



FOREWORD BY LANCE ARMSTRONG

FOUNDATION

REDEFINE YOUR CORE, CONQUER BACK PAIN,
AND MOVE WITH CONFIDENCE

ENHANCED

E-BOOK

DR. ERIC GOODMAN AND PETER PARK



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Dr. Eric Goodman and Peter Park
with Diane Reverand



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Foreword by Lance Armstrong

Fitness off the Bike

When I first came to Peter for help, I had a *lo-o-ong* way to go. I was 2 years into retirement and planned to spend the summer with my family in Santa Barbara. I was overweight from eating chips and burritos, food that was never part of my diet when I was racing. A mutual friend from Texas had introduced us a few years earlier, right after I had finished cancer treatment. I actually had known Peter for years. We would run into each other from time to time when my cycling teams visited the Santa Barbara area for training camps. Since he really knows endurance sports, I trusted him to know what I needed.

We started training together. Peter is one of the fittest people, if not *the* fittest person, I have ever been around. We worked together every day, focusing on the Chicago Marathon. I have to admit that there was a competitive element to the workouts. I did not like it when he could beat me in the gym or running on the trails in Santa Barbara. Lights started going off in my head as I did his unconventional exercises and felt the edge return. At first I thought I would never be able to get to a certain point, but I made constant progress with the workouts. I was amazed at how quickly I got to where I wanted to be. I started looking at the Tour de France.

His workouts were not traditional. I wasn't building strength by using weight machines and doing leg curls and squats. Instead, I was using gravity and body weight to strengthen my real core, the posterior chain of muscles—particularly the glutes and hamstrings—and to create flexibility and strength in my hips and lower back, teaching all of my muscles to work together.

When Peter joined forces with Eric, those exercises became even more targeted and far more powerful. By introducing Foundation training to my strength program, I was able to get back on the bike quickly with the same intensity I am known for. Training for the Tour de France always involves pain. Foundation training let me train hard while feeling great. My work with Peter and Foundation training is what started my comeback and is what will keep me fit off the bike.

Introduction

A Simple Plan

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Video: The Foundation Way [01:14]

We have developed a new way for you to deal with your back pain that goes beyond treating your symptoms. If you have back pain, you want it to stop. You can (and probably have) achieved relief with medication and traditional rehabilitation. But often that approach provides a temporary fix. If you stop taking painkillers, your back will start bothering you again. The beneficial effects of physical therapy and massage last only so long. The reason you relapse is that these remedies don't get to the root of your back pain. Getting to the source of your pain is going to offer you more than a stopgap solution. It will enable you to move again with confidence and power.

It's no secret that our posture, sedentary lifestyle, and bad movement patterns put too much stress on the spine, particularly the lower spine, and the small back muscles. But when we created a program that redefined the core, shifting the emphasis from the abs to the much larger muscles in the back of the body, the result was the first practical solution to this long-standing dilemma. Foundation training is based on the simple but unique idea that strengthening the posterior chain allows the strong muscles in your back to do their job of supporting the weight of the upper body and propelling movement.

We joined forces to develop a series of exercises designed to change destructive movement patterns and build a powerful posterior chain, which begins with a strong lower back. The results we have seen in hundreds of clients have been amazing. Our clients have been transformed by Foundation training, as you will see in the stories they tell throughout the book.

We feel so lucky to be able to make Foundation training available to all of you who are plagued and limited by back pain. We have seen what investing 20 to 40 minutes three times a week can do. The improvements our clients have experienced are so profound that they make Foundation training a way of life, and it has taken them to new levels of fitness. We know the simple exercises presented in this book will do the same for you.

Our goal is to give you three basic workouts of increasing intensity in the cleanest possible way. When we began to think about writing a book, we surveyed what was available. There was so much padding in many of the fitness books we read—entirely too much extraneous information. Your goal is to end your back pain. We want to take you there directly. We would like to see you spending your time doing the workouts and applying your new energy to living well in all aspects of your life.

With Foundation training, you are building a solid muscular base. From there you can go anywhere with flexibility, power, and endurance. Once you learn to move properly, there are few limits to what you can achieve physically. Living without pain will boost your energy level and attitude. So get moving—the right way—and see how much better you will feel.

Eric Goodman and Peter Pa

The Backstory



When we first teamed up, we knew we were onto something that was going to help a lot of people contend with one of the most persistent and difficult-to-answer questions in fitness and health: “How do I get out of pain?”

