

# Foundation Training - CROSSOVER STRETCH

hold and reach for several slow deep decompression breaths, switch legs and repeat

Order the  
Foundation Training  
DVD at  
[www.vancesimpson.com](http://www.vancesimpson.com)

Decompression breathing:  
Lift chest higher with each breathe  
Pull belly towards back on exhale



Cross legs with knees close together  
Use the top leg to slowly pull the  
other leg down rotating the hips  
Keep both shoulders on the ground