

# 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

**AN Whitehead**



## **How To Run Properly:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **How To Run Properly** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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