



# THE TECHNICAL RUNNING SHOE GUIDE

***Dennis Rehbock***

***(A clinical guide)***

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# **UNDER ARMOUR**

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.



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 to ensure accuracy.

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UNDER ARMOUR

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<b>STRONG ANTIPRONATION</b>	
<b>MILD ANTIPRONATION</b>	<p>Hovr Guardian <b>RF26.5–FF18.5-HD8mm</b> Connect shoe to phone via run app – map my run</p> 
<b>NEUTRAL</b>	<p>Hovr Infinite <b>RF29–FF21-HD8mm</b> Connect shoe to phone via run app – map my run</p>  <p>Hovr Sonic 2 <b>RF24–FF16 -HD8mm</b> Connect shoe to phone via run app – map my run</p>  <p>Hovr Phantom SE <b>RF24–FF16-HD8mm</b> Connect shoe to phone via run app – map my run</p> 
<b>RACING</b>	<p>Hovr Velociti 2 <b>RF23–FF15-HD8mm</b> Connect shoe to phone via run app – map my run</p> 
<b>TRAIL</b>	
<b>MAXIMALIST</b>	

TECHNOLOGY: Cushioning platforms – CHARGED – soft-medium, MICRO G – medium, HOVR – soft, Gender specific shoe insoles – men 6mm, women 7mm,