

Foundation Training - ANCHORED BRIDGE

hold this position for 3-5 slow deep decompression breaths then lower slowly

Repeat ____ times

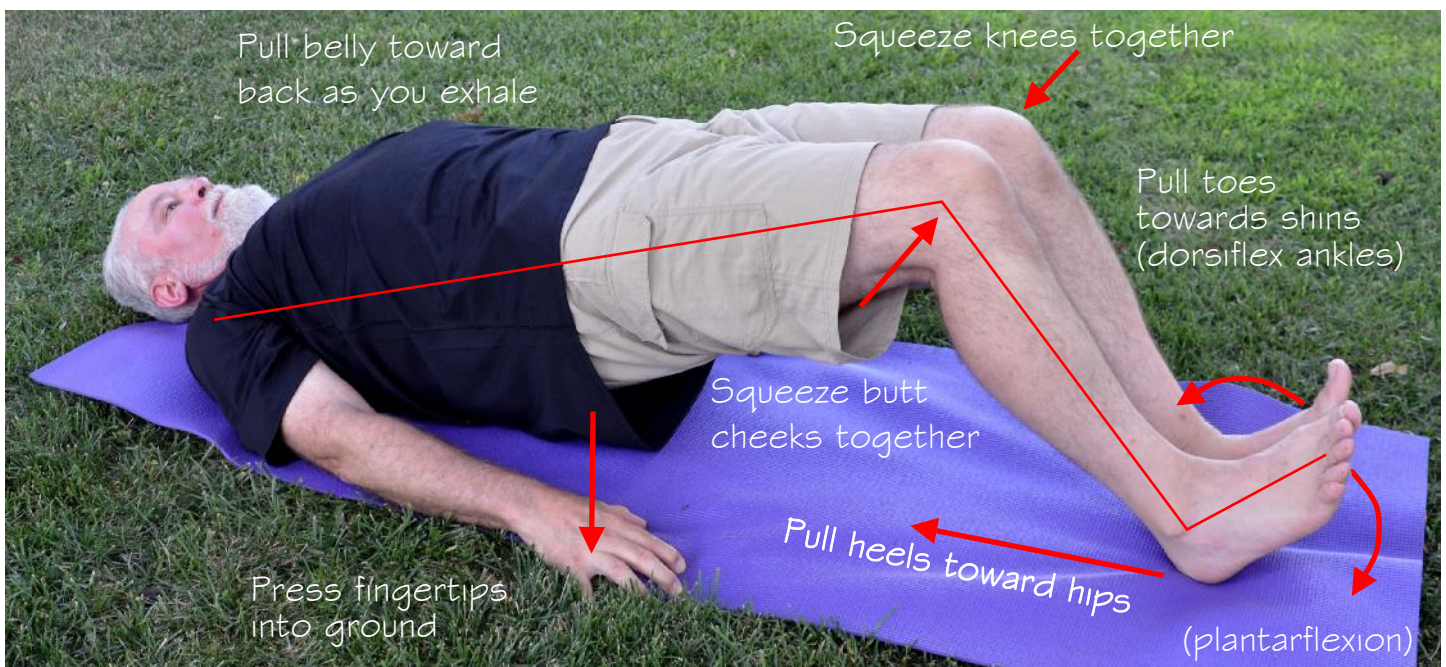
Order the
Foundation Training
DVD at
www.vancesimpson.com

Decompression breathing:

Lift chest higher with each breathe

Pull belly towards back on exhale

NOTE: Bend knees less than this picture shows



Optional:

Alternate plantarflexion (pull toes toward shins) & dorsiflexion (push toes away from shins) of the ankles

CAUTION:

Avoid this if you have Spondylolisthesis or Canal Stenosis