



Redefine your core • Conquer back pain
Move with confidence

What is it?

Foundation Training is a series of exercises based on integrating the muscle chains of the body. If you have a human body you are designed to do these movements. Awakening this innate potential through simple positions and movements, untapped power and strength become your new natural state.

Who can benefit from Foundation Training?

- ⇒ People **with** back pain.
- ⇒ People **without** back pain.
- ⇒ People who **never** want to have back pain.
- ⇒ People who **sit** a lot.
- ⇒ People who **stand** a lot.
- ⇒ People who **workout** or **play sports**.
- ⇒ People who **don't workout** or **play sports**.
- ⇒ **ANYBODY** who simply wants to move and feel better.

"Dr. Eric Goodman has developed the unthinkable - one single set of exercises that quickly, almost miraculously, create profound muscle strength and flexibility at the same time in just the areas we are weakest and tightest from our modern lifestyle habits. Foundation Training is like powerlifting or Olympic weight training for your deep postural muscles."

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Why Foundation Training?

There are many wonderful programs out there for back pain. Many of them are very good at relieving pain, short term, and most in a rather passive way. Foundation Training does is different from anything else because it empowers people to actively get and keep themselves out of pain.

By integrating complete muscle chains and activating muscles that are often dormant due to our modern lifestyles, Foundation Training truly helps to re-establish your body's natural movement patterns. By awakening these dormant neuromuscular pathways in an active and challenging way, you are training your body to move more efficiently in everything that you do, therefore preventing further pain cycles. Many of the passive back pain postures are wonderful for breaking pain cycles but do not truly address and change the imbalanced movement patterns that are the cause of the problems, as Foundation Training does.

Once you begin to apply these movements properly, you will engage more muscles in every step you take, sport you play, and exercise you choose to do. You will reach new heights in physical health and improve control of your body.

Call today to schedule an introductory session and put your pain in the past!

Julie Yenor
Certified Foundation Training Instructor

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Serving the Greater Amarillo and Canyon areas.

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