



Becks Ferry – Ultra Athlete

“I was lucky enough to spend a few hours with Shane in early December. Shane is deeply passionate about his job without ever preaching. Every question I had was answered with years of in-depth study conducted in various extreme climates. The data is easy to understand and the video analysis is fantastic. In those few hours, he transformed the way that I think about how I move. He explained that without good posture and good movement in every day life, how were we expected to run properly? Something which I had not considered but how true. I now try to think about my posture (and my children's) and consequently, this has began to transform the way that I am running. I feel taller, stronger, quicker, aerodynamic and find that I tire less. For anyone who wants to correct the way they move and run, time with Shane is a must. I can guarantee it.”