

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:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **How To Run Properly** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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