



TRUE TO FORM

HOW TO USE FOUNDATION TRAINING
FOR SUSTAINED PAIN RELIEF
AND EVERYDAY FITNESS

COMPANION BOOK

Dr. Eric Goodman



FROM PAIN TO
PERFORMANCE.

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BENEFITS OF THIS BOOK

- 1 Quickly find directions on the exercise you're looking for.
- 2 Expanded instructions on each exercise help you perform them better.
- 3 Learn how to incorporate Foundation Training exercises into the activities, chores, and routines of your everyday life, saving you time.



WE ARE CENTERED AROUND BRINGING HARMONY
AND BALANCE TO THE BODY...AND ULTIMATELY LIFE.



Effective. Simple. For you.

PART ONE

Foundation Training Exercises



ANCHORING

- 1 Stand in a wide or narrow stance with your feet pressing firmly in the ground.



- 2 Point your toes slightly in toward each other so the outsides of your feet are parallel. Grip your toes into the ground, increasing the arch in your foot.
- 3 Transition your body weight to your heels engaging your posterior chain. Then isometrically squeeze your heels together engaging your adductors.



- 4 Stand nice and tall in this stance for 3-5 Decompression Breaths.



ANCHORED BACK EXTENSION

- 1 Begin lying on your stomach with your elbows bent by your sides and your hands next to your shoulders.
- 2 Bring your big toes together and separate your heels until the outside lines of the feet are parallel.
- 3 Dorsiflex your ankles, pulling your toes toward your knees.
- 4 Bend your knees, just enough for your hamstrings to engage and your toes to lift 1-2 inches off the floor.
- 5 Begin to squeeze your inner thighs together, trying to avoid squeezing your glutes. Maintain this inner thigh squeeze throughout the exercise.



- 6 Pull your chin away from the floor, elevating your head while keeping the back of your neck long.
- 7 Lift your elbows and hands off the ground, keeping your forearms parallel to the floor.



- 8 Take a Decompression Breath and focus on expanding and lengthening your ribcage up and away from your hips.
- 9 Continue for 3-5 Decompression Breaths, focusing on length.



ANCHORED BRIDGE

- 1 Begin lying on your back with your legs straight.
- 2 Bring your big toes together and separate your heels until the outside lines of your feet are parallel.
- 3 Bend your knees until they are about 8-10 inches off the floor, making sure the angle at your knees is greater than 90 degrees. The straighter your legs, the more challenging the exercise becomes.
- 4 Dorsiflex the ankles so your toes are pulling back toward your face.
- 5 Place your arms by your sides, fingertips pressing into the floor and your palms and forearms pulling away.
- 6 Take a Decompression Breath, lengthening your ribcage away from your hips.



- 7 Continue squeezing your inner thighs and begin to pull your heels toward your hips to lift your hips off the floor.
- 8 Keep your hips close to the floor and emphasize the inner thigh squeeze and heel pull to keep the support coming from your adductors and hamstrings.
- 9 Continue for 3-5 Decompression Breaths, maintaining the knee squeeze, heel pull and length through the torso.

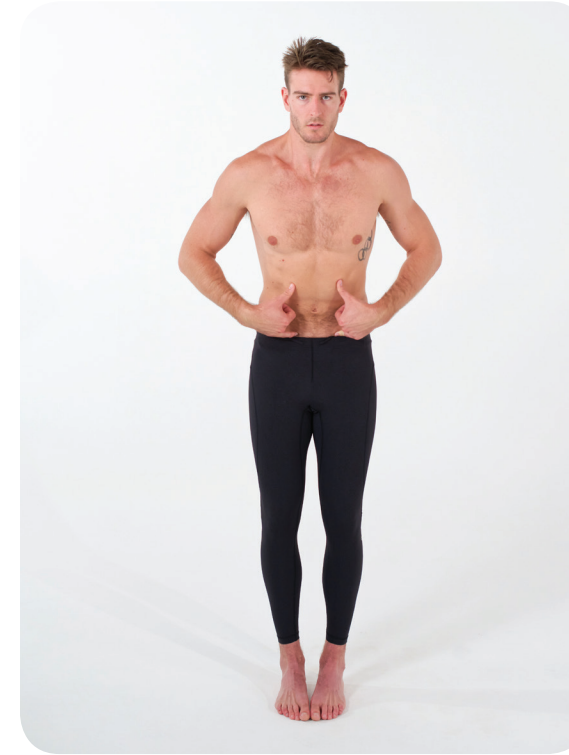


DECOMPRESSION BREATHING

- 1 Place your thumbs at the bottom of your ribcage and the small finger at the top of your pelvis.



- 2 Inhale, broadening and elevating the ribcage as much as possible, trying to increase the distance between your thumbs and pinkie fingers, evenly around the entire torso.



DECOMPRESSION BREATHING, CONT'D

- 1 As the chest elevates, pull the chin back and keep the back of the neck long.



- 2 Exhale and maintain as much of the lift and expansion as you can while pulling the abdomen in, away from the waistband. Keep the ribcage wide and lifted as you exhale and feel the abdomen and muscles along the spine engage.

