

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

Jicheng Xie



How To Run Properly:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **How To Run Properly** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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