


**SMAS SHOE REVIEW – Saucony Liberty ISO**  
**Shoe Reviewed by Dr Teoh Chin Sim**

<p><b>Saucony Liberty ISO</b></p>	<p><b>RRP Price:</b> \$199.00</p> <p><b>Weight:</b> 275g (M); 245g (W)</p> <p><b>Available sizes (M)</b> <b>Available sizes (W)</b></p> <p><b>Features:</b> Heel-to-toe offset 4mm, Everun™ Full length Midsole, Everun™ Topsole Construction, Engineered Stretch Mesh Upper, Medial TPU Guidance Frame.</p>
	
<p><b><u>Biomechanical Parameters (from 1 - 10)</u></b></p>	
<p><b>Rearfoot Stability:</b> 9.5 <b>Rearfoot Cushioning:</b> 9.5 <b>Landing:</b> 9.5 <b>Ride:</b> 9.5</p>	<p><b>Forefoot Stability:</b> 9.5 <b>Forefoot Cushioning:</b> 9.5 <b>Takeoff:</b> 9.5 <b>Traction:</b> 9.5 <b>Durability:</b> 9.0</p> <p><b>Overall Rating: 9.4/10</b></p>
<p><b>In Summary:</b> A lightweight stability shoe that provides the overpronator with a well-cushioned, comfortable, smooth ride for short- and long-distance running.</p> <p><b>Recommended for:</b> Runners looking for a lightweight, comfortable, all-round training shoe for flat surfaces and terrains.</p> <p><b>Quote:</b> Liberty ISO provided me with a snugly fit shoe with a stable, smooth, cushioned ride.</p>	
<p><b>Availability:</b> 1. Royal Sporting House Stores. <a href="https://royalsportinghouse.com/pages/store-locator">https://royalsportinghouse.com/pages/store-locator</a></p>	