Our answer—one of the first new ideas to come about in the world of exercise in years—is Foundation training. Since we were offering something completely different, we did not know what to expect, but our simple workout has proven to be more effective than we could have imagined. The extent and speed of the improvements we see in our clients consistently surprise us. We could not have predicted what Foundation training is doing for people of any age at all levels of fitness. Based on the results we’ve seen, our motto has become *from pain to performance*.

Our confidence is confirmed daily by the dramatic changes in the lives of all the clients we are training. People who had tried everything to relieve their back pain began to feel a difference in as little as 2 weeks. Many of our clients had relied on prescription painkillers or over-the-counter remedies several times a day for years. They were happy to throw away those pill bottles and manage their pain with Foundation training. Others wanted to avoid surgery, and some were frustrated that going under the knife ultimately did not solve their back problems. They were so relieved to find that these exercises did more for them than extreme measures. Our success stories range from professional athletes, the likes of NBA legend Derek Fisher and world champion surfer Kelly Slater, to everyday people who come to our weekly classes. We have seen remarkable changes in people from every walk of life. For example:

- After two back surgeries in 2 years, a client in his fifties was still stuck in debilitating back pain. He had almost forgotten what life was like without pain. In just 2 months of Foundation training, his pain was almost gone, and he was able to resume vigorous activities he had long ago given up.
- A mother of two showed no improvement with months of physical therapy after surgery to repair a herniated disc. She made great progress in a few short weeks with Foundation training. She’s such a convert that she invites family and friends to join her one-on-one training sessions.
- Derek Fisher, point guard for the 2010 NBA Champs, the Los Angeles Lakers, had an impressive collection of injuries after 13 years of professional basketball. With Foundation training, he is in the best shape of his life, and he says his body feels better than it did in his early career.
- Pro surfer Kelly Slater used Foundation training to become pain free and powerful while competing for his 10th world championship surfing title.
- A larger-than-life financial genius had been taking powerful prescription painkillers twice a day for 2¹/₂ years after having many surgeries for his knees, back, and neck. After 8 months of Foundation training, he hikes 2 hours a day, paddleboards with his kids, and is completely off painkillers.

Our program produced unprecedented and lasting results. People were stronger, healthier, and feeling better than they ever thought they would again. Foundation training gave them a new quality

life, hope, and the tools to manage their pain and maximize their energy.

~~Our client list has grown exponentially. We never dreamed we would be working with so many influential people, movers and shakers in Hollywood, sports, and the business world. All this buzz, and we don't advertise or actively look for publicity. It has all been through word of mouth. When people break through the barriers that pain has created in their lives—often after years of trying—the want the world to know. Our clients can't seem to stop talking about what Foundation training has done for them.~~

Best of all, we get to write this book and to introduce Foundation training to everyone suffering from back pain who may not be lucky enough to live in Southern California, and that's a staggering number of people. More than 80 percent of the population of the United States and Europe will experience back pain in their lifetimes. It's the most common reason people go to see a doctor, after upper-respiratory infections. Americans spend more than \$50 billion a year on back pain. It does not have to be this way.

Foundation First

Derek Fisher, LA Laker and NBA champion

I search for the best of the best when it comes to my fitness and conditioning. I have always been in great shape and take pride in maintaining a certain level of fitness, but in the time I have been working with Peter Park and Eric Goodman, I have reached a new level of endurance, stamina, and strength. The program pushes me without exhausting me, conditions me, and has completely changed the way my body moves and feels.

Foundation training is designed to strengthen your lower back and posterior chain; alleviate your back pain by correcting mechanical imbalances and weaknesses; and create maximum power, flexibility, and endurance by concentrating on your real core. Foundation training redefines the core, shifting the focus from the abs and the front of the body to the back and the posterior chain. Before we explain in detail what Foundation training does for your body, we want to tell you how we arrived at this change of emphasis.

