

4 SOLUTIONS TO 4 RUNNING DOWNFALLS

THE RUNNING DOWNFALLS (THERE'S ONLY A FEW!)

THE SOLUTION REEBOK ZR9 FEATURING ZIGTECH™ CUSHIONING

1



FULL ON IMPACT

During each foot stike, the body is exposed to repeated impact forces estimated to be 2-3x the body weight of the runner.

ZigTech™ Cushioning of the Reebok ZR9 treadmill takes its inspiration from the Reebok Zig athletic footwear.

Much like the shoe, the Reebok ZR9 absorbs impact at the heel and disperses energy through the zigzag composition.

2



TREADING LIGHTLY

Frequent runners who run with improper foot landing can experience acute pain in toes, heels and calves when running on hard and uneven surfaces.

By bringing your run inside, you don't have to worry about uneven surfaces.

You can adjust the incline, though the treadmill remains sturdy and the cushioning reduces excessive stress on the shins, joints and muscles.

3



TAKING IT IN YOUR STRIDE

Some runners alter their usual outdoor running form and stride on a treadmill as they're subconsciously worried about their foot slipping off the end. A large enough deck will provide confidence to maintain a natural running gait.

The 6 piece ZigTech cushioning features all the way along the extra-large 130 x 43cm deck.

With every natural stride you take, the cushioning propels you forward without taking away your momentum.

4



KEEPING THE PACE

There's tendency when using a treadmill to keep at a steady pace but incline settings are there for a reason – to mimic outside running conditions. Not all roads are flat and you'll run at different speeds for various reasons i.e. weather, crossings, hills.

Capable of reaching up to 16kmp/h, the ZR9 can be modified to match your typical outdoor run.

With 12 levels of electronic incline (which you can adjust using the buttons on the handles or console), the treadmill caters from steady walks and jogs, right through to tougher, high intensity workouts.

You can also keep your runs varied with the 16 user programmes.