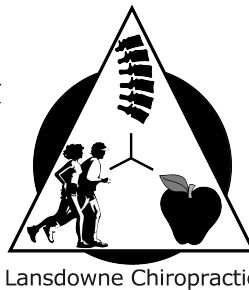


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JANUARY 2020

*** Denotes – a Dr. Lustig favorite

RECOMMENDED RUNNING SHOES

1. EXCELLENT NEUTRAL STABILITY – FOR MODERATE to SEVERE PRONATORS

BEST FOR ORTHOTIC PATIENTS

BROOKS ADRENALINE GTS 20 ***

NEW BALANCE 1260V7 & 1540V2

NEW BALANCE 860V9

AVIA AVI-LITE GUIDANCE 9

BROOKS CASCADIA 14 & 14 GTX

ASICS GEL-KAYANO 26

ADIDAS ULTRABOOST 19

NEW BALANCE 940V3

ADIDAS SUPERNOVA GUIDE 7

MIZUNO WAVE INSPIRE 15,

ASICS GEL NIMBUS 20

SAUCONY RIDE ISO 2 & OMNI ISO 2

MIZUNO WAVE HORIZON 3

NEW BALANCE FRESH FOAM BEACON V2

UNDER ARMOUR SPEEDFORM EUROPA

NIKE ZOOM STRUCTURE 21

KIDS – NEW BALANCE 690, 860

ASICS GT 2000 7 / 8

SOLOMON ULTRA PRO, WINGS PRO

HOKA ONE ONE RINCON

2. MAXIMUM ROCK SOLID SUPPORT & STABILITY Great for **BIG** Athletes, over 240 lbs

NEW BALANCE 990V4 ***

BROOKS BEAST 18 – BIG MEN STABILITY ***

BROOKS ARIEL 18 – BIG WOMEN STABILITY ***

SAUCONY PRO GRID STABIL CS3 ***

SAUCONY REDEMME ISO 2

NIKE ZOOM STRUCTURE 21

BROOKS ADDICTION 14

3. HIGH ARCH, NORMAL ARCH & EFFICIENT RUNNERS – ABOUT 30% of RUNNERS

BROOKS GLYCERINE 17 ***

NIKE AIR ZOOM PEGASUS + 36 TRAIL

ASICS DYNAFLYTE & GEL NIMBUS 21

NEW BALANCE 880 V9 GTX

MIZUNO WAVE RIDER 22

HOKA ONE ONE CLIFTON 6

SKETCHERS GO RUN ULTRA RR

BROOKS TRANSEND 6 & BEDLAM

NEW BALANCE FRESH FOAM 1080 V9

SAUCONY FREEDOM ISO 2

BROOKS GOST 12 GTS * & LAUNCH 6**

UNDER ARMOUR BANDIT 2

REEBOK FLOATRIDE ENERGY

UNDER ARMOUR HOVR INFINITE

4. VERY LIGHT WEIGHT SHOES, ALMOST BAREFOOT RUNNING, FOR PERFECT FEET, VERY LOW HEELS (BAD),

Good for LESS THAN 10% OF THE RUNNING POPULATION – RACING SHOES

\$\$\$-NOTES EXPENSIVE!!!!

NIKE ZOOM PEGASUS TURBO 2 \$\$\$\$

ASICS METARIDE \$\$\$\$

ASICS GL DS TRAINER 23

ADIDAS ADIZERO TEMP 9

BROOKS PURE FLOW 7

PUMA EVO SPEED

SAUCONY TYPE A

PUMA FASS 1000 (RACER)

SALOMON SONIC RA MAX 2

NIKE ZOOM VAPORFLY NEXT % \$\$\$\$

NEW BALANCE 1500V3

SAUCONY KINAVERA 10