






Exercise Videos


- 1  **Powerful Posture and Pain Relief: 12 minutes of Foundation Training**
Foundation Training
<https://youtu.be/4BOTvaRaDjl>


- 2  **Powerful Posture with Foundation Training: Prone Decompression**
Foundation Training
https://youtu.be/vmhu-yZGY_A

- 3  **Powerful Posture from Foundation Training in this 60sec Founder Tutorial**
Foundation Training
<https://youtu.be/Kp84tCkNiFg>

- 4  **Better Posture in 4 minutes: Dr. Eric Goodman shares 3 simple Foundation Training exercises.**
Foundation Training
<https://youtu.be/vOgxWp0Wyil>

- 5  **Back pain relief, right now, with Dr. Eric Goodman and Foundation Training**
Foundation Training
<https://youtu.be/B8WpmEWtwu0>

- 6  **Dr. Mercola Interviews Dr. Eric Goodman About Foundation Training**
Mercola
<https://youtu.be/Bsbz8qxPGNs>

- 7  **Foundation training - founder, good morning, windmill, woodpecker**
Gordon Carrie
<https://youtu.be/b9AGjReS444>



More Low Back Pain Relief exercise:

https://www.youtube.com/results?search_query=Low+Back+Pain+Relief+exercises