

Foundation Training - FOUNDER

hold each position _____ slow deep decompression breaths



Order the
Foundation Training
DVD at
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Pull chin back

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

Slide hips back.
Weight is on heels
The knees are unlocked but
do NOT come forward



Keep back & neck
straight
Do not hyperextend the
low back.

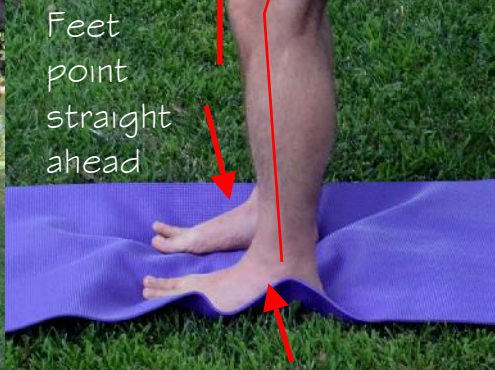
Turn thumbs away from
body
Pull arms back & elbows
towards each other

Squeeze butt cheeks
together (glutes)



Press fingertips
together to form
Sphere-of-Tension

Slide hips back
more as hands
stretch forward



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



Raise arms
as high as
possible

Press
fingertips
together