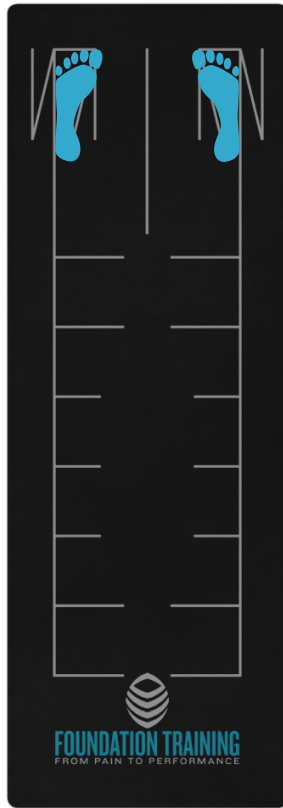


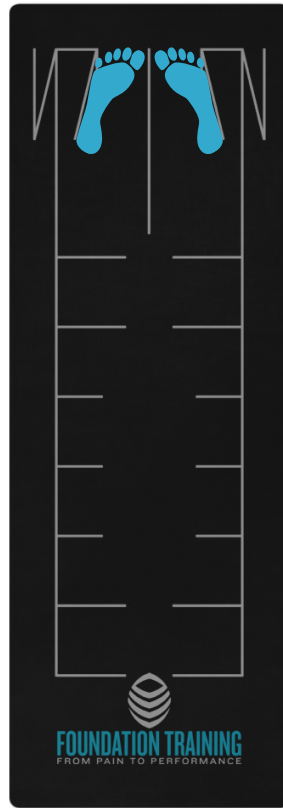
**Narrow Stance**

Standing Decompression,  
 Founder  
 (Outside lines of feet parallel)



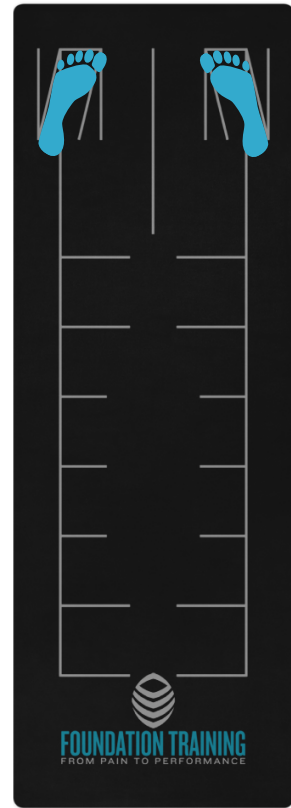
**Hip Distance Stance**

Standing Decompression,  
 Founder  
 (Outside lines of feet parallel)



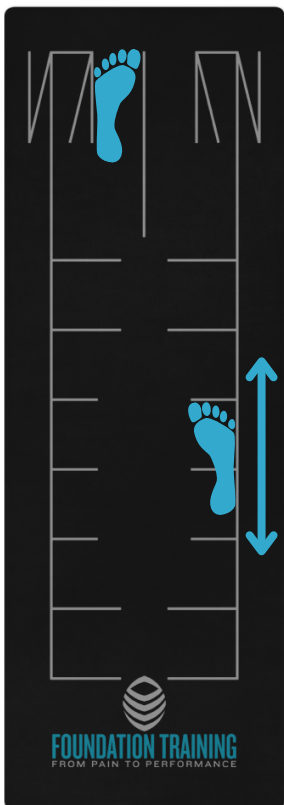
**Internal Rotation Stance**

Standing Decompression,  
 Founder  
 (Feet internally rotated)



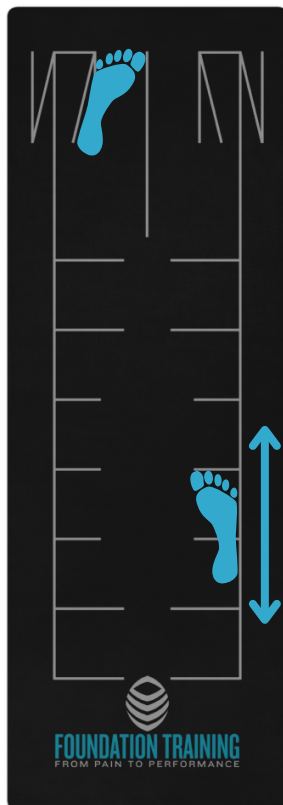
**Wide Internal Rotation Stance**

Standing Decompression,  
 Founder  
 (Feet internally rotated)



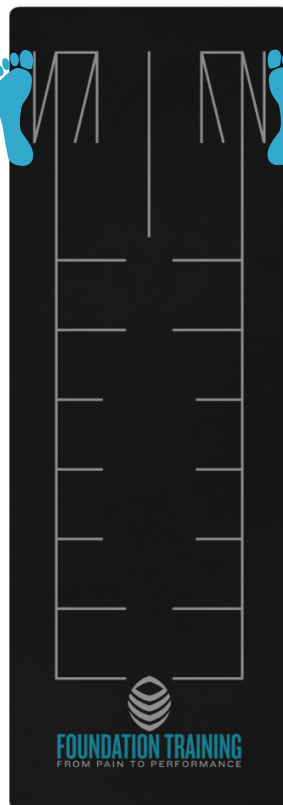
**Lunge Stance**

Lunge Decompression,  
 Woodpeckers, Archers  
 (Outside lines of feet parallel)



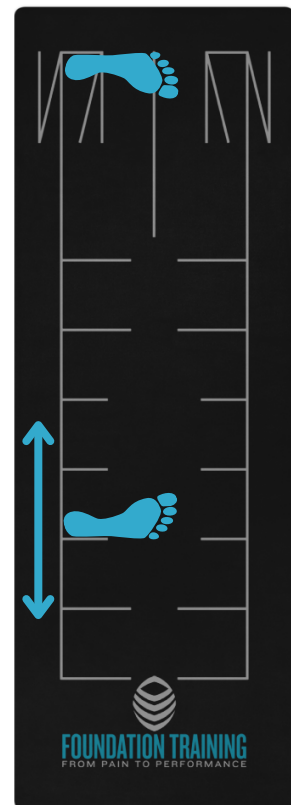
**Internal Rotation Lunge Stance**

Lunge Decompression,  
 Woodpeckers, Archers  
 (Front foot internally rotated)



**External Rotation Stance**

Squat  
 (Inside lines of feet parallel)



**Wide Stance**

Founder, Forward Fold  
 (Outside lines of feet parallel)