

CORE ELEMENTS PROGRAM GUIDE

CORE ELEMENTS

Welcome to Foundation Training Core Elements!

Core Elements is designed to help you build a strong, physical foundation so that you can better live your life. Whether you want to improve performance in a competitive sport or simply move throughout your day with greater ease and comfort, using Core Elements regularly can help you achieve your goals.

Core Elements contains the entire Foundation Training program - over 5 hours of learning, exercises, and workouts. It might seem overwhelming at first, but don't worry! This program has been meticulously designed to guide you step-by-step as you learn and practice. In a short time, you'll be effortlessly navigating your way through Core Elements and utilizing Foundation Training everyday on your journey to a stronger, healthier body.

THE 4 TENETS OF CORE ELEMENTS

Before you begin, take a look at the 4 basic tenets of Core Elements. Follow these to get the most out of the program and enjoy the benefits of Foundation Training.

1

COMMIT. Commit to practice daily for 15-20 minutes. We know you're busy, but the beauty of Core Elements is that it still works even if you don't practice all at once. For example, practicing 5 minutes in the morning, 5 minutes at lunch, and 5 minutes just before bed is perfect. Or if you exercise, replace your typical warm-up and cool-down with Foundation Training instead. You'll get in your practice as well as help get the most out of your workout. It's not important when you do Foundation Training. Rather, it's important that you simply make time to do it.

2

GO IN ORDER. Core Elements is designed in a very specific way to help you learn, practice, and integrate Foundation Training into your daily life. Each skill builds upon the previous one. By proceeding through the program in order, you'll allow your body to grow strength and achieve balance as effectively as possible.

3

THERE IS NO RUSH. Unlike other programs where results are not seen until the very end, many experience amazing benefits and positive changes soon after starting. Approach Core Elements knowing you can take your time, stay on one section as needed, and still experience benefits.

It is also important to note that the exercises learned at the beginning of Core Elements are just as important – if not more so – than the ones later in the program. These initial exercises are the “foundation” of Foundation Training and we encourage you spend as much time as you need/want to on each movement.

Foundation Training is not about mastering the entire program as much as it is about feeling confident in the exercises and your body's movement before proceeding.

4

YOU'RE IN CHARGE. Ultimately, Foundation Training is about self-care and helping you truly listen to your body. You are unique and so your Core Elements experience will be, too. Take it slowly, tune into your body, and go at your own pace. Besides reducing pain, this program can help you better understand the way your body works, making you more sensitive to the messages it sends you and giving you greater autonomy over your health.

CORE ELEMENTS SET-UP

THE DETAILS



Lectures: Activity Lectures are a new feature created to help you understand the “why’s” behind the program. Don’t worry. They’re short and there is no test. However, simply by watching, you can better enhance your practice and progress because you’ll know some of the science behind what you’re doing.

Lectures are meant to be watched and listened to – not necessarily followed along with. We suggest watching them once at the beginning of each Activity, though you are more than welcome to watch them as many times as desired.



Exercises: After each lecture you will be introduced to each Exercise in the Activity you’re on. View and practice the Exercises in order. Practice each one repeatedly until you feel comfortable and confident with the movements.



Focus Sessions: Once you’ve learned each individual Exercise, you will put them together into several Focus Sessions which are short workouts focusing on a specific theme or concept. Like with the Exercises, repeat Focus Sessions until you feel comfortable and confident before moving on. Come back to Focus Sessions you like or want to work on further.



Progressive Workouts: At the end of each Part are Progressive Workouts. All of the concepts and exercises learned throughout the two Activities are incorporated into the workouts. They are about 10-20 minutes in length and are meant to be practiced regularly and repeatedly, even after the entire Program has been completed.