Foundation Roots

Foundation training initially grew from Eric's experience, his education as a chiropractor, his own back problems, and his work as a trainer. He was an athlete, a personal trainer by age 18, but his movement patterns were all wrong and were actually creating injuries. He started to get back spasms at 19. It was painful for him to get up if he sat for a couple of hours, and he had to strain to stand up straight. The pain became more frequent each year he was in college. What started as discomfort was now creating a real problem. When he was a senior in college, he sat down at his computer to study after a long bike ride, and was gripped with pain that he'd never felt before; it was more severe than anything he'd ever experienced. When he tried to stand, his right leg went weak and just wouldn't work. A sharp pain shot into his spine and down his right leg. He lay down on his back on the floor with no idea of what was wrong. The pain radiated from very low in his back down the back of his right leg. He thought all the sports and exercises he had been doing were benefiting his body, but then he was flat out, unable to move without pain.

X-rays revealed that he had substantial dehydration of the discs and degeneration of the fourth and fifth lumbar vertebrae and the sacrum at the base of the spine. The discs were heavily compressed and severely degenerated. His last two vertebrae were sitting on top of each other. The x-rays showed the wear and tear of a much older spine. He hadn't even made it far into his twenties. His movement was inhibited because the muscles connected to his lower spine could not relax.

As Eric started chiropractic school, the pain persisted and worsened despite the fact that he could not have had better access to treatment. He was trying everything. He was getting adjusted frequently and had regular massages. Though treatments were effective for the short term, the pain always returned. For the next 3 years, there were very few days that he did not have some sort of back pain. He began to understand the ways in which pain can limit your life.

Eric observed that the baseline and plateau set by existing rehabilitation protocols were a bit too low. The fact is that 90 percent of people with back pain symptoms will feel better within 2 months, no matter what treatment is used, but the pain will return. Dealing with his own back problems, Eric found that traditional exercises and treatments seemed to have a ceiling on how much he improved; the results were less than stellar, and they were usually short-lived. It became obvious that the basic protocols and even doctoral-level training were not working for him; he had to believe that they were not working for other people, either. Eric became aware that much of the rehabilitation was based on movement patterns that were incorrect for our bodies. He realized that to stop pain for the long term, a fundamental change in movement had to occur. All the treatments and corrections he had been trying offered only a minimal shift in the mechanics of movement, and without that essential change, he would just keep reinjuring his back. He understood that the reason there is so much back, hip, and knee pain—that the statistics are so off the charts—is because we are loading our bodies incorrectly.

Eric had always been interested in Eastern medicine and philosophy, so he took up yoga to stay flexible and manage his pain. He studied Pilates, which focuses on the deep abdominal muscles and lower back, and modified his resistance training. He began to tweak yoga exercises in an attempt to strain and stress his body in slightly different ways. The exercises used torque and leverage to maximize the amount of tension on his weakest muscles. His goal was to build the deep supporting muscles of his spine. He wanted to concentrate all of the pull on the back side of his body; specifically, on the posterior chain—his neck, back, butt, hamstrings, and heels. With this shift in focus in mind, he developed the exercises of Foundation training, which are based on the essential principle that movement comes from the hip joints, using a braced spine and the posterior chain.

Foundation First

Tony Azevedo, USA water polo team captain, three-time Olympian, and “best athlete in the world 2004”

Ten months of Foundation training was one of the primary driving forces behind our team's winning the silver medal in Beijing in the 2008 Olympics. We were constantly called the strongest team in the water, even though we began the competition ranked number nine in the world.

As Eric experimented with this new movement, his back started getting stronger, and the pain and uncertainty he had lived with for 4 years evaporated in a very short time. He began teaching his ideas to friends and a few patients. Around the same time he was asked to help Dr. Terry Schroeder with the

USA Olympic water polo team as chiropractor and strength coach. Observing injuries the athletes were developing as a result of their demanding sport, Eric started to introduce modifications he was using himself into the team's training. He changed how people did standard exercises like squats and crunches, concentrating on the back of the body instead of the front. He worked with an entire team of Olympic athletes for nearly a year before the 2008 Games in Beijing. The vast majority of those athletes responded extremely well to the changes in their workouts. The team remained injury free while performing at a high level through the months of tough training. Their bodies did not break down. The team exceeded everyone's expectations and went on to take the silver medal. It was one of the success stories of the Olympics. Eric has been fine-tuning the exercises ever since.



Eric moved to Santa Barbara in January 2009 and reached out to the fitness community there to establish himself. Among the people he contacted was a big name in fitness, Peter Park, an elite athlete and one of the most influential trainers in the world. He'd been Lance Armstrong's strength coach for more than 10 years. In his e-mail to Peter, Eric described the success he was having with Foundation training. Peter liked the sound of it. Even with his considerable experience, Peter had never heard of anything like Foundation. The rest is history.

