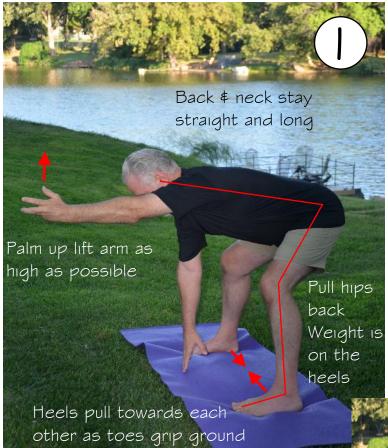
Foundation Training - GORILLA LIFT

hold each position a few slow deep decompression breaths



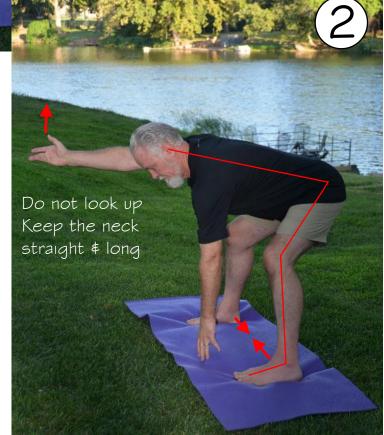
Order the Foundation Training DVD at www.vancesimpson.com



Stand with feet wider than shoulders \$ feet pointing straight ahead or slightly internally rotated

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

NOTE: If you can not reach the ground without bending your back, use a yoga block, ball, etc under the hand.



Vance Simpson, SkyGift, Inc. Oklahoma City, OK vs@vancesimpson.com www.vancesimpson.com

•Foundation Training •Posture Therapy •Trauma release •JFB Myofascial Release •Hypnotherapy