

# ATLAS Workout Manual - Module 2

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In this module we will cover the new exercises that will give you a foundation for the training sessions you are going to have later in the second half of ATLAS. The following plan consists of 5 workouts that you should do at least 2 times. So you will have a lot of movement coming up over the next few days. As mentioned in Module 1 it is still one of the top priorities to not work through pain and to execute the certain exercises as good as possible.

With some more workouts coming up make sure you schedule them properly. All of them are doable within 20 to 25 minutes and you can do them anywhere without specific warm-up. You will only need some space to move, a massage ball, a wall and probably some objects to increase the height of your heels in the deep squat.

## WORKOUT 1

2 minutes on the floor while concentrating on your **Breathing**. Try to breath into your chest for the first minute and then switch into belly breathing for the second minute.

1 minute of **Core Activation** straight afterwards.

3x 5 repetitions of the **Gray Cook Bridge**.

1 minute of **Single Leg Stance** on each side. Make sure to stabilize your foot and feel the points of contact.

1 minute of **Hip Opener** on each side. Focus on doing the movement slowly to get to only 5 or less repetitions until time expires.

90 seconds of **Hip Flexor Stretch** on each side.

3 minutes of **Foot Massage** with a ball of your choice.

Total time ca. 18 minutes

## WORKOUT 2

3 minutes on the floor on your belly while focusing on **Breathing**. Try to breath deeply into your belly. If being on the floor on your belly causes pain just lay down on your back as always.

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1 minute of **Hip Opener** on each side.

3 minutes total time in a **Deep Squat** with a regression that is good for you regarding your personal squat ability. You are free to divide the time into 3 sets of 1 minute for example or any other partition you want.

90 seconds of **Foot Gripping** on each side.

1 minute of **Hip Rotation** on each side. Switch directions as often as you want.

2 minutes of **Spinal Circles**. Switch directions as often as you want.

2 minutes of **Glute Muscle Massage** on each side with a ball. Choose some spots within those muscles that feel more tight.

1 minute of **QL Stretch** on each side.

Total time ca. 25 minutes

## WORKOUT 3

1 minute on your back while concentrating on your **Breathing**. Stay there for 2 more minutes of **Core Activation** straight afterwards.

4 minutes in a **Deep Squat** with a regression that is good for you regarding your personal squat ability. You are free to divide the time into as many sets as you need.

1 minute of **Spinal Waves**.

90 seconds of **Single Leg Stance** on each side.

90 seconds of **Hip Flexor Stretch** on each side.

2 minutes of **QL Massage** on each side with a ball of choice.

Total time ca. 20 minutes

## WORKOUT 4

4 minutes of lying on the floor while focusing on your **Breathing**. Try to breathe in deeply and without trying to change or control your natural rhythm. Breathe into your belly 4 times and then into your chest 4 times. Keep continuing with that rhythm until the 4 minutes expired.

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2 minutes of **Foot Gripping** and **Foot Arching** on each side alternating between both exercises up to your preference.

1 minute of **Single Leg Stance** on each side. Try to feel into your feet after the previous exercise. Which muscles worked and activated most during the process?

1 minute of **Core Activation**.

1 minute of **Spinal Circles** in each direction.

90 seconds of **QL Stretch** on each side.

2 minutes of **Glute Muscle Massage** on each side with a ball.

Total time ca. 22 minutes

## WORKOUT 5

3 minutes of lying on the floor while focusing on your **Breathing**. Try to breathe in deeply and without trying to change or control your natural rhythm. Count from 1 to 5 while breathing in, hold your breath while counting to 2 and breathe out from 1 to 5 again. Wait individually (without counting) until you feel the urge to breathe again and then repeat. You can adjust the numbers if you feel uncomfortable.

1 minute of **Spinal Waves**.

5 minutes in a **Deep Squat** with a regression that is good for you regarding your personal squat ability. You are free to divide the time into as many sets as you need.

3x 6 repetitions of the **Gray Cook Bridge**.

90 seconds of **Hip Opener** on each side.

1 minute of **Single Leg Stance** while doing the **Foot Arching** on each side. If it's hard to stay balanced, hold on to something.

1 minute of **Single Leg Stance** while doing the **Foot Gripping** on each side. If it's hard to stay balanced, hold on to something.

90 seconds of **Hip Flexor Stretch** on each side.

4 minutes of **Foot Massage** with a ball of your choice.

Total time ca. 27 minutes