- 3 Try to continue to increase the distance between your thumbs and pinkies with each repeated breath.



FOUNDER™

- 1 Stand with your legs wider than shoulder width and the outside edges of the feet parallel to each other.
- 2 Bring hands to Measuring Stick hand position – thumbs on the bottom of the rib cage and little finger on the top of the hips.
- 3 Anchor the lower body by grabbing the ground with your feet and pulling your weight back into your heels.
- 4 Take a Decompression Breath, increasing the distance between your little fingers and thumbs.



The Founder™ is a unique movement that focuses on the biggest joint in your body – your hips. Your hips act as your body's center hinge. But with today's lifestyle, we don't learn how to properly use our hips to actually hinge as they were designed to work. Instead, we're hunching our backs or using other muscles that bring on pain. That's why the Founder is so important to learn – it's a pain relieving secret that your body has simply forgotten.

- 5 Pull your hips back behind your heels.
- 6 Keep your Spine stable and your knees unlocked.
- 7 Bring your arms to your side with your thumbs turned away from your body in Long Wing arm position.
- 8 Continue Decompression Breathing.



A full Founder™ is made up of 4 main parts:

1. **Anchoring**
Stabilizing the pelvis through the muscles below it.
2. **Decompression**
Expanding the ribcage and lengthening the spine.
3. **Posterior Chain Activation**
Hinging at the hips.
4. **Leverage & Integration.**



All Foundation Training exercises are best done without shoes.

FOUNDER™ CONT'D

- 9 Bring your fingers together into a Sphere of Tension in front of your hips.



THE FOUNDER™ AT A GLANCE

It is our signature exercise that immediately gets you started on your journey to **reducing pain and preventing injury**, while increasing your strength, stamina, and resiliency.

"Looks silly. Feels amazing."

- 10 Begin to elevate your arms until your hands are diagonally above your forehead.
- 11 Pull your chin back and keep the back of your neck long.
- 12 Continue for 3-5 Decompression Breaths.



INTEGRATED HINGE

The Founder Integrated Hinge takes our basic hinging exercise, the Founder and makes it more dynamic, teaching your body to repeat this hinging movement so that you can begin to integrate it into all of your daily activities.

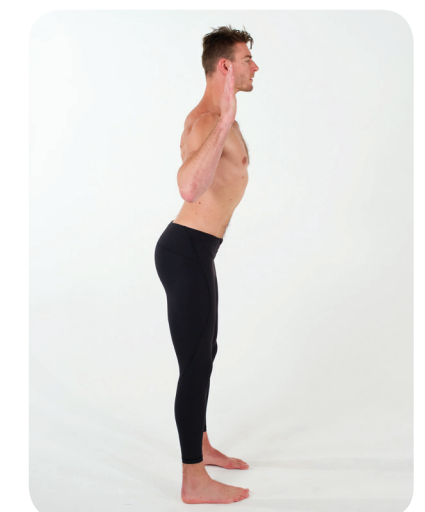
- 1 Begin in a strong, Standing Decompression position with your feet about shoulder width apart and the outside lines of your feet parallel.
- 2 Shift the weight into your heels, grab the ground with your feet (Anchor) and take a big Decompression Breath, expanding and elevating your entire ribcage away from the center of your body.
- 3 Right away bring your arms into the Long Wing Arm Position by externally rotating the shoulders, extending your arms by your sides with your thumbs reaching away from your body and your elbows pulling back behind you.



- 4 From this Decompressed, standing position begin to hinge at the hips as you scoop your arms forward in front of you with your palms up and bring them into a Sphere of Tension in front of your chest.
- 5 In this position feel the increased tension along the backside of the body and the inner line of the leg.



- 6 Release this tension like a spring unloading as your hips come back to the center and you return to a tall standing position.
- 7 Repeat this motion 8-10 times while working really hard to stay Decompressed by maintain the Anchor in your lower body and continuing to elevate and expand the ribcage through Decompression Breathing.



INTERNAL LEG TRACING

- 1 Set up as if you're doing Supine Decompression.
- 2 Begin lying on your back with your legs straight.
- 3 Bring your big toes together and separate your heels until the outside lines of the feet are parallel.
- 4 Dorsiflex the ankles so your toes are pulling back toward your face.
- 5 Bend your knees just enough for your inner thighs to squeeze together.
- 6 Lengthen the back of your neck.
- 7 Bring your arms by your sides and press your fingertips into the floor to create half spheres of tension, pulling your palms and forearms away from the ground.



- 8 Lift your left leg up, internally rotate at the hip so that your knee and toes point across the midline of your body.
- 9 Place your left heel on top of your right ankle.



- 10 Begin to trace your heel up the midline of your bottom leg, maintaining internal rotation at the hip and dorsiflexion at both ankles.
- 11 Trace your heel up as high as you can maintaining stability in your hips. If you notice your hips rotating away from the ground or one hip hiking toward your shoulder, stop and work at the highest point where you can maintain pelvic stability.



