



Learn to run faster with less effort

Running Biomechanical Assessment

Central Performance Running Centre

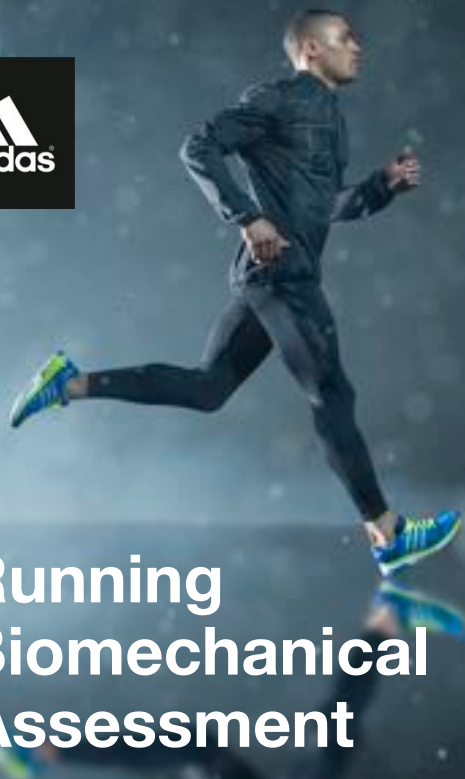
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Running Biomechanical Assessment

A dynamic session using video analysis & a functional movement screen to help you run faster with less effort.

- build performance
- reduce your risk of injury

BOOKINGS & MORE INFO

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