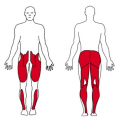
Endurance long distance

The duration can be from 20 minutes to several hours. Maintain a steady pace.





1. Jogging

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While jogging, maintain good posture, engage your core, and gaze forward. Avoid tilting your head down and slumping your shoulders.
Broaden your chest, and keep it lifted as you draw your shoulders down and back. Keep your hands loose, and use a relaxed arm swing.

Duration: 1-2 timer, Puls: 130-170

Show video