INTERNAL LEG TRACING, CONT'D

- 12 Hold at the top of your trace and scoop your right arm up to meet the inside of your left knee and begin to create counter tension by pressing the pinkie side of your hand into your inner thigh while pulling your knee across the midline of your body into your hand.
- 13 Hold this isometric contraction and continue Decompression Breathing.
- 14 Breathe your chest toward your chin, keeping the back of your neck long and reach the back of your ribs to the floor.

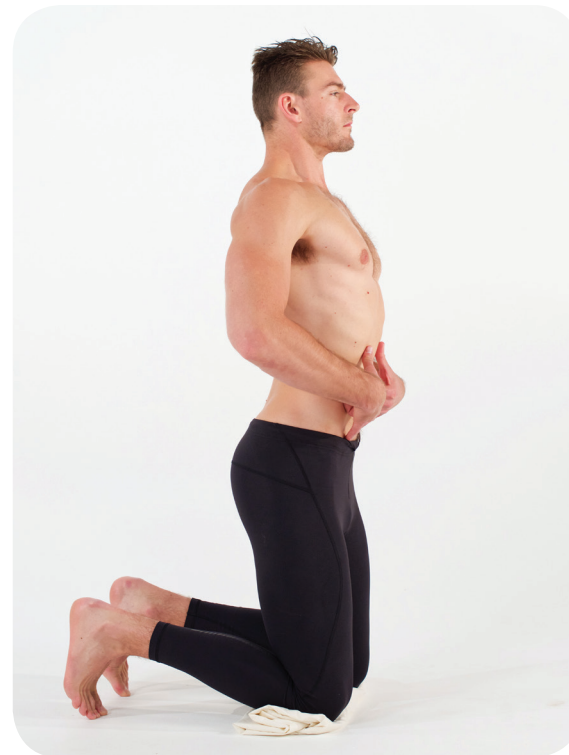


- 15 After a few breaths bring your arms back by your sides and trace your heel back down.

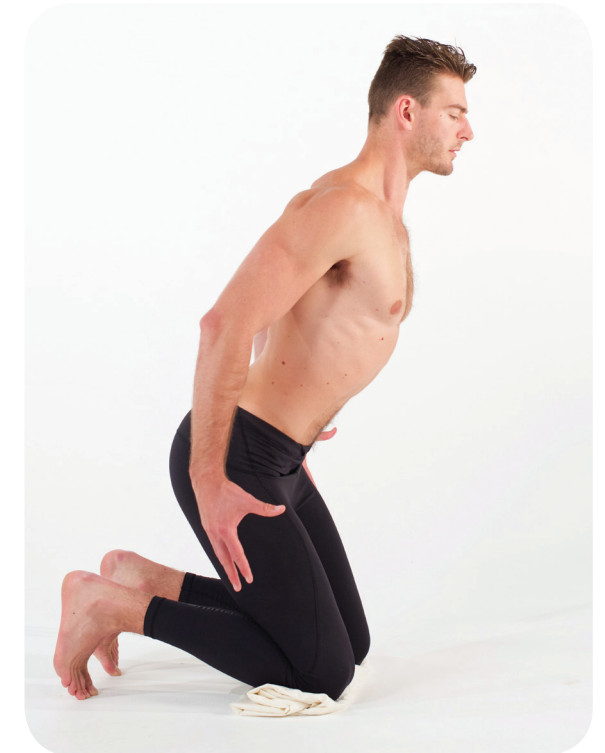


KNEELING DECOMPRESSION

- 1 To set up for this exercise begin in a tall kneeling position. If you need to, roll up a yoga mat a few times or find a soft, cushioned surface for your knees to rest on.
- 2 Place your knees about hip width apart.
- 3 Dorsiflex your ankles, curling your toes under on the floor.
- 4 Make sure your feet are the same width as your knees or slightly wider.
- 5 Set up you Anchor in this position by squeezing your knees inward toward each other and gently tensioning your heels away from each other.



- 6 Bring your hands to measuring Stick hand position and begin your Decompression Breath.
- 7 Breathe your chest up, pull your chin back and reach your elbows wide.
- 8 Keep squeezing your knees toward each other as you begin to hinge at the hips, pulling your hips behind your knees and keeping your spine stable.
- 9 As your hips hinge make sure your weight stays over your knees and does not shift back into your toes. Your toes should remain light on the floor.



- 10 Externally rotate at the shoulders and extend your arms by your sides in the long wing arm position. Hands are active in a half Sphere of Tension and elbows are soft and pulling back.
- 11 Take a few Decompression Breaths in this position.
- 12 Then, scoop your arms forward into a SOT in front of your chest and notice how your hips have to pull further back, away from your hands, to counterbalance and keep you from falling forward.
- 13 Continue to squeeze the knees and work hard to expand and elevate the ribcage as much as you can in this position with your breath.
- 14 After a few breaths, lower your arms and bring your hips forward to come out of the exercise.



