

ATLAS Workout Manual – Module 3

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In the third module of ATLAS you will go through slightly longer workouts around 30–40 minutes. They will be physically more demanding while still requiring minimal equipment. Don't forget to note down your exercises into your training diary and to also take notes on your feelings and monitor your progress. The more you writing down, the better you can analyze in the end. That will give you a wonderful insight on where your weaknesses are and what you can focus more on in the next weeks.

WORKOUT 1

2 minutes of **Core Activation**. Make sure that you feel the abdominal muscles working.

3x 5 reps of the **Gray Cook Bridge** on each side.

2 minutes of **Foot Gripping** on each side.

1 minute of **Spinal Circles** in each direction (= 2 minutes total).

3 sets of 8 **Hip Hinges**, immediately followed by 8 **Toe Touches**.

1 minute of **Shoulder Circles** on each arm. Switch direction, movement and tempo on your own choice.

3 sets of 10 reps of the **Standing Scale** alternating between both legs (= total of 5 reps on the right leg and 5 reps on the left leg).

5 sets of 5 **Box Jumps** on a stable surface that is absolutely safe for you to do, matching your personal jumping ability.

2 sets of **Iso Lunge** on each side. Choose a time that suits you between 10 and 45 seconds. Make sure to contract your front hip flexors and hamstrings and your rear glutes and quads.

2 sets of the **Plank Hold**. Choose a time that suits you between 15 and 60 seconds.

1 minute of the **Piriformis Stretch** on each side.

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

Total time ca. 35 minutes

WORKOUT 2

2 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.

2 minutes of **Spinal Waves**.

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

5 minutes of 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 **Foot Arching** on each side.

10 to 20 meters of the **Barefoot Series** with 4 Exercises. Tip-Toe-Walk, Heel Walk, Inside Edge Walk and Outside Edge Walk.

2 sets of 10 **Hip Hinges**.

2 sets of 10 **Toe Touches**.

1 minute of **Shoulder Dislocation** with a stick or a resistance band/towel/sweatshirt.

2 sets of the **Iso Squat**. Choose a time that suits you between 10 and 45 seconds.

3 sets of the **Plank Hold**. Choose a time that suits you between 15 and 60 seconds.

1 minute of a **Shoulder Stretch** at the wall on each side.

Total time ca. 35 minutes

WORKOUT 3

2 minutes of **Core Activation**. Try to breathe more “deeply” than normal while keeping the abdominal muscles slightly flexed is still a top priority.

90 seconds of **Spinal Circles**. Switch direction randomly.

1 minute of **Foot Arching**. If you can feel progress in this exercise try to walk a few steps while arching the foot.

1 minute of **Hip Rotation** on each side. Switch direction randomly.

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2 minutes of **Single Leg Stance** on each side. Feel free to move around small objects with your free foot to add some challenge and randomness to this exercise.

5 sets of 5 **Hip Hinges**, immediately followed by 5 **Toe Touches**.

1 minute of **Shoulder Circles** on each arm.

4 sets of 6 reps of the **Standing Scale** alternating between both legs (= total of 3 reps on the right leg and 3 reps on the left leg).

3 sets of 5 **Single Leg Box Jumps** on a stable surface that is absolutely safe for you to do, matching your personal jumping ability.

2 sets of the **Rear Leg Elevated Iso Lunge** on each side. Choose a time that suits you between 10 and 45 seconds.

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

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

Total time ca. 40 minutes

WORKOUT 4

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. Breathe into your belly 2 times and then into your chest 2 times. Keep continuing with that rhythm until the 3 minutes expired.

10 to 20 meters of the **Barefoot Series** with all 6 exercises. Tip-Toe-Walk, Heel Walk, Inside Edge Walk, Outside Edge Walk, Heel Smash and Ankle Hopping.

4 minutes of nonstop **Spinal Waves**. That is probably harder than you expect. Keep going, don't stop.

3 sets of 1 minute in the **Deep Squat**. Choose a more easy regression for you and add some movement with your shoulders and your spine.

3 sets of 8 reps of the **Standing Scale** on each side. Position an object in front of yourself that is about your knee-height and try to grab it. Increase the distance to make it more challenging.

1 minute of **Shoulder Dislocation** with a stick or a resistance band/towel/sweatshirt.

2 sets of the **Iso Lunge 2** on each side. Choose a time that suits you between 10 and 45 seconds.

2 sets of the **Plank Hold**. Choose a time that suits you between 20 and 90 seconds.

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1 minute of a **Shoulder Stretch** at the wall on each side.

2 minutes of the **Hip Flexor Stretch** on each side.

Total time ca. 30 minutes