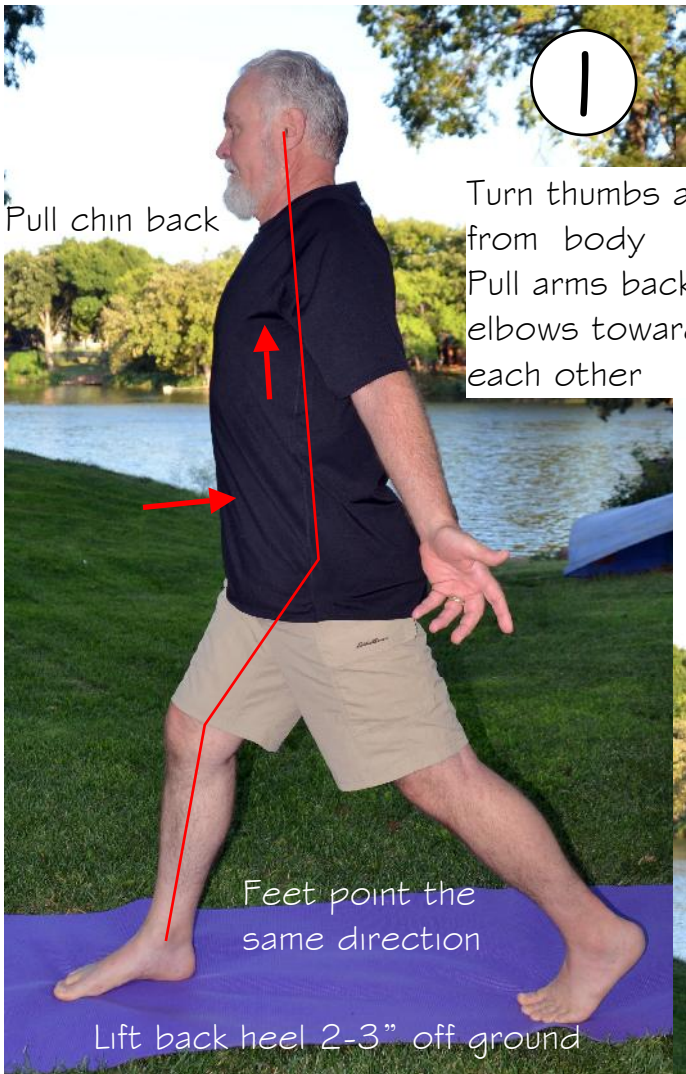


# Foundation Training - LUNGE

hold each position 5-10 slow deep decompression breaths

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



Pull chin back

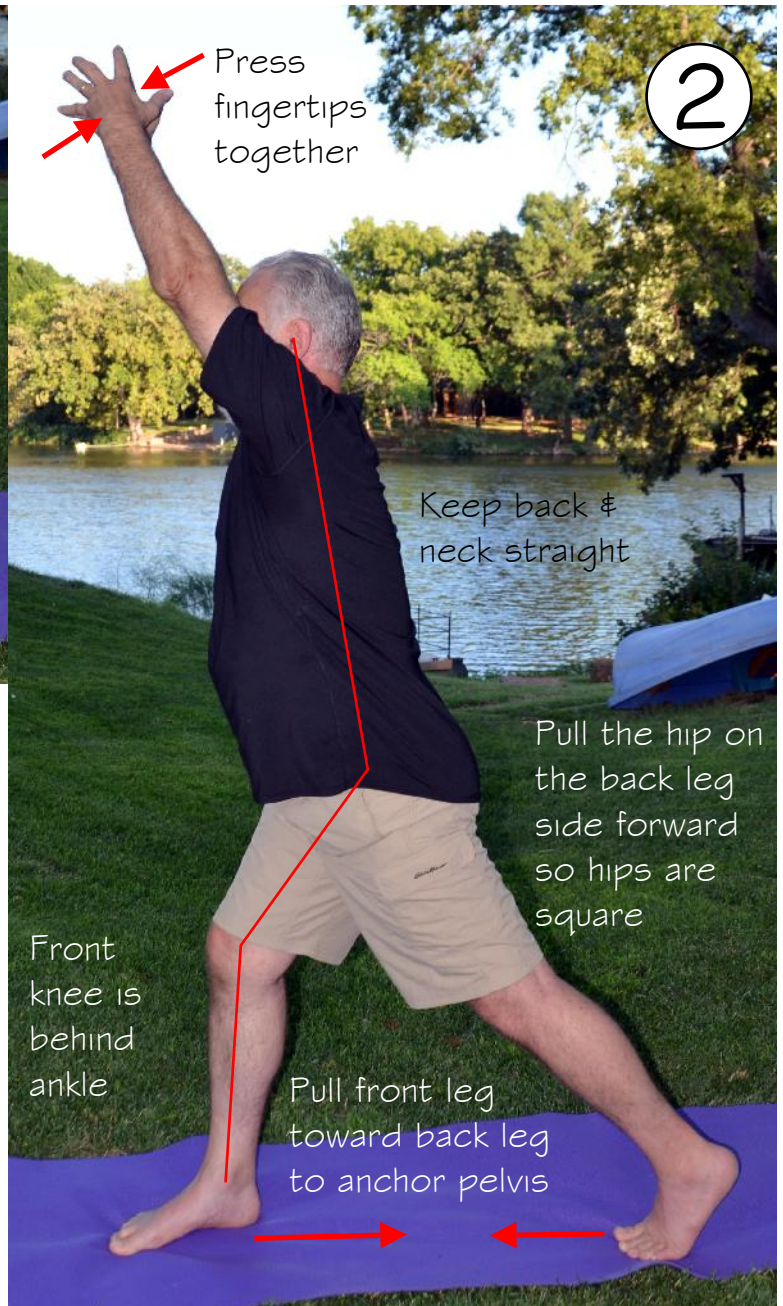
Turn thumbs away from body  
Pull arms back & elbows towards each other

Feet point the same direction

Lift back heel 2-3" off ground

**NOTE:**

The back heel will often want to rotate inward. Don't let it.  
Both feet point straight ahead



Press fingertips together

Keep back & neck straight

Pull the hip on the back leg side forward so hips are square

Front knee is behind ankle

Pull front leg toward back leg to anchor pelvis