LUNGE DECOMPRESSION

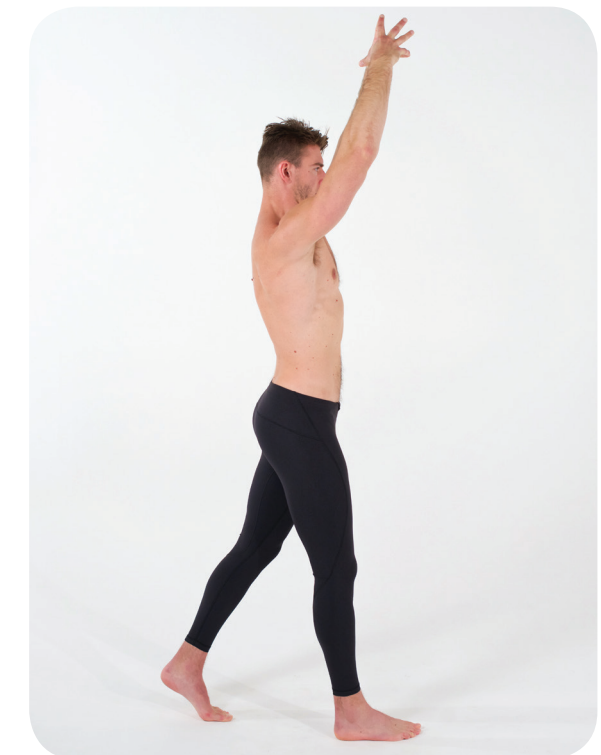
- 1 Stand in a Lunge Position with a 2-5ft. stride length.
- 2 Make sure the outside edges of your feet are parallel and your feet are about hip width apart.
- 3 Keep your back heel 1-3 in. off the ground.
- 4 Unlock both knees and square hips.
- 5 Keep body weight evenly distributed between both feet.
- 6 Bring hands to Measuring Stick hand position.
- 7 Anchor the lower body by scissoring the legs, pulling your front heel and back toes toward each other.
- 8 Take a Decompression breath, increasing the distance between your pinkies and thumbs.
- 9 Maintain the lift and expansion as you exhale.



DECOMPRESSION BREATHING

The decompression breath is the core of these exercises. In fact, each of the exercises that follow the description of decompression breathing is simply a different posture in which to perform the decompression breath.

- 10 Bring your hands to a Sphere of Tension in front of your hips.
- 11 Elevate the arms until your hands are diagonally in front of your forehead.
- 12 Continue for 3-5 more Decompression Breaths.



PRONE DECOMPRESSION

- 1 Begin Lying on your stomach with your arms extended overhead
- 2 Bring your big toes together and separate your heels until the outside lines of the feet are parallel.
- 3 Bring your legs together.
- 4 Dorsiflex your ankles, pulling the tops of your feet toward your knees and keep your toes on the floor.
- 5 Inner thighs squeeze together and your knees stay in contact with the floor.
- 6 Emphasize the inner thigh squeeze, trying to avoid squeezing the glutes.



- 7 Place your hands about shoulder width apart or a little bit wider if you feel any pinching in the shoulder.
- 8 Pull your chin away from the floor, elevating your head while keeping the back of your neck long.



- 9 Press your fingertips into the floor and pull your palms, wrists and forearms away from the ground.
- 10 Take a Decompression Breaths, focusing on length and lateral expansion through the back of your ribcage.
- 11 As you exhale, tension your belly and the front of your ribcage away from the ground.
- 12 Continue for 3-5 Decompression Breaths, breathing as broad and as long as you can away from the Anchor in your legs.



SEATED DECOMPRESSION

- 1 Slide toward the end of your chair and sit as tall as you can.
- 2 Bring the ankles directly under the front of your knees and squeeze your feet and knees together.
- 3 Sit as tall as you can, squeeze your knees, and take 3 forceful Decompression Breaths.

- 4 Bring the arms up at chest height into a Sphere of Tension. Take another 3 to 5 Decompression Breaths and repeat as needed.

