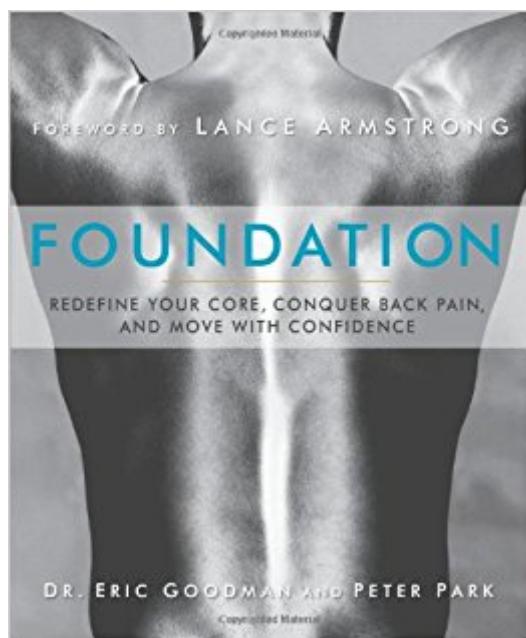


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# Foundation: Redefine Your Core, Conquer Back Pain, And Move With Confidence



## Synopsis

RADICALLY REDEFINE YOUR COREFoundation by Dr. Eric Goodman and Peter Park shifts the training focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility, and endurance and say goodbye to back pain.

## Book Information

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## Customer Reviews

“I thought my lower back would be my Achilles’ heel forever. Foundation training took that thought out of the equation. I feel strong and flexible, and my posture is better than it has ever been. This stuff is just plain good for you.”  
—Matthew McConaughey, actor  
“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.”  
—Derek Fisher, LA Laker and NBA champion  
“I am fortunate enough to represent some of the world’s greatest athletes, and after working with Peter and Eric for the last two years, I am starting to feel as strong as one! The core principles of this book have made me stronger and fitter than I ever imagined possible, and I intend to make them a part of my daily routine for many years to come.”  
—Casey Wasserman, chairman and CEO of Wasserman Media Group

DR. ERIC GOODMAN earned a doctor of chiropractic degree after undergraduate study in physiology and nutrition. He developed an innovative approach to human performance and movement in his work training elite athletes. PETER PARK, Lance Armstrong's strength and conditioning coach and one of the top trainers in the country, owns Platinum Fitness gyms. A professional triathlete and ultrarunner, he has won two World's Toughest Triathlon titles and five top-10 finishes in Ironman competitions.

I purchased the Foundation book to see if I could relieve my back pain where other methods hadn't worked. Some background. I'm 52, active, and am in relatively good shape. (I also like long walks on the beach and drinking red wine. Oops, wrong web site.) Two years ago almost overnight I began having chronic lower back pain, which means I was in pain or discomfort 24/7. For over a year I tried cortisone shots, working with a massage therapist and sports chiropractor, going to 3 different medical doctors, etc. Nothing helped the problem. An MRI showed I'd degenerative discs. In total I spent several thousand dollars trying to recover including a new mattress, desk chair for posture, and other devices and gizmos. The upshot is this: I didn't have any success in relieving my lower back pain using non-exercise methods. (Although I did go to physical therapy, it was a huge disappointment. The exercises were so tame I didn't really get any benefit.) Several months ago I began researching exercises to cure back pain and came across Foundation. I did a fair amount of research on it including reading 80% of the reviews on the book. I'm going to repeat several things from those other reviews. The most important point is to make sure to watch online videos of Dr. Eric Goodman showing the Foundation exercises. You will get a much better idea of correct form. The video I found especially helpful was of Dr. Goodman showing Dr. Mercola how to do the basic exercises. One of the negatives of the book is it doesn't show alternative techniques if you're experiencing back pain for a particular exercise. The videos will occasionally show these alternates. The book takes you through a six week training regimen. The first two weeks introduces the basic exercises of Foundation and concentrates on fixing acute pain (reoccurring pain); the second two weeks is to fix chronic pain (pain all the time, which is what I have); and the last two weeks on exercises to strengthen the core and prevent future back pain. The basic idea of Foundation I believe is to both strengthen the back and stretch different muscle groups. I kept a diary of my progress and thought it might benefit people to know my results over time. On a side note, I should mention I was very dedicated to the program and went beyond what was suggested. I would do the Foundation workouts between 4 to 6 times a week and would hold the poses 30 seconds instead of the 15 to 20 as they state in the book. (After six weeks I started