CORE ELEMENTS SET-UP

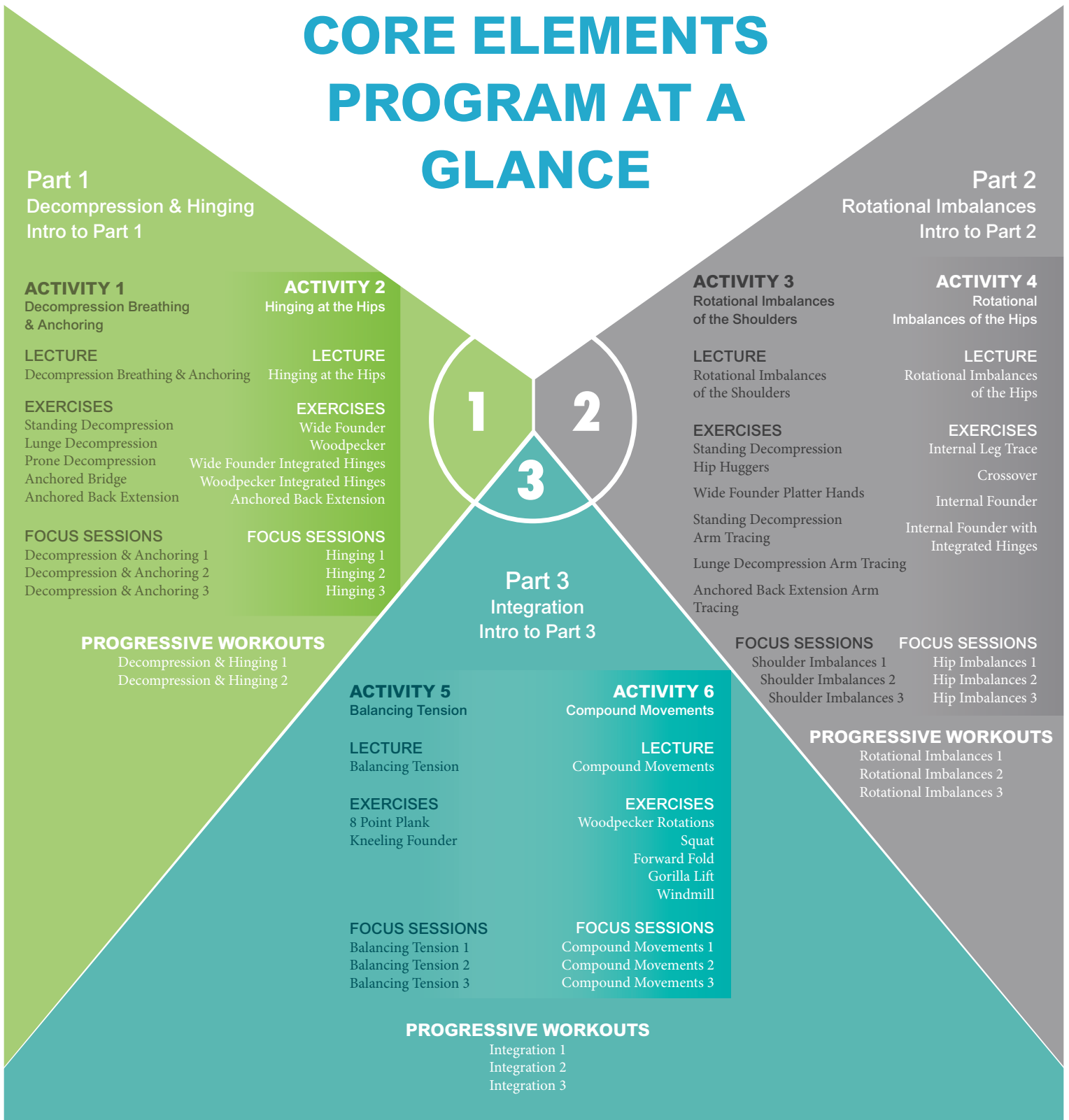
- Core Elements is broken into 3 Parts.
- Each Part has 2 Activities.
- Under each Activity are Lectures, Exercises, and Focus Sessions.
- Each Part ends with Progressive Workouts.

PROGRAM DESIGN

While Core Elements should be tailored to your individual needs and goals, the program was designed to use as follows:

1. Watch the Intro
2. Watch the Lecture
3. Practice each Exercise
4. Practice each Focus Session
5. Practice Progressive Workouts

CORE ELEMENTS PROGRAM AT A GLANCE



HOW TO START CORE ELEMENTS IN 3 EASY STEPS

If you haven't already, watch the Program Guide Navigation video to understand how to move around within Core Elements. After that, start with Part 1. No matter your strength, experience, fitness level, or goals, it's encouraged that everyone begin with Part 1 to gain the most out of this program.