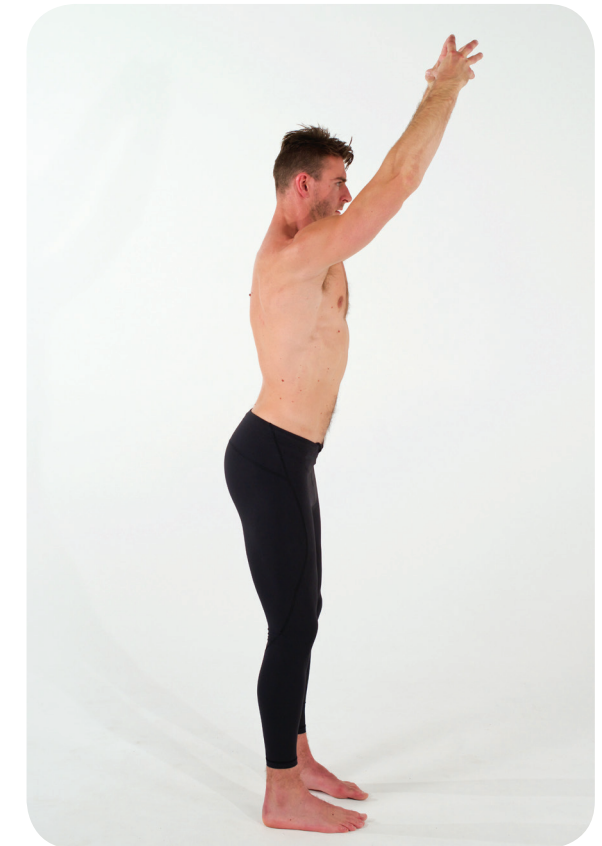
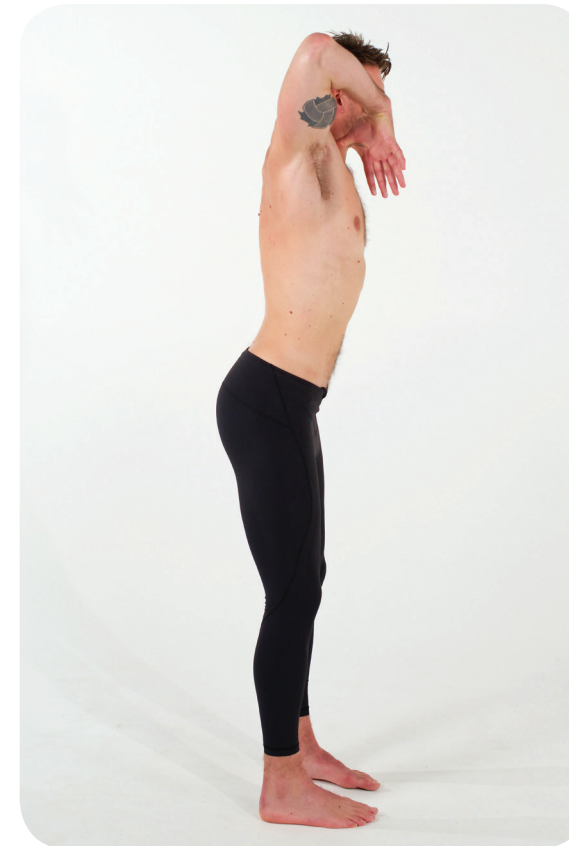


SHOULDER TRACING

- 1 Stand tall with the thumbs pressing into your greater trochanter – the bony spot on the side of your hips. It is lower than you think!
- 2 Keep your elbows as wide as possible and your neck relaxed as you slowly lift the arms to trace the thumbs up the flank of your body.



- 3 Elbows stay up as high as possible. Do not flex your wrists to get up higher; it is the elbow joint that lifts the arms up higher and higher. Chin back, chest up.
- 4 Once the elbows are as high as they can go, slowly bring the hands up to the back of the head until they can reach up and forward as tall as they can be. Again, do not strain your neck to do this.

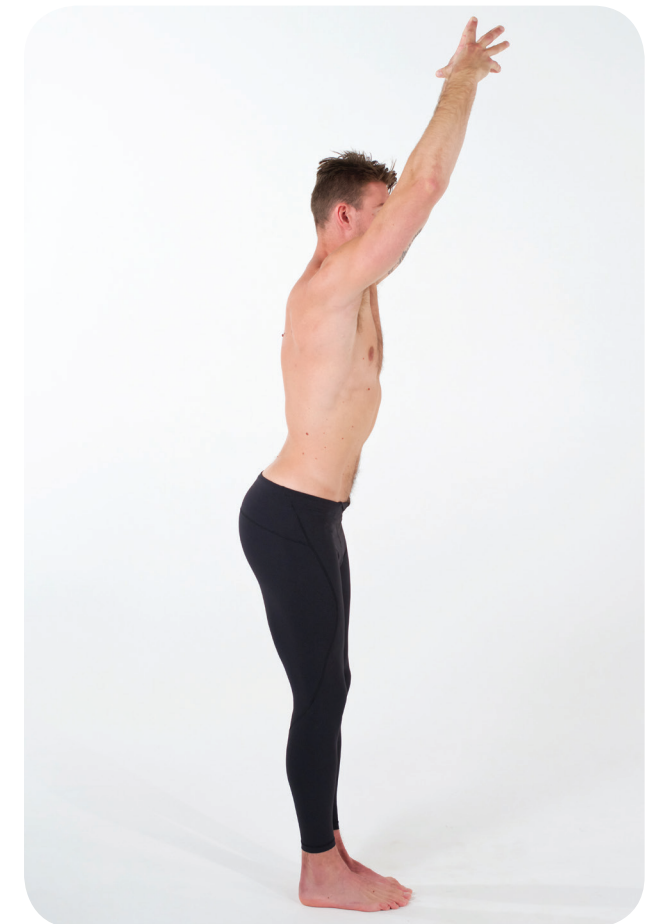


STANDING DECOMPRESSION

- 1 Stand with your big toes touching and your heels slightly apart so that the outside lines of your feet are parallel.
- 2 Pull your weight into your heels and grab the ground with your toes.
- 3 Bring your hands to Measuring Stick hand position.



