <b>RF-FF-HD9mm</b> Uncaged 7mm</p>

# THE TECHNICAL RUNNING SHOE GUIDE

By Dennis Rehbock, Sports Podiatrist

	<p>Fast flexweave – high intensity training shoe – running</p> 
<b>RACING</b>	<p>FloaTRIDE fast pro RF-FF-HD6mm 100g</p> 
<b>TRAIL</b>	<p>All Terrain Craze RF-FF-HD8mm</p>
<b>MAXIMALIST</b>	<p>? Sole fury – lifestyle run shoe RF-FF28HD6mm</p>  <p>? Fusium – lifestyle shoe</p> 
<b>MINIMALIST</b>	
<b>OTHER</b>	<p><b>CROSSFIT / TRAINING</b></p> <p>Nano 9 RF-FF-HD4mm</p>  <p><b>TRAINING / GYM</b></p> <p>Reebok Legacy Lifter RF-FF-HD22mm</p>  <p>Reebok split flex</p>  <p>Guresu 2.0 RF-FF-HD9.8mm</p>

# THE TECHNICAL RUNNING SHOE GUIDE

By Dennis Rehbock, Sports Podiatrist



Pilox TR 1.0

WALKING

Ever road DMX

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