Step 1. WATCH: Intro to Part 1

Step 2. WATCH: Lecture- Decompression Breathing & Anchoring

Step 3. PRACTICE: Exercise Standing Decompression. Repeat 2-3 times.

CONGRATULATIONS!

You've just taken your first step toward building a stronger, more pain-free body. Just this short practice has initiated changes in your body that, with daily practice, will only continue to improve.

WHAT NEXT?

If you feel you want to do more right now, practice:

- Exercise Lunge Decompression. Repeat 2-3 times.
- Exercise Supine Decompression. Repeat 2-3 times.

PRO-TIP

Setting up reminders in your planner, calendar, or through your mobile device to remind you to practice Foundation Training each day are easy ways to keep up with your practice!

MAKING A SCHEDULE

After you're done with your first Core Elements session, it's time to build a practice schedule to keep track of what you've done and make sure you continue to make progress. See a sample schedule below to help you get started.

WHEN CREATING YOUR PERSONAL SCHEDULE, REMEMBER THE 4 TENETS OF CORE ELEMENTS:

1. Aim to practice 15-20 minutes a day.
2. Go in order. Make sure you feel confident in an exercise before moving to the next one. *See below for how to know you are ready.
3. Make your schedule relaxed and fluid. Allow the ability to stay on an exercise/section as long as desired. Your goal is not to finish the program, but to experience steady improvement at a pace appropriate for you.
4. You are in charge. Listening and paying attention to the sensations and changes in your body will ensure the best experience possible.

WEEK 1

SAMPLE CORE ELEMENTS SCHEDULE

Below is a sample schedule we created to help inspire you on how to make your own Core Elements schedule. In this sample, it takes 3 weeks to go through all of Part 1. Adapt and adjust your personal schedule to align with your needs, but keep in mind that short, frequent sessions of Foundation Training is the best way to correct imbalances and maintain a strong foundation. Practice all at once or break it up throughout the day – it's up to you!

Watch:

Intro to Part 1
Activity 1 Lecture

Practice:

Each Activity 1 Exercise Video 2-3x
Each Activity 1 Focus Sessions 2-3x

Day 1	WATCH:	Intro to Part 1 Lecture Decompression Breathing & Anchoring
	PRACTICE:	Standing Decompression 2-3x Prone Decompression 2-3x Anchored Back Extension 2-3x
Day 2	PRACTICE:	Lunge Decompression 2-3x Supine Decompression 2-3x Anchored Bridge 2-3x Any Exercises from Day 1 you wish to revisit
Day 3	PRACTICE:	Standing Decompression 2-3x Prone Decompression 2-3x Anchored Back Extension 2-3x Any Exercises from Day 2 you wish to revisit
Day 4	PRACTICE:	Focus Session Decompression & Anchoring 1 2x Focus Session Decompression & Anchoring 2 1x Any Activity 1 Exercises you wish to revisit
Day 5	PRACTICE:	Focus Session Decompression & Anchoring 2 3x Any Activity 1 Exercises you wish to revisit
Day 6	PRACTICE:	Focus Session Decompression & Anchoring 3 3x Any Activity 1 Exercises you wish to revisit
Day 7	PRACTICE:	Your favorite Exercises or Focus Sessions from Activity 1

PRO-TIP

When making your Core Elements schedule, be sure to give yourself the freedom to change it according to your needs and progress. Remember Core Elements is a flexible program. There is no rush or finish line. The only requirement for improvement is to practice daily for 15-20 minutes.

