



# Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence

*Eric Goodman, Peter Park*

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RADICALLY REDEFINE YOUR CORE

Foundation 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.

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