

Value email

Pringles = Faster Times

Hey [subscriber name],

That's right.

Pringles can make you run faster!

I haven't lost my mind, I promise.

It's not as ridiculous as you think. Let me explain.

When sprinting, a lot of people fail to relax.

They scrunch their face, tense their shoulders, and ball their fists up.

As a result, their arms and legs slow down, their technique falls apart, and they get dusted.

But relaxing is crucial for both speed and endurance.

It's also a difficult skill to learn.

Or is it?

Next time you're out on the track, simply hold a pringle (or any type of crisp) in the palm of your hand.

This prevents your fists from balling up, or you'll crush it,

Forcing your hand into the cup position.

This will ultimately keep your arm swing relaxed, fast,

And speed up your sprinting.

So why not give it a shot next time you're training?

-[senders name]

P.S.: If you want speed hacks, checkout my website [here](#).