WEEK 2

SAMPLE CORE ELEMENTS SCHEDULE

Watch:

Lecture: Hinging at the Hips

Practice:

Each Activity 2 Exercise Video 2-3x

Each Activity 2 Focus Sessions 2-3x

Day 1

WATCH: Lecture Hinging at the Hips

PRACTICE: Wide Founder 2-3x
Founder Integrated Hinges 2-3x
Any Exercises or Focus Sessions from Activity 1

Day 2

PRACTICE: Woodpecker 2-3x
Woodpecker Integrated Hinges 2-3x
Focus Session Hinging 1
Any previously learned Exercises or Focus Sessions

Day 3

PRACTICE: Wide Founder 2-3x
Founder Integrated Hinges 2-3x
Focus Session Hinging 2
Any previously learned Exercises or Focus Sessions

Day 4

PRACTICE: Woodpecker 2-3x
Woodpecker Integrated Hinges 2-3x
Focus Session Hinging 3
Any previously learned Exercises or Focus Sessions

Day 5

PRACTICE: Focus Session Hinging 1 2x
Focus Session Hinging 2 2x
Any previously learned Exercises or Focus Sessions

Day 6

PRACTICE: Focus Session Hinging 1
Focus Session Hinging 2
Focus Session Hinging 3
Any previously learned Exercises or Focus Sessions

Day 7

PRACTICE: Your favorite Exercises or Focus Sessions from Part 1

PRO-TIP

As you proceed through Core Elements, be sure to mark which exercises, focus sessions, and workouts you feel strong in by clicking the "I feel confident with this" button. If at anytime you want to uncheck, simply click "I want to revisit this" button. This feature helps you quickly see where you feel strongest and where you may want to spend more time.

PRO-TIP

Be sure to utilize the Core Elements Weekly Log you received as a bonus when purchasing this program. It will help you to keep track of your progress and growth on your journey to health. See page 12 for an example on how to use the Weekly Log.

WEEK 3

SAMPLE CORE ELEMENTS SCHEDULE

Practice:

This week, you'll practice everything you've learned in Part 1 in a series of Progressive Workouts. Complete one Progressive Workout each day this week. Supplement with any Exercises and/or Focus Sessions from Part 1.

Day 1	PRACTICE:	Progressive Workout Decompression & Hinging 1
Day 2	PRACTICE:	Progressive Workout Decompression & Hinging 2 Any previously learned Exercises or Focus Sessions
Day 3	PRACTICE:	Progressive Workout Decompression & Hinging 1 Any previously learned Exercises or Focus Sessions
Day 4	PRACTICE:	Progressive Workout Decompression & Hinging 2 Any previously learned Exercises or Focus Sessions
Day 5	PRACTICE:	Progressive Workout Decompression & Hinging 1 Any previously learned Exercises or Focus Sessions
Day 6	PRACTICE:	Progressive Workout Decompression & Hinging 2 Any previously learned Exercises or Focus Sessions
Day 7	PRACTICE:	Your favorite Exercises, Focus Sessions or Workouts from Part 1

Once you feel comfortable and confident with all of the exercises and workouts that you have learned up to this point, you're ready to move on to Part 2! If you are still struggling with some of the movements or you're unsure if you're doing them properly, please spend another week with Part 1 or reach out to a Certified Instructor in your area to make sure you're on the right track. Remember, when done properly, FT exercises will leave you feeling better than when you started.

PRO-TIP

If you're looking for more guidance, a Certified Foundation Training Instructor can help tailor your Core Elements schedule precisely to your specific needs and goals. Be sure to check for one in your area through the Help Center tab at the top of Core Elements.

YOUR QUESTIONS ANSWERED

- **Do I need any special equipment to do Core Elements?**

The beauty of Foundation Training is that it simply uses the power of your own body. You don't need any special equipment to practice. We recommend comfortable clothes that allow you to move freely. You can do Foundation Training with or without shoes, but we suggest doing it without when possible. Some people prefer to use a towel or stability mat like a yoga mat. The important thing is that you feel comfortable and are able to move easily.

- **How often should I do Foundation Training?**

For the best results, practice 15-20 minutes each day. Remember, this doesn't have to be all at once. The time you spend doing Foundation Training is aggregate. Just 5 minutes in the morning, 5 at lunch, and 5 in the evening all count towards your daily goal. Remember, Foundation Training is not a "formal" workout where you need to go to the gym. Once you've learned the movements, you can do them wherever you are – at home, in your office, or even outdoors.

- **How long will it take to feel improvement?**

Because Foundation Training is corrective exercise and an adaptive process, noticeable benefits are dependent on your body. However, most people feel some level of benefit right away.

Keep in mind that our bodies have adapted to poor movement patterns and habits over time so it can take time to undo. While the vast majority

report noticing benefits quickly, please allow your body time to change, adapt, and grow stronger.

