



**PREMIER
PODIATRY**
Scott O'Connor, DPM

Dr. Scott O'Connor

Fellow, American College of Foot & Ankle Surgery
Diplomate, American Board of Foot & Ankle Surgeons
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Normal - 2005A Jacobssen Dr. (309) 807-0384

Pontiac - 1512A West Reynolds St. (815) 842-6551

www.PremierPodiatry.net

training & Cross Fit Shoes

Key= cost/wt./mm drop

Summer 2016

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|---------------------|---|
| Adidas | Pwerlift 2.0 & 3.0 (weightlifting)
Adipure 360.3 (\$90) |
| Asics | Gel Fortius 2 TR (9.4 oz/\$95)
GEL-Exert TR (\$100/9.9 oz) |
| Inov-8 | Faslift 370 (best for weights) (16 mm drop/12 oz)
F-Lite 250 |
| New Balance | Minimus 20v4 or 20v5 Trainer (4mm drop/6.5 oz/\$99) |
| Nike | Metcon 1 & 2 (\$120)
Free Train Force Flyknit (\$150) |
| NorthFace | Litewave Ampere (\$90) |
| Reebok | Nano 5.0 & Nano 6 (3mm drop/\$) #NAME? |
| Under Armour | Micro G Limitless (\$70) |