We bounced our training philosophies off each other, and it was evident our ideas complemented each other very well. Eric visited Peter at one of his gyms to demonstrate his new approach. Peter was trying to remedy his own chronic back pain. Just as Eric had done, he was looking for answers and not finding them. We decided to train together for a while.

Peter didn't have any real injuries, but he was training at least 5 hours a day, which put a tremendous load on his joints. Over time, his movement patterns and the repeated stresses to his joints led to muscular imbalances. The pain he was experiencing was his body's way of warning, "Something's not right here. You need to change something."

We started with the basics. Peter was amazed by the results he experienced within a week or two

His body felt different—much more powerful. He noticed while running and biking that his back pain was diminished, and soon it disappeared. One of the best-trained athletes in the world had experienced a fundamental change in his movement patterns. He came to understand that the movements he had been working on for years and years just did not work. With the corrections provided by Foundation training, he found that his back and knees were hurting significantly less and the range of motion in his shoulders increased considerably. He became a different athlete after a few months of training.

Convinced that by combining forces we could really help people, we decided to partner up. Together, we have refined Foundation training with the goal of helping everyone at all levels of fitness to break through pain and exercise more effectively. Eric's focus is on fundamental movement patterns and building the initial strength needed to go forward. Peter works with clients to reinforce that strength and those movement patterns, bringing our clients to a pinnacle of fitness. Foundation training not only reduces pain but also opens a road map to fitness, giving people the tools to go wherever they want to go with assurance.

There is a reason we call it Foundation training. Learning these exercises will give you a strong structural foundation on which you can build, a baseline for any sport or exercise program. If you can create perfect movement for your body, everything else becomes so easy to do. With Foundation training at the center, you can branch out to whatever physical activity interests you—yoga, Pilates, P90X, weight lifting, tennis, golf, etc.

Our partnership has been 100 percent driven by results. Give us 2 weeks and you will notice a substantial difference in how you move. We are confident in saying this because we have seen these exercises work for so many people. We have helped young athletes, ages 13 to 15, whose parents had tried everything else to help their children resolve their back pain. Foundation training has allowed those young athletes to pursue their passion. We work with postsurgical clients in their forties, fifties and sixties to bring them back to full mobility and an active life, and we have been able to steer many clients away from surgery and toward taking control of their pain, a fringe benefit of strengthening their backs. Peter even has two clients in their late eighties who continue to run and play tennis, doing what they've done their entire lives.

With this book, we want to reach beyond our immediate community to make Foundation available to people who need it—including many of you who are on your last nerve of chronic pain. Back pain is a barrier for millions of people, interfering with their health, happiness, and enjoyment of life. People come to us fed up with living in constant pain. After they incorporate the simple movements of Foundation training into their lives, it's not just their backs that feel better. They open up to a different idea of what their lives can be. They gain insight into how stressful the pain has been affecting their moods and energy levels. Accustomed to being limited by pain, they are now energized by the realization that they can get out and do things without anxiety about further injuring themselves and bringing on more pain. They can once again enjoy their partners and kids as well as their own bodies. We have witnessed this transformation repeatedly. We want to give you our solution for back pain and help you accomplish powerful changes in your body and your life.

Foundation is a complete user's guide for the back and for your whole body. We want you to understand the central role your back plays in every move you make. Doing Foundation exercises just three times a week can significantly reduce the pain that has been dragging you down and inspire you to take control of your own wellness. We have designed a program of three workouts to be done progressively over 6 weeks. The workouts correspond to different levels of back pain and rehabilitation as well as difficulty: a basic workout for acute back pain, a moderate workout for chronic pain, and a more intense workout for prevention and strengthening during pain-free periods. As you cycle through the three levels, devoting 2 weeks to each level, you will not only reduce your pain but also feel stronger in everything you do. There is a bonus chapter of exercises for added

flexibility, targeting tightness and pain in the hips, pelvis, and upper legs, a direct result of all the time people spend sitting.

The success of Foundation training is all in the results we see every day. Throughout the book, you'll read about what Foundation training has done for our clients. Their words are the best proof that this new approach to exercise works. Foundation training has reduced the pain and improved the fitness of every client we've worked with to date. We hope to count you as one of the growing number of people who have learned to manage their pain and raise their level of fitness with Foundation training.