To make sure you're progressing, spend 15-20 minutes each day practicing Core Elements.

- **How do I know I'm doing the exercises correctly?**

You'll know you're on the right track when you feel positive changes happening in your body. Listen to the cues and tips within the videos that help you know if what you're experiencing is right. Other clues you're doing Foundation Training correctly:

- You simply feel better after you practiced than before.
- You experience muscle tension and activation over the span of your body– not just in one area.
- Your breathing seems easier and stronger.
- You feel "taller" than before.
- Your muscles feel worked and tired, but you do not experience acute or isolated pain. Because your muscles are working in a way they may never have worked before, they will fatigue. However, Foundation Training should never cause acute pain. Should you experience this, please stop and contact your practitioner or a Certified Foundation Training Instructor.
- You notice a sense of feeling refreshed and balanced.

YOUR QUESTIONS ANSWERED - CONT'D

If you experience new sensations or simply want further guidance, seek out a Certified Foundation Training Instructor in your area. They are highly skilled and can guide your practice of Foundation Training and use of the Core Elements program.

- **How do I know I'm ready to move on to the next exercise?**

When you feel confident in a movement, you can move onto the next one. "Confident" simply means you can get into and maintain the posture for the duration of the exercise while feeling the right muscles working. That's not to say the movement won't be challenging! Foundation Training exercises will always remain challenging no matter how long you've been practicing because your body will constantly be changing and growing stronger. But you'll know it's okay to practice the next exercise when your body is responding to the challenges appropriately.

If you'd like a more personal look into how you're doing, we encourage you to attend a Discovery Workshop or contact a Certified Instructor in your area.

- **Can I go back through the program?**

Yes! Going back through the program is essential and encouraged! The beginning work is just as important – if not more so – than later work. Those foundational movements sit at the core of strong health. Even our most experienced Master Instructors practice the basics learned in Part 1 every single day.

- **Where should I start if I've practiced Foundation Training before?**

We recommend all Core Elements users begin with Part 1. While you may proceed more quickly because your body is already familiar with Foundation Training, the content in Core Elements is greatly enhanced and expanded than anything we've created before. The science behind the movements, new cues, and innovative layers are all things Foundation Training veterans will discover in Core Elements.

- **I already exercise and/or am an athlete. Is there a special way I should proceed through the program?**

It's highly encouraged that all athletes – from recreational to professional level – begin at Part 1 and move slowly through. No matter your sport, pain and injury can be heightened when you train because of the force and load imposed on an unbalanced body. Learning and practicing Part 1 of Core Elements is the best way to begin rebalancing your body and growing strength in the muscle chains that are instrumental in reducing pain and injury. In addition, while becoming balanced, you'll simultaneously boost stamina, strength and performance.

Part 2 and Part 3 will further strengthen and enhance performance. Proceed through these when you're ready, but remember to always practice the basics.

YOUR QUESTIONS ANSWERED - CONT'D

Replacing your warm-up and cool-down with Foundation Training is a phenomenal way to maximize benefits. Many find their workouts are stronger and more gratifying after using Foundation Training as a warm-up. After you exercise, it is equally as beneficial. As opposed to passive stretching, Foundation Training takes your muscles to lengths under tension creating a strong support structure to carry you past your workout and through the rest of your day.

I'm just beginning my fitness journey. Is there a special way I should proceed through the program?

If you're just starting your fitness journey, this program is a phenomenal first step. Foundation Training adds strength, flexibility, and overall health that will prepare you for whatever sport or exercise program you choose. It's an ideal place to start so you can confidently engage in exercise with a structurally sound and balanced body while having greater resistance to pain and injury.

Even if you haven't exercised in a long time, you can do Foundation Training. The exercises will meet you where you are. However, when designing your personal Core Elements schedule, make sure your pace is slow, relaxed, and appropriate for your body. Do not hesitate to stay on or repeat exercises for as long as you need. You're still making progress in your health and strength as long as you're practicing daily. Aim for 15-20 minutes a day, but allow yourself the flexibility to break up your sessions throughout the day as your muscles become accustomed to the movements.

