

Biomechanical Movement Assessment (BMA) & coaching for Adults & Kids (from 6 yrs old) from



Who

- Elite athletes
- Professional athletes
- Amateurs
- Recreational enthusiasts
- Beginners
- Those recovering from injury or ill health

What's involved

- Biomechanical movement assessment
- Functional movement assessment
- Running technique coaching
- Dynamic, multi-directional skills to improve co-ordination, agility & speed
- Exercise based rehabilitation

What can be achieved

- Run faster for you sport
- Efficient use of muscles
- Move / walk more comfortably
- Be free from injury and aches
- Your personal best



**6 Technique sessions
10 mins off ½ Marathon**