



**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

### Arm technique

#### Hints & tips



#### So, what should we do with our arms when we are moving?

This week we will focus on some tips in terms of how to use your arms to make your running stronger and easier.

It's all about arm swing and an important aspect of this is that the movement of your upper body helps to balance out the work done by your lower body.

If you only used your pelvis and legs to run, and your upper body was motionless, you would experience a lot more effort and work. This is because the lack of movement 'upstairs' creates a slowing-down movement for the motion of the lower body.

Having a relaxed and efficient arm swing will reduce the workload of your legs and will mean that you can either move faster, farther, or require less recovery time.

So focus on those arm movements and allow your arms to do the moving for you.

#### How to do your arm swing

Hold your elbows at 90 degrees, remain relaxed but in control and beat those drums!

Movement resources at [mothersdayclassic.com.au/mdc-move](https://mothersdayclassic.com.au/mdc-move)



**AIA Vitality**

**| HESTA |**



**9NEWS**

