

Foundation Training

STANDING DECOMPRESSION

hold each position 5-10 slow deep decompression breaths

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

Press fingertips together

Reach

Order the Foundation Training DVD at www.vancesimpson.com



Pull chin back

Thumb at ribs & pinky at hips to gauge distance

Slide hips back slightly
Weight is on heels

Knees are unlocked but do NOT come forward

Pull heels together with toes gripping ground
Do not let knees come together



Keep back & neck straight
Do not hyperextend low back.

Squeeze butt cheeks together

Feet are hip width apart