

THE IMPACT OF RUNNING

74% OF RUNNERS SUFFER A MODERATE OR SEVERE INJURY EACH YEAR

6x

WOMEN ARE 6 TIMES MORE LIKELY TO GET PIRIFORMIS SYNDROME

5%-14%

GET ILIOTIBIAL BAND SYNDROME (ITBS)

6%-10%

DEAL WITH ACHILLES TENDONITIS

7%-16%

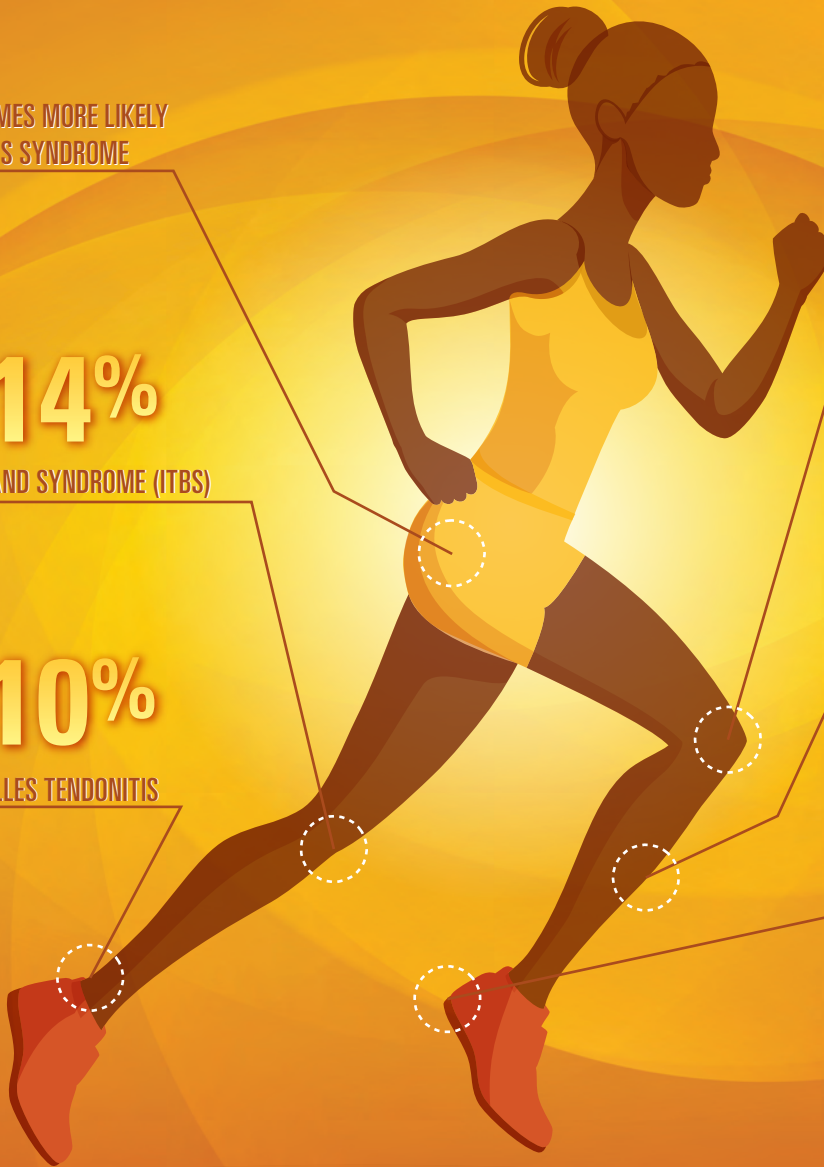
SUFFER FROM RUNNER'S KNEE

10%

EXPERIENCE SHIN SPLINTS

5%-18%

ARE AFFLICTED WITH PLANTAR FASCIITIS



Octane
FITNESS

Octane Fitness®, a Nautilus, Inc. brand, has reinvented zero-impact cardiovascular exercise. The revolutionary Octane Fitness® Zero Runner machine allows you to replicate your natural running motion so you use all the same muscles you do outside, but without the harmful impact.

FOR MORE INFORMATION, VISIT ZERORUNNER.COM

SOURCES

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