Foundation Training Fundamentals

A printable introduction to the core body-weight movements, from Colin Tenove.

Why Foundation Training

Foundation Training uses simple body-weight positions to strengthen the back of the body, improve posture, and help you move with more confidence. You learn the positions with Colin, then practise them at home between visits.

Three movements to start with

- **The Founder.** A hip-hinge position that teaches the posterior chain to work together.
- **Standing Decompression.** Lengthens the spine and relieves everyday compression.
- **Anchored Standing.** Builds the foundation of balance and posture for daily movement.

A simple weekly rhythm

Aim for three short practice sessions a week, five to ten minutes each. Consistency matters more than duration — a little, often, is how lasting change happens.

This is a demo document for website preview purposes. The final take-home guide will include step-by-step photos, cues reviewed by Colin, and a printable weekly tracker.