Commit to doing these simple, equipment-free workouts three times a week and see how you feel. The only way you will know how effective these workouts are is to try them. You can do them anywhere, anytime. Don't wait. Start today.

Redefining the Core



Most people have degeneration in their spines, but only some people are symptomatic, meaning they experience spasms and back pain. People are not aware of herniated discs and degeneration until the nerves in that area get inflamed. You know what we're talking about—it has happened to you or someone you know. Your back suddenly “goes out,” and you are in excruciating pain with an acute condition that sends you to a doctor.

When you first learned that you had a herniated disc, you may have assumed that you did something that injured that part of your spine, but the degenerative process probably had been going on for years. The problem had been building because of repetitive, mechanical stress on your spine. When most people move, every movement they make—forward bending, side bending, and each step—uses the wrong muscles and contributes to degeneration of the joints and spine. Acute pain will disappear for a time after traditional therapies, but if you do not change your movement patterns, the injuries will progress and low-grade inflammation will persist, resulting in chronic, nagging pain that restricts your activity and creates barriers in your life.

With Foundation training, we do not treat injuries. We teach your body, training it to move effectively, powerfully, and in balance so that injuries due to mechanical imbalances and weaknesses fall by the wayside. Conventional medicine, rehabilitation, and training address only the manifestations of the problem. Taking painkillers is like putting a Band-Aid over the problem: Rather than getting to what is *causing* the pain, you are just trying to stop it. You can get a cortisone shot in your tennis elbow, and you might have relief for a few months. Sooner or later that pain will return, however, because you have not addressed what creates the pain. Our goal is to get to the root of the problem. We have found that if you change the way you move, your pain will evaporate. We created Foundation training to correct damaging movement patterns and strengthen the muscles that keep your back stable.

Foundation First Back to His Old Self

When my husband, Ben, began Foundation training just a few years ago, his back pain was excruciating and his spirits were very low. All this was taking its toll on him and everyone around him. His pain was destructive to our family life.

Ben had suffered with debilitating back pain for more than 2 years. The simplest movement was impossible. The constant pain was diminishing him and causing him to wither under the agony. The suffering was written on his face. As each day passed, he was able to do less and less, which sunk his spirits to new lows. He was no longer able to enjoy our active family lifestyle. Many times he was in too much pain to participate in the activities we had planned. Darkness had come over our family. It was miserable.

Then we moved to Santa Barbara and discovered Foundation training. Within a very short time, I saw my husband smile again. The pained look on his face began to fade; he stopped taking megadoses of pain pills. He eventually discontinued even over-the-counter medicine. Soon we were taking walks on the beach, and, to my amazement, he progressed quickly to hiking trails with steep terrain. Our two sons, ages 9 and 14, had their father back. The dark cloud lifted, and the light brightened family life again. Foundation training gave us a modern-day miracle. Ben is doing great; he is pain free. Health is wealth, and we are joyful to have Ben back.

Here's where redefining the core comes in.

The notion that your abdomen is the core of your body is dated. No matter what the problem, conventional wisdom says to strengthen your core: "You have to do situps; you have to do knee raises. And don't forget the crunches." The abs you see in the mirror—that six-pack everyone wants—may look good, but they have little to do with stability and movement. Traditional exercises used for rehabilitation hardly affect the spine. The thinking goes that you have to strengthen your abs to take some pressure off your spine. The truth is that focusing on your abs can actually weaken the back muscles that support and move your spine.

Muscle groups work in a balanced way. When one group fires, the other relaxes. If you bend forward, your back muscles lengthen and your abs contract. If you lean back from your waist or move your torso from side to side, your hip and abdominal muscles have to lengthen as your back muscles contract. All the muscles of the lower spine are constantly firing to maintain proper alignment of the vertebrae. The contraction of the ab muscles puts them under additional stress. When those muscles become fatigued or are subject to excess pressure, the result is back pain.

Foundation training makes conventional "core training" a thing of the past. Your abs are secondary to the back of your body. Foundation training shifts the emphasis to the back and the posterior chain, the deep supporting muscles that affect every movement you make. The butt, hip, hamstring, back, and spine muscles are meant to generate more force than any other part of your body. We believe that for every exercise you do for the front of your body, you should do at least four for the back, because those muscles will provide you with powerful, pain-free movement.

