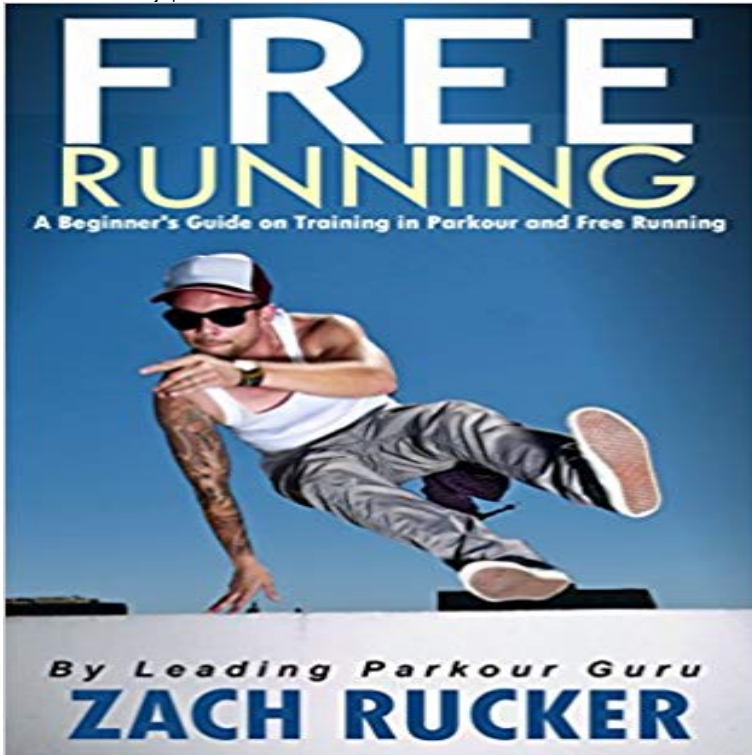


# Free Running: A Beginners Guide on Training in Parkour and Free Running



Master the Art of Movement Most of us never truly get the chance to feel free in our environments, we never get to experience the amazing skill and abilities that our bodies inherently have. We don't often push our own limits. Free running changes all of this. Parkour is an art of movement that has its roots in France. It is a practice that demands a high level of discipline. Free running does not view objects in the urban environment as buildings, sidewalks, and railings; it views these objects as opportunities. In training in free running, one is able to increase their physical abilities dramatically, from flexibility to strength to agility. Free running is the ultimate exercise. And the best part is that doing it is incredibly fun. Noted free runner Zach Rucker guides you through the amazing world of free running, teaching you how to train to be a free runner as well as running through the basic moves and a few of the more advanced moves. Learning about the benefits of free running has never been easier!

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