- 4 Breathe your chest up, pull your chin back and reach your elbows wide.
- 5 Extend your arms by your sides, externally rotate the shoulders so the thumbs are reaching away from the body. Soften the elbows and pull the arms back into Long Wing arm position.
- 6 Scoop your arms forward and bring your hands into a Sphere of Tension in front of your hips.
- 7 Begin to elevate your arms until your hands are diagonally above your forehead.
- 8 Breathe your chest up and pull your chin back.
- 9 Continue for 3-5 more Decompression Breaths.
- 10 Lower your arms and relax.



SUPINE DECOMPRESSION

- 1 Begin lying on your back with your legs straight.
- 2 Bring your big toes together and separate your heels until the outside lines of the feet are parallel.
- 3 Dorsiflex the ankles so your toes are pulling back toward your face.
- 4 Bend your knees just enough for your inner thighs to squeeze together.
- 5 Lengthen the back of your neck.



- 6 Bring your hands to Measuring Stick hand position.
- 7 Take a Decompression breath, increasing the distance between the pinkies and thumbs.
- 8 Bring your hands to a Sphere of Tension above your chest.
- 9 Focus on expanding into the sides and the back of the ribcage with each DB.
- 10 Start to extend your arms away from your feet until they are diagonally above your forehead.
- 11 Continue for 3-5 Decompression Breaths, creating length and expansion on the back side of your body while maintaining tension along your front midline.

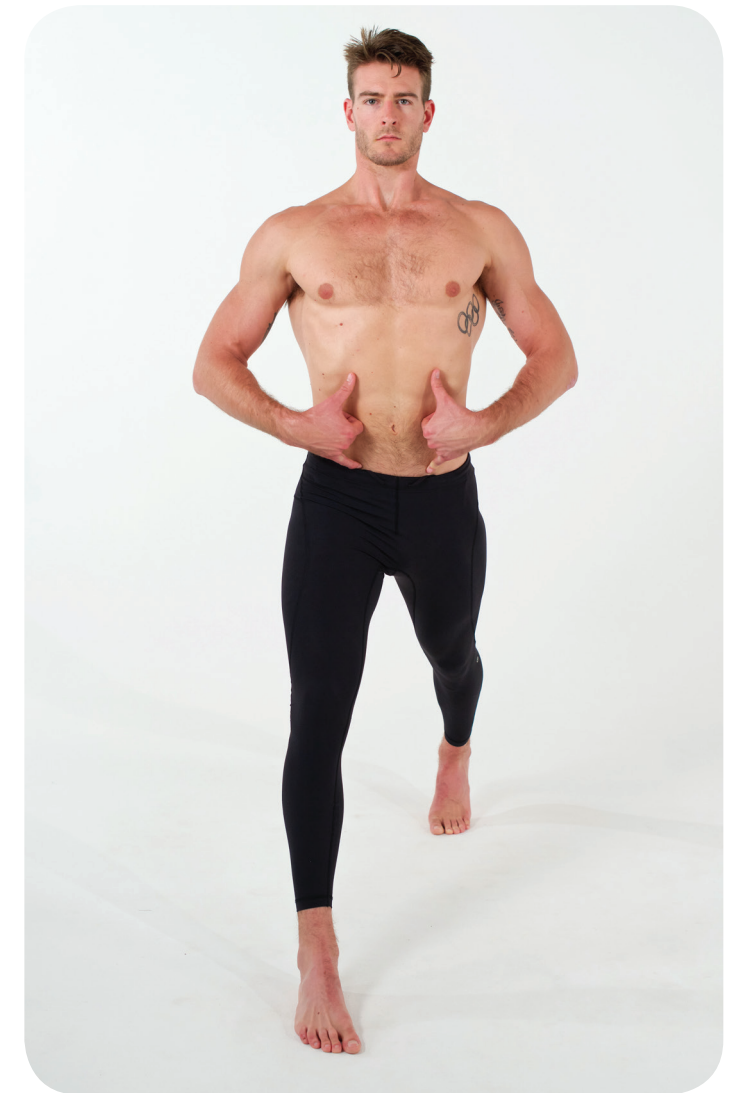


WOODPECKER

- 1 Begin in a split stance with your right foot forward and your left foot back.
- 2 Feet are about hip width apart with about a 3-5 foot stride length, slightly longer than in Lunge Decompression.
- 3 Always check your foot and hip alignment making sure the outside lines of your feet are parallel and your hips are square.



- 4 Bring your hands to measuring stick hand position and decompress, breathing your ribs away from your hips all of the way around your body.
- 5 Keep your front knee unlocked and begin to hinge at the hips, pulling the front hip back behind your front heel and shifting most of your weight into your front heel.
- 6 Keep your back leg straight but not locked out and be sure to keep a slight bend in your front knee without letting it travel forward over your toes.



WOODPECKER, CONT'D

- 7 Externally rotate your shoulders and extend your arms by your sides in Long Wing arm position.



Woodpeckers, the birds, have what's called a zygodactyl foot, with two toes facing front and one facing back, so that they always appear forward-looking as they climb.