The Spiderweb Theory

When a force is exerted on your core, it is felt throughout the entire body, just as every strand of a spiderweb responds to a touch on a single strand. Though it will not be as powerful or concentrated as where the initial force was made, the movement does affect the rest of the body. By strengthening the real core—which is, for us, the posterior chain—you will create a tangential impact in the movement of all the surrounding tissue, including your extremities.

Our hips are designed to be our central fulcrum, yet the way we live today restricts our natural movement by using the lower spine as our main mover. In the past, much of a person's time was spent in an upright position. Before industrialization, work was much more physical. Whether tending crops, hanging laundry, or kneading dough, we were putting variable pressures on the spine, which moved in all planes of motion. Today we drive everywhere; we sit at desks or conference tables at work; we spend the evenings in chairs watching TV, reading, or staring at computer screens. Our spines do not experience changes of position and stress. The stress on the spine is constant when we subject it to long periods of flexion or forward bending. These postures use the fragile lower back as the fulcrum and put a lot of pressure on that problem spot.

Our sedentary lifestyle is one reason back tightness and pain are so prevalent today. Not only

does sitting for extended periods increase the pressure on your lower back, but a sedentary lifestyle can affect your circulation, depleting the back muscles of oxygen. After sitting at a computer for hours without moving, your muscles may suffer from oxygen deprivation. They will seize up, contracting dramatically. The result is a painful back spasm.



Wrong Movement Pattern—Flexed Spine

All that time hunched in our cars and at our desks means that we spend much of our lives internally rotated—otherwise known as the computer syndrome—which is only exacerbated by all those crunches. How often do you find yourself standing with your neck forward, your shoulders slightly hunched, and your weight shifted forward over your toes? That rotation is reinforced when we sit as much as we do and work out with faulty movement patterns.

When the muscles in the front of your body contract, they pull your lower spine forward. In order to do their job keeping the spine aligned, your spinal muscles have to pull back. Internal rotation produces tension in the muscles at the back of your body. Your hamstrings, upper and lower back, and neck all stay tight, and that means overtaxed muscles and back pain. Working that hard can fatigue those muscles and create a back spasm. Instead of tightening the abdominal muscles, you need to relax them to reduce the pressure on your back. Bad posture and spending too much time immobile, either standing or sitting, mean that the forces of gravity are not evenly distributed on the muscles, ligaments, and bones of your spine, causing problems to develop.

When your spine is flexed or bent forward for long periods of time, you are stressing all the spinal structures, including the joints, ligaments, and muscles. Eventually, your body adapts to these stresses, resulting in the loss of mobility in your joints, degeneration in your joints, and changes in your discs.

Effortless Good Posture

Nothing makes you look more confident, fit, and energetic than good posture. When your back is straight and you hold your head high, you look as if you are ready for anything. When you slouch, with your chest concave and your shoulders up to your ears, you look stressed and negative. You don't want to send that message.

The good news is that the most visible benefit of Foundation training is terrific posture—and you won't even have to think about it. When your spine is properly braced, your shoulders are automatically back, your chest is high as your spine curves naturally, and your movement originates in your hips.

Once you integrate Foundation exercises into your life, you won't have to think about posture, but here's a tip to start: If you want to improve your posture, pull your shoulder blades down, rather than back, to accentuate the natural curve of your

Most exercise and rehabilitation programs are based on the idea that the spine is meant to flex. A healthy spine is able to move fluidly through a full range of motion, but the spine is not supposed to be extremely flexible. The spine is your body's center of stability, and the muscles surrounding your spine are your primary stabilizers. When the spine is braced as you hinge at the hip joints, you strengthen the hips, the hamstrings, the lower and upper back muscles—the entire powerful posterior chain. Movement originates in your pelvis, hips, and hip joints. Your glutes should be used as propelling muscles that help move your body forward.

Foundation training will teach you to move the way your body is meant to move. We are talking about primitive movement patterns. Think of how a four-legged animal moves. It pushes off from its hind legs. An animal digs what would be its back heels into the ground to propel itself forward. The spine stays rigid, and movement originates in the hips and hamstrings. If an animal tried to move from its belly, it would end up curled in a ball. Our bodies evolved to be upright, but the joint lines are still that of four-legged animals.



Extended Spine

If you watch a young child squat to the ground, the butt sticks out, the back stays completely straight, and the head stays up. This is a perfect anatomical movement pattern.

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