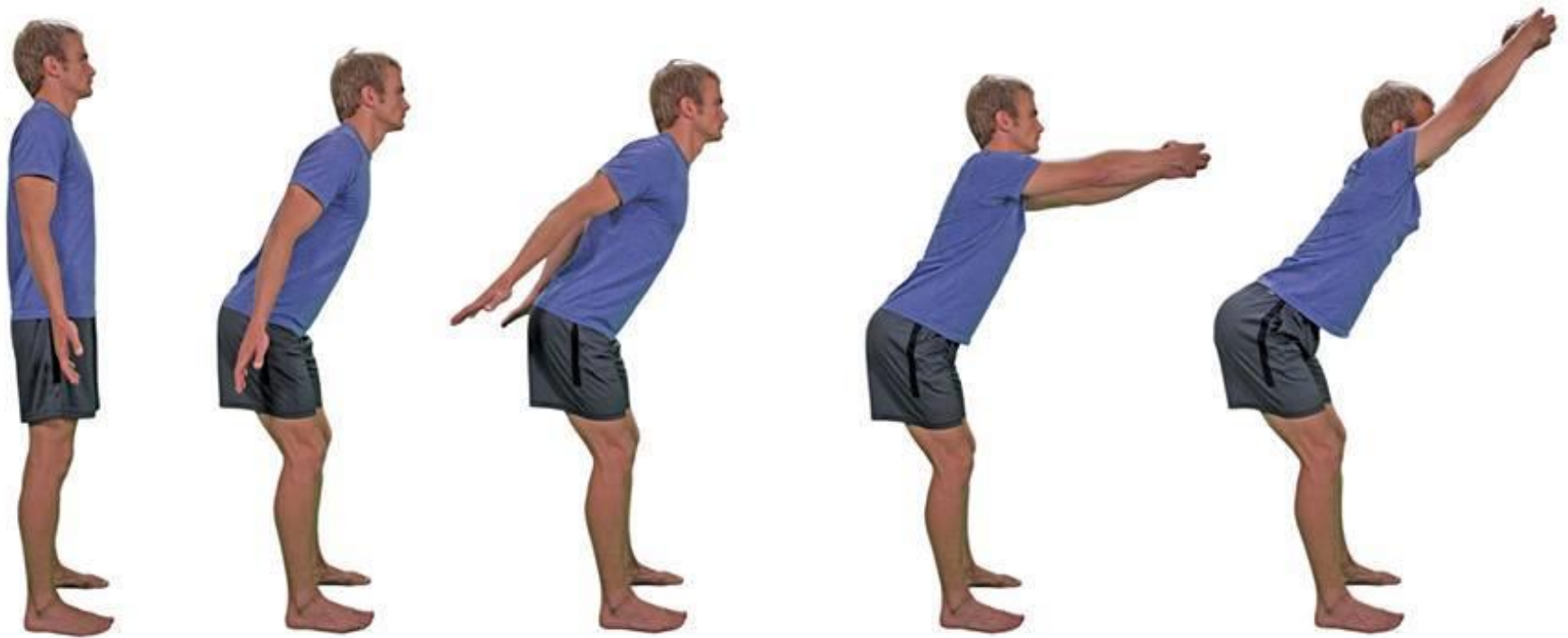


FOUNDER

1. Stand with your feet hip-distance apart and your weight on your heels.
2. Let your knees unlock and pull your hips back as you push your chest forward.
3. Without moving your feet, pull your heels together to activate your adductor muscles.
4. You should feel tension in your low back, adductors, glutes and hamstrings; these muscles let you know your Posterior Chain is active.



1. Chest is high with arms back and your thumbs out to the side, shoulders pulling back and down. Hold for 15 seconds.

2. Bring your arms out in front as you pull your hips away from your ankles. Hold for 15 seconds.

3. Bring your arms all the way up as you lift your chest slightly higher. Hold for 15 seconds.