

Discover 9 ways to improve your running technique.

1. Relax your shoulders
2. Maintain good posture
3. Use the correct running gear
4. Keep your knees loose
5. Keep your stride light and low to the ground



6. Keep your head upright
7. Bend your elbows
8. Keep your arms at your sides
9. Loosely cup your hands

How To Run Properly

S Ashworth



How To Run Properly:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **How To Run Properly** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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