

# Run on Muscle

## Muscle Running™ - Performance Enhancer

- ▶ **Enhances Muscular and Cardiovascular Performance.** Improve your strength, stamina, and speed.
- ▶ **Reduces the impact on your joints.** Forefoot striking allows muscles in feet and legs to gradually absorb and distribute the shock of impact rather than exposing injury-prone areas such as ankles, shins, knees, and hips to excessive impact.
- ▶ **Strengthens important muscles** in ways that heel striking never could. Forefoot running strengthens the calves, thighs, foot muscles, and muscles around the ankle, supporting your joints and enhancing your running.
- ▶ **Improves performance, posture, and running form,** by enabling a more efficient and muscle-dominated running gait.

It is often said that forefoot running is the natural way to run. If you watch children run, you'll find that most children instinctively forefoot strike. Research suggests that forefoot running contributes to the most natural and ergonomic running form. This shoe was specifically developed for Muscle Running™: running entirely on the front 45% of the foot. When you forefoot run in Antepes, your body benefits in a number of ways.

### Antepes MuscleRunners™

Fully-breathable  
**Premium Bio-Based Fabrics**  
for a perfect fit, feel, & performance

**FORE STRIKE™ Technology + Forefoot Gain™** for improved forefoot striking, impact reduction, & maximum grip both on and off the road



Maximum achilles  
freedom & heel lock  
through **HEELX™**  
Technology

**Heel Gain™** Technology for  
extra ground clearance

**ForeSpring™** carbon fiber plate specifically  
designed for impact distribution and fluid energy transfer

### HEELX™

Our innovative heel-counter locks in the heel to reduce the shoe's contact with the achilles tendon. HEELX™ sits between the ankle (malleolus) bones and the achilles to secure the heel (calcaneus) while still ensuring full heel mobility.

### Forefoot Gain™

10mm Forefoot Gain™ provides more cushioning under the forefoot than under the heel. The dual-density foam – consisting of two Pebax™ foam layers of varying firmness – guarantees maximum comfort and performance.

### Heel Gain™

18mm Heel Gain™ elevates the heel when the shoe is positioned parallel to the ground. This ensures avoiding ground contact during landing and helps maintain the perfect Muscle Running™ form.

### ForeSpring™ Plate

The dual-stiffness and dual-split carbon fiber ForeSpring™ Plate is more flexible in the forefoot and more rigid under the arch and heel, providing the flexibility for great forefoot running form.

ForeSpring™ Foam is a dual-density castor bean-based foam that is both super light and super springy. ForeSpring™ Foam is customized for softness below the forefoot and a second, slightly-stiffer layer for ground contact.

### Top-Performing Sustainable Materials

The foams in the midsole layers, insole, and HEELX™ consist of Pebax™ – a lightweight and extremely soft but also exceptionally springy high-end foam with outstanding energy return. Additionally, Antepes' flexible upper is made of Merino wool & knit eucalyptus tree fiber fabric (Tencel™). Tencel™ has excellent qualities such as temperature regulation (making it ideal for both cold and warm weather), odor resistance, moisture wicking, and quick drying, while still being eco-friendly.

Our 80% Tencel™ and 20% recycled PET laces guarantee a lasting hold and are equipped with bio-degradable lace-tips.



## How to Muscle Run™

Muscle Running™ may take some time to get used to, and your body might need some extra time to physically adjust- but it will be worth it:

1. Start by approaching the ground with the forefoot dropped lower than the heel. Strike the ground with the front of the foot's arch (as seen by the red circles on the left)
2. Then roll from there onward towards the ball of the foot
3. Start lifting the foot from the ball of the foot
4. Keep weight off of the toes and use the toes for balance only

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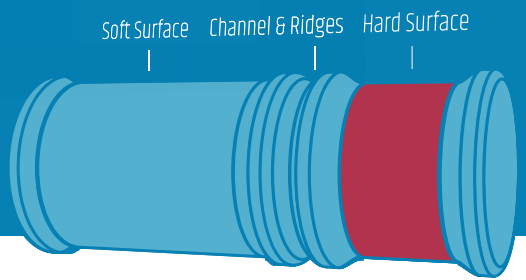


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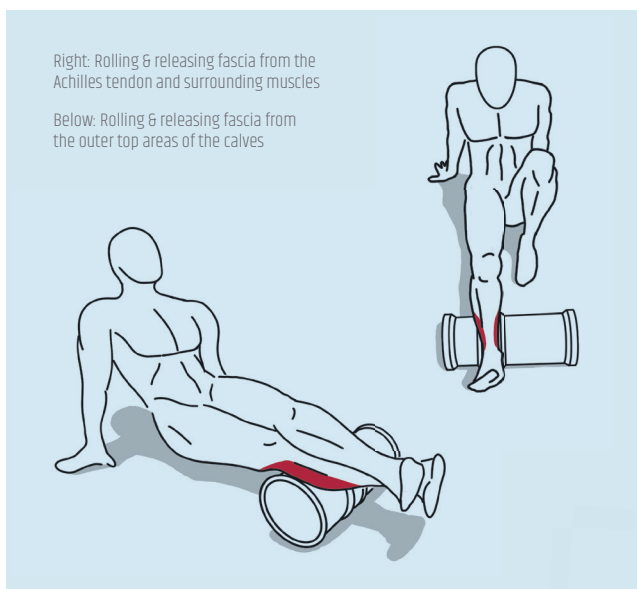
# Muscle Runners™

## antepes fascia crusher™ The Ultimate Muscle Running™ Companion



The fascia crusher™ is a custom massage roller designed to help you prepare for and recover from a MUSCLE RUN™. Unlike most foam rollers, this roller is hard. The hardness is not just meant to target sore muscles but also to target fascia buildup because fascia buildup can cause pain and hinder running performance. We recommend rolling sore spots with the soft surface (blue) and more intense fascia buildups with the hard surface (red).

The fascia crusher™ is designed with off-center ridges to easily roll the legs, feet, back, neck, and shoulders. Experiment with the roller to see which ways you prefer to use it or follow along with the drawings below and our video tutorials online. Start with the large soft surface and move to the red hard surface to iron out fascia if needed. Roll first, then stop on a trigger point or fascia buildup for 30 seconds, then repeat 2-4 times.



Right: Rolling & releasing fascia from the Achilles tendon and surrounding muscles  
Below: Rolling & releasing fascia from the outer top areas of the calves

Soft Surface

Channel & Ridges

Hard Surface



Quadriceps & Hip Flexors



Hamstrings, Glutes, & Lower Back



Peroneals, Soleus, & Lower Calves



IT-Band, Glutes, & Calves



Ankles & Surrounding Muscles of Achilles Tendon



Calves, Especially Outer Top Areas



### Run on Muscle!

Get the full details and start your Muscle Running™ journey at: [www.antepes.com/howtostart](http://www.antepes.com/howtostart)



### Crush that fascia!

Find helpful tips and tutorials for using the fascia crusher™: [www.antepes.com/crushit](http://www.antepes.com/crushit)



[antepes.com](http://antepes.com)

Run on Muscle™ - Engineered with passion in Washington D.C., USA