The Foundation Training posture approximates the look by hingeing at the hip and splitting the legs forward and back, lengthening the gluteal muscles supporting and propelling the back-pulling hip and adding leverage to the posterior chain.

- 8 Scoop your hands in front of you and bring your hands into a Sphere of Tension in front of your chest. Keep your hands in front of your chest and pull your hips back and away from them.
- 9 Elevate your arms bringing your hands diagonally above your forehead and continue your Decompression Breathing.
- 10 Continue for 3-5 Decompression Breaths and then begin to lower your arms and step forward to come out of the exercise.



WOODPECKER ROTATION

- 1 Begin in a split stance with your right foot forward and your left foot back.
- 2 Feet are about hip width apart with about a 3-5 foot stride length.
- 3 Make sure the outside lines of your feet are parallel and your hips are square.
- 4 Bring your hands to measuring stick hand position and decompress, breathing your ribs away from your hips all of the way around your body.
- 5 Keep your front knee unlocked and begin to hinge at the hips, pulling the front hip back behind your front heel and shifting most of your weight into your front heel.
- 6 Keep your back leg straight but not locked out and be sure to keep a slight bend in your front knee without letting it travel forward over your toes.



- 7 Externally rotate your shoulders and extend your arms by your sides in Long Wing arm position.
- 8 Scoop your hands in front of you and bring your hands into a Sphere of Tension in front of your chest. Keep your hands in front of your chest and pull your hips back and away from them.



FOUNDATION TRAINING EXERCISES

- 9 Begin to Rotate from the hips.
- 10 The front of your back hip rotates down and in toward the inside of your front knee.
- 11 As you move the hips the chest and arms will follow the rotation of the hips bringing you just slightly diagonal to your front hip.
- 12 Notice that there is very little spinal movement in this position. Be careful not to lead the rotation with the arms or rotate through the torso.
- 13 The movement is initiated at the hips. As you pull the front of your back hip down and in toward your front knee you'll feel the back hip reaching back and away from your hands, lengthening through your glutes, hamstrings and adductors of that front leg.
- 14 Be sure to check in and make sure your front foot remains Anchored into the ground and the front knee stays fixed and doesn't pull away from the midline of your body.
- 15 Drive into your front heel to rotate back to the center.
- 16 Repeat 2-3 rotations then come back to the center, bring your arms back by your sides, unhinge and step forward on your front foot.
- 17 Switch legs and repeat on the other side.



PART TWO

How To Incorporate Foundation Training Into Your Everyday Life

HOW TO INCORPORATE FOUNDATION TRAINING INTO YOUR EVERYDAY LIFE

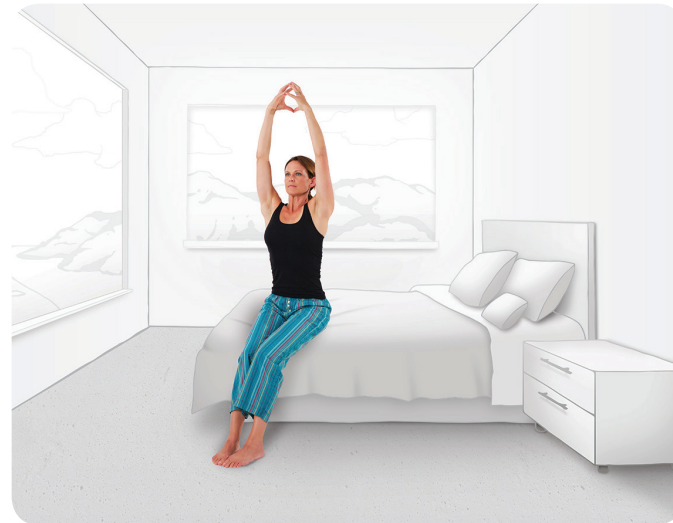
PART TWO – INCORPORATING FOUNDATION TRAINING INTO EVERYDAY LIFE

ANYTIME YOU FIND YOURSELF...

SITTING = SEATED DECOMPRESSION.

Examples of when you can practice Seated Decompression:

- At your desk
- While commuting
- Eating at a table
- In a meeting
- In the stands watching a game
- On a plane



HOW TO INCORPORATE FOUNDATION TRAINING INTO YOUR EVERYDAY LIFE

PART TWO – INCORPORATING FOUNDATION TRAINING INTO EVERYDAY LIFE

ANYTIME YOU FIND YOURSELF...