alternating Foundation every other day with core exercises, which mainly consisted of planks.) For the first three days of starting Foundation I concentrated on making sure I was doing the exercises with the proper form. That meant before each exercise I'd study what it said in the book, watch Youtube videos, and then perform the exercise. It took me about a week to get comfortable with the positions. Are the exercises easy to perform? I found them initially uncomfortable because they are poses I hadn't done before. You will definitely work up a sweat holding the positions. I don't think you need to be an athlete, but if you've never worked out, you might not like Foundation at first. Stick with it though. After only a little time you'll get comfortable with the exercises and the results are worth it. Even after two weeks, I still wasn't convinced I was making progress. I felt less stiff in my lower back but my pain level remained the same. It wasn't until the start of the third week that I really could tell that my back pain was slightly better. It wasn't much of an improvement but an improvement nonetheless. Before Foundation if I did yard work for 15 minutes, this translated into several days of a fairly bad back pain. By the fifth week of Foundation I could work in the yard 15 minutes and only have bad back pain the next day. This might sound minor or not worth using Foundation to some people, but to me it was a huge improvement. It also let me know that I was making significant progress using Foundation. By the fourth month I felt like I'd reached a plateau and wasn't noticing any more improvement. However, I was really doing well as compared to before I started doing Foundation. Now I'd wake up in the morning with the usual amount of back pain but by lunch feel fairly good. By evening I wouldn't really feel any back pain. This still wasn't where I wanted to be because I was looking for more dramatic improvement (to reset the clock to the months before my back pain even began). It was during this fourth month I decided to take a yoga class. I experienced slight back pain during the class, but when I woke up the next day I felt really good. I started incorporating yoga into my Foundation workouts and the results have been amazing. A lot of mornings I wake up without back any pain. This is a novelty to me. Morning back pain has been a part of my life for almost two years. I think yoga and Foundation are complimentary. I would suggest doing what I did: start with Foundation and if that doesn't fix your problem, consider adding yoga to your routines. I don't think I could've even done yoga before I started Foundation. It would've been too painful, and I suspect I might've injured myself. Foundation gave me the basis to move on to yoga. Two final notes: First, if you're considering either the DVD or the book on Foundation, definitely get the book. Maybe get the DVD later for additional exercises, but from a beginners standpoint the book is much better. I can't stress this enough. Second, consider adding the bird dog exercise into your routine with progressively higher ankle weights. The book The Multifidus Back Pain Solution book by Jim Johnson makes a strong case that this exercise can

be one of the best to fix lower back pain. To conclude, I highly recommend Foundation to anybody experiencing lower back pain.

I ruptured a disk and had surgery 20 years ago. I am now 43 and I've struggled with nagging pain for the last 15 years. I decided to give up golf and get into motorcycles 12 years ago in order to save my back. As I got older the back got worse. A poker friend of mine named B.A. recommended this book to me and I bought it the next day, but never opened it. Over time it got to the point where I was ready to have another surgery. The pain was starting in the groin area, downward across the top of the left thigh, over the knee, into the ankle and all the way to my big toe. It was a burning, electric sharp pain that prevented me from walking one block without having to stop for a moment. I decided to set up a consultation with a neurosurgeon but the soonest I could see him was 2 weeks. I decided to give the book a try. Within 1 week most of the pain was gone. I cancelled my consultation and continued to use the book. Crazy thing is, I have only done the first set of exercises and stretching. That's all I needed to alleviate the pain. I've been using the book for 1.5 years now and still only do the first exercises and stretches. I am now playing golf 2-3 times a week, feeling stronger during each round and less fatigued after each round. My issue now? I have two expensive summer time hobbies in motorcycles and golf. I have recommended this book to family members and friends and each have told me how much it helped them. Every time I see my poker friend B. A., I thank for recommending Foundation to me. It was a lifestyle saver and kept me from going under the knife....again

Everybody is always saying strengthen your abs. Well I have very strong abs and I still have back pain. Well that is because abs are only one side of the body, and they pull you forward. Well there are major muscles in your lower and upper back, that are the opposing muscles to keep you in balance. The Foundation is so simple and easy to do. Key word is do. Buying it and doing it once is a waste of money and time. I am next to pain free now. Any time my back makes noise I just quickly do the basic pose, and my back quits bugging me. WOW!!! Granted I do the foundation every morning before I do any activities of the day. Example like right before 1st cup of coffee or right after 1st cup of coffee. and when ever else I squeeze it in. What's great I don't stretch the screaming back anymore, and 2 minutes latter the back is screaming at me to get off my feet. I now have freedom from nagging back pain. Abundant Love & Blessings

I could spend hours telling you how amazing this book and foundation training truly is, it has

changed my life in a significant way. This was the best way for me to understand not only the videos that were online but also how to properly have the right form to get the most out of the exercises. The book is beautifully done, and is very informative and understanding what foundation training is all about, not just the exercises. As a CrossFit instructor, I have been using foundation training to get people young and old to understand this concept and how to apply it to their bodies and I have had an incredible amount of success in getting people engaged in watching what Dr. Goodman is doing and also reading the book as a great supplement to understanding the whole Idea. I might be only 35 years old but I can tell you that this is going to be a part of what I do for the rest of my life to maintain good health and overall fitness as I get older. A very sincere thank you from just another success story, I wouldn't be where i am at now without it!

I like most anything that Dr. Goodman does. This is a good book, but if I were you, I would buy his newer videos and pass on the book. The videos are easier to follow and the small tweaks in the exercises make a big difference.

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