- **Can I do too much Foundation Training?**

Foundation Training is a corrective exercise program that is best done in short, frequent bursts. Your body will adapt as you progress and you'll find yourself using Foundation Training in your everyday movements. However, just like anything in life, Foundation Training can be overdone. Muscles fatigue and require rest to grow and repair. You are the expert in your own body and must listen to it. Working with a Certified Foundation Training Instructor can also help you to understand your movement and aid in designing a Core Elements schedule to meet your needs.

- **I was diagnosed with a specific condition. Is Foundation Training safe for me?**

Foundation Training is generally safe for most conditions and helps in most situations. However, we always recommend you consult with your physician or practitioner before beginning Foundation Training.

In addition, working with a Certified Foundation Training Instructor can help tailor your practice to your needs and provide individualized guidance.

- **I have limited mobility. How do I practice Foundation Training?**

Many Foundation Training exercises were created to address a wide range of mobility situations and can be adapted and modified to meet your needs. You'll find modifications throughout Core Elements. Depending on

YOUR QUESTIONS ANSWERED - CONT'D

your situation, Foundation Training may help you increase your mobility over time.

- **I started the program, but feel like I'm experiencing pain. Now what?**

When used correctly, Foundation Training should leave you feeling better than when you started. It's important to remember that these exercises will challenge weaker muscles and you should feel some tension. But tension is not pain. If you have increased pain after completing some of the exercises, it's possible that either you just need a little help on your form or that you have may have something going on in your body that needs further clinical support.

Look for a Certified Foundation Training Instructor in your area to help you learn how to properly execute each of the movements. If you can't find a trainer near you, email info@foundationtraining.com to inquire about scheduling a virtual session with someone on our team. Any unresolved pain should be addressed with your physician before proceeding.

- **Where can I find Foundation Training group classes?**

Our Certified Instructors around the world teach Foundation Training in many different settings including group classes. Find a Certified Instructor near you to see what classes are available to complement your Core Elements practice.

- **How can I get further help in learning Foundation Training?**

We have lots of other ways to explore and experience Foundation Training:

Discovery Workshops. These innovative workshops offer the opportunity to take a deep dive into the theory of Foundation Training while also experiencing the exercises in a small-group setting under the guidance of our Master Instructors. You'll have the opportunity to have all your questions answered and also learn how to incorporate these movements into your everyday activities. It is truly a unique and empowering experience.

Certified Instructors. There are highly skilled Certified Foundation Training Instructors around the world. They offer varied services from individualized instruction to group classes. All must meet our very stringent criteria so that you can rest assured you are getting the very best help. Only Certified Instructors are qualified to teach Foundation Training correctly so be sure to check!

- **Can I download Core Elements?**

Core Elements is a streaming program and is not downloadable. This is because streaming gives you instant access to all updates and additions.

- **Do you have printed materials to supplement Core Element videos?**

At this time, Core Elements is a digital learning system. If you're interested in owning Foundation

YOUR QUESTIONS ANSWERED - CONT'D

Training resources in print, check out our book True to Form. Written in a fun and engaging way, it contains our fundamental exercises along with workouts, theories, and concrete ways to incorporate Foundation Training into your everyday tasks.

We also encourage you to attend a Discovery Workshop where printed materials are provided as you work one-on-one with Master Instructors.

Many of our highly skilled Certified Instructors also provide printed Foundation Training manuals along with instruction. Check to see if an instructor in your area offers this.

- **What should I do if I'm having technical difficulties?**

Please send an email to connect@foundationtraining.com with any technical issues or click the Support tab at the top of the Core Elements homepage.

CORE ELEMENTS WEEKLY LOG



	Exercises, Focus Sessions or Workouts	Discoveries During Today's Session	How I Integrated Foundation into my Day	Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 1 Date / / 2017	<ul style="list-style-type: none"> Lunge Decompression 3x Supine Decompression 3x Anchored Bridge 2x Decompression Breaths all day 	<ul style="list-style-type: none"> was able to breathe into back of ribcage. Back pain released! Getting better at dorsiflexion 	<ul style="list-style-type: none"> Hip hinging while doing dishes Lunge decompression during conference call 	Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 2 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 3 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 4 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 5 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 6 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10
DAY 7 Date / /				Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10