

Cross-shaping walk in shape

While Cross-Shaping focus on the following:

- While Cross-Shaping remain upright and avoid bending forward. This unnecessarily burdens the back.
- Keep the head high and focus on a point 15 feet ahead.
- Allow the shoulders to remain relaxed.
- Avoid pulling up on the arm shells; instead press down with the elbow. In this way the hands remain relaxed during the push phase.
- Keep arms next to the body and parallel in the direction of travel. Do not allow the arms to move at an angle away from the body.
- Allow feet to roll over the entire sole of the foot.
- The knees should be slightly bent at each foot strike.



Tip:

There are two reasons why the underarm may slide out the arm shell while Shaping:

1. The Shaper is adjusted too low. It is better to adjust it too high than too low.
2. The Elastomers are adjusted too loose. This causes no pressure during the forward motion.