

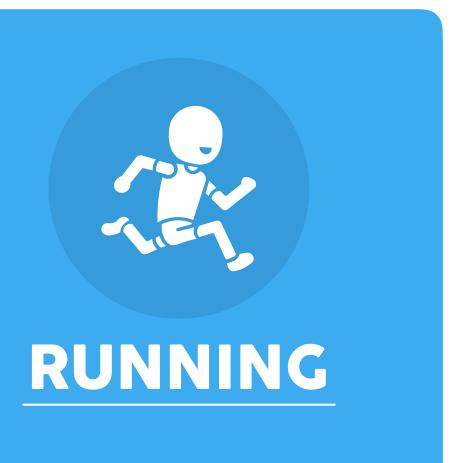
RUNNING

RUNNING



RUNNING









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



My toes point forward as I run.



P



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



I lean slightly forward as I run.



run.

sprinting).

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

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- My toes point forward as I run.
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- My arms swing forward and backward (and never cross my belly button).
- I lean slightly forward as I run.