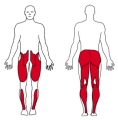
Easy long distance, intermediate

Here's the translation:
Choose an activity you enjoy. The duration can be from 30 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: 30 min 0 sec, Fatigue: 6-12 Borg RPE

Show video