

## IMPROVE TECHNIQUE, TO RUN FASTER AND REDUCE INJURY RISK

NURVV Run insoles and coaching app accurately captures your running from the point of action, then analyzes your run-data using biomechanical principals to deliver actionable insights and real-time coaching, so you know how to improve your running technique to run faster and reduce injury risk.

## A NEW APPROACH TO RUNNING - CAPTURE, ANALYZE, COACH

**Capture - running measured from the feet** - 32 precision sensors accurately capture the most important running data from the most relevant point in your body.

**Analyze - personalized insights & guidance** - the NURVV Run Coaching App uses advanced biomechanics to analyze every step of your running to guide you exactly how and where to improve before, during and after your run.

**Coach - In run feedback** - personalized speed and technique workouts will coach you how to run to a target pace and beat your best times. Responsive in-run audio and visual coaching feedback keeps you on track to hit your goals every step of the way.

### SPECIFICATIONS

- Ultra-thin comfortable insoles
- Lightweight GPS trackers (0.8oz/23g)
- Rain, mud and puddle proof
- Fits every running shoe
- 5 Hours active battery life
- Phone free and indoor modes
- Compatible with iOS, Android, Apple Watch & ANT+ (Garmin)
- Realtime audio coaching (available through iOS and Android NURVV Run app)
- Limited 1-year warranty
- Available in 6 sizes (covers every adult shoe size)

### WHAT'S IN THE BOX

- 2x NURVV Insoles (Left and Right)
- 2x NURVV Trackers (Left and Right)
- 1x Charger with USB Cable
- 2x NURVV Clip Adaptor



AVAILABLE FROM 6TH JANUARY 2020.