STANDING = FOUNDER

Examples of when you can employ a Founder position:

- Brushing your teeth
- Washing your face
- Washing dishes



HOW TO INCORPORATE FOUNDATION TRAINING INTO YOUR EVERYDAY LIFE

PART TWO – INCORPORATING FOUNDATION TRAINING INTO EVERYDAY LIFE

STANDING = FOUNDER, CONT'D

Examples of when you can employ a Founder position:

- Shopping
- Watering your garden
- Looking in the refrigerator
- Watching your kids on the playground
- Waiting in line

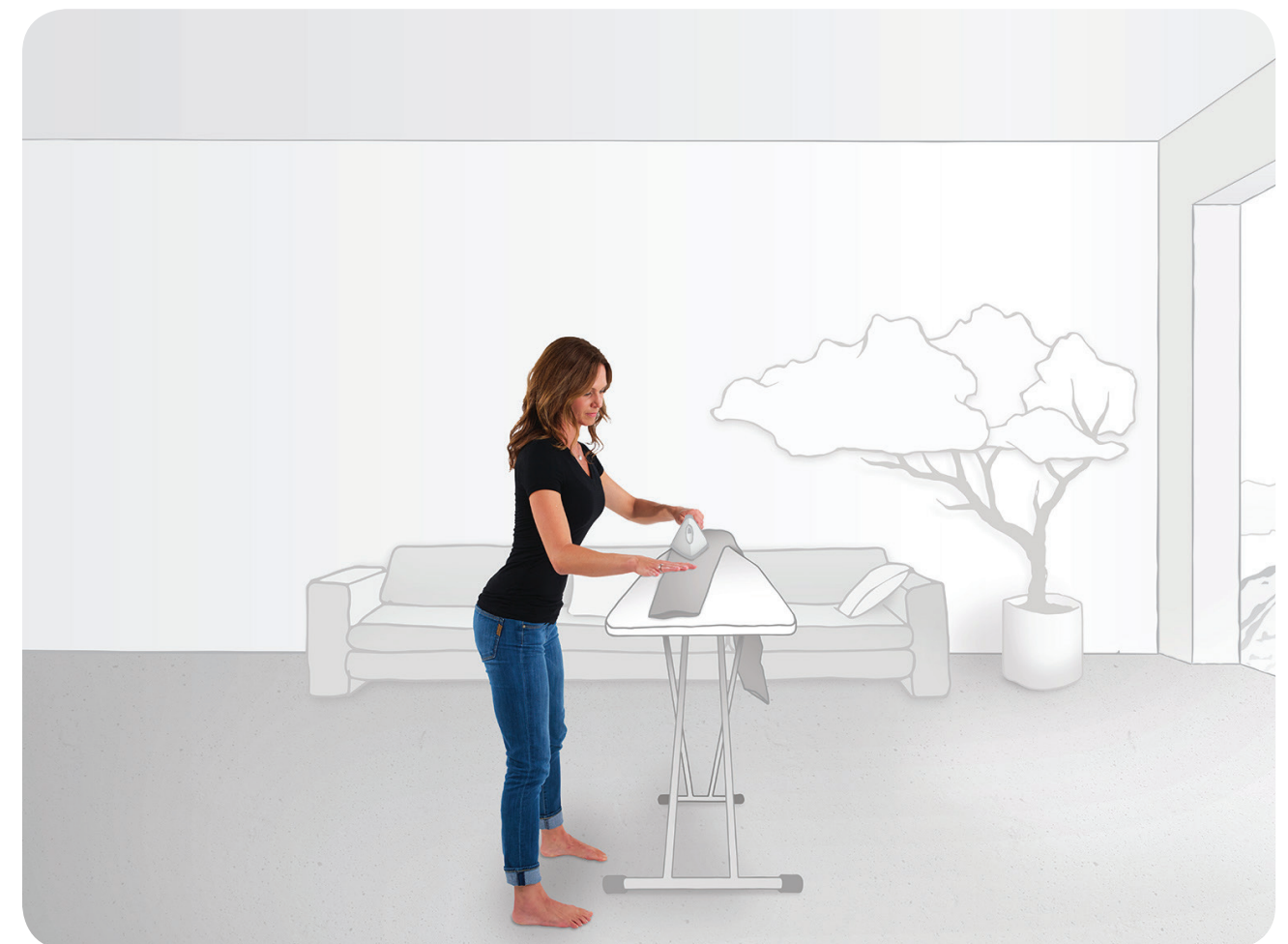


ANYTIME YOU FIND YOURSELF...

CHORES = INTEGRATED HINGES & ANCHORING

Examples of when you can practice Integrated Hinges

- Vacuuming
- Ironing
- Raking leaves
- Sweeping
- Emptying dishwasher
- Picking up
- Moving laundry



HOW TO INCORPORATE FOUNDATION TRAINING INTO YOUR EVERYDAY LIFE

PART TWO – INCORPORATING FOUNDATION TRAINING INTO EVERYDAY LIFE

ANYTIME YOU FIND YOURSELF...

KNEELING = KNEELING DECOMPRESSION

Examples of when you can practice Kneeling Founder

- Gardening
- Playing with your pet or children
- Home improvement projects
- Giving your kids a bath



DOWNTIME = DECOMPRESSION BREATHING

Examples of when you can practice Woodpecker or Lunge Decompression

- Taking a break
- Warming-up/cooling down



HOW TO INCORPORATE FOUNDATION TRAINING INTO YOUR EVERYDAY LIFE

ANYTIME YOU FIND YOURSELF...

WOODPECKER OR LUNGE DECOMPRESSION

Examples of when you can practice the Woodpecker or Lunge Decompression

- Taking a break
- Warming-up/cooling down



Dr. Eric Goodman