



**RUNNING**



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# RUNNING

I move my arms in opposition to my legs as I run.



# RUNNING

My toes point forward as I run.



# RUNNING

I land on my heels and push off of my toes (or land on and push off of my toes if I'm sprinting).



# RUNNING

My arms swing forward and backward (and never cross my belly button).



# RUNNING

I lean slightly forward as I run.



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