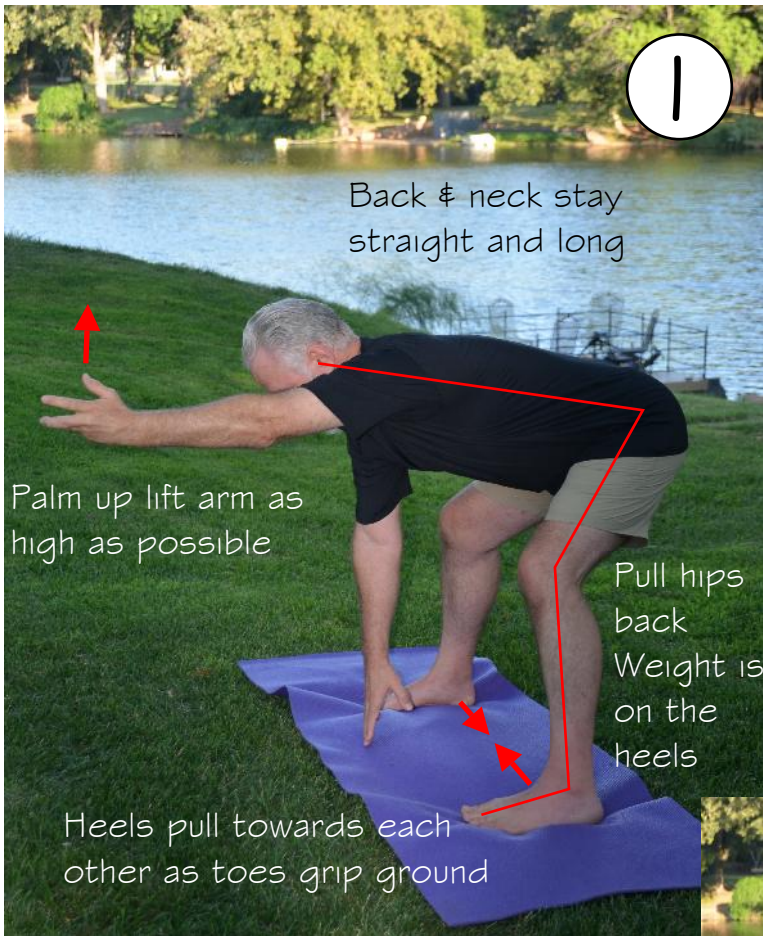


# Foundation Training - GORILLA LIFT

hold each position a few slow deep decompression breaths

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

