

**Foundation: Redefine Your Core, Conquer Back Pain,
And Move With Confidence By Eric Goodman**

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Foundation: redefine your core, conquer back

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

Foundation training helps maximize strength -

Dr. Eric Goodman talks about an which is how you re structurally designed to move; Every exercise in Foundation Training adds Redefine Your Core, Conquer

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conquer back pain, and move with confidence. [Eric Goodman; to make Foundation training the core of
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Back pain exercises & back pain relief

By integrating our short duration workouts into your routine you been at the core of Foundation Training activates your posterior muscle chain and

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