

ATLAS Workout Manual – Module 4

by René Weimann

In the second half of ATLAS we will have more demanding workouts and we will also add full training sessions in here. Anyway I wanted to have equipment as simple as possible and if you have seen the home-gym-video we seriously don't need that many things to keep going. If you have a gym available to you it's good for you. Everything you need will be there. If you are in the process of building your own home-gym we don't have super expensive things in there like any machines that you know from a studio. The full optimal equipment for ATLAS will cost less than a treadmill.

Here is the equipment you need for module 4

- barbell with some plates (alternative: some heavy objects that can be hold easily and safely on your shoulders – by putting them into a backpack for example)
- Gravity Boots or some similar tool to add weight to your forefoot, or a set of light kettlebells (around 4-12 kg) (alternative: flossing bands, ropes or other rubber bands that make it possible to load your forefoot with some weight)
- some more space to move around with the animal walks and backward running (go outside)

The workouts in this module are only for the purpose of getting to know an exercise. Make sure that everything is easy for you to do and cut on reps and sets if you consider an exercise being too hard for you to do without preparation. In that case go back to easier exercises from previous modules. If you are increasing those workouts in difficulty by adding more weight, or finally doing a difficult exercise the way it should be done, make sure you warm-up properly with some light physical activity, mobility and proper muscle activation in key movers.

WORKOUT 1

2x 10 meters of the Leopard Walk, Horse Walk and Duck Walk each.

5 Minutes of Backwards walking or Backwards exercises of choice.

2x10 Tib Raises on each side.

3x 8 Deep Split Squats on each side with low to no weight.

2x 8 Jefferson Curls with a low weight.

4x 10 seconds of the Active Deep Squat with a regression of choice.

2x 45 seconds of the Couch Stretch on each side.

Total time ca. 30 minutes

WORKOUT 2

2x 5 meters of the Ostrich Walk and the Octopus Walk each.

2x 10 meters of the Crab Walk on each side.

2x10 Tib Raises on each side.

3x 8 Full Flexion Split Squats on each side with low to no weight.

3x 15 seconds of the Active Deep Squat with a regression of choice.

3x 20 seconds of the Active Adductor Stretch.

Total time ca. 25 minutes

WORKOUT 3

2x 10 meters of the Horse Walk, Scorpion Walk, Duck Walk, and The Worm each.

5 Minutes of Backwards walking or Backwards exercises of choice.

3x 10 Deep Split Squats on each side with low to no weight.

2x 10 Jefferson Curls with a low weight.

2x 30 seconds of the Active Adductor Stretch.

2x 1 minute of the Couch Stretch on each side.

Total time ca. 25 minutes

TRAINING SESSION 1

2 minutes on your back while concentrating on your Breathing. Try to breathe deeply without forcing anything. Stay there for 1 more minute of Core Activation straight after. Liegen.

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

1 minute of Hip Rotation on each side. Work with a controlled tempo and direction change of choice.

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2x 15 meters of **Horse Walk**.

2x 15 meters of **Leopard Walk** (alternatively just crawl on your hands and knees).

Optional additional Warm-Up of your choice. It is possible to insert a workout from module 1 or 2 here. That will help you repeating the movement basics you learned and advancing overall.

3x 5 **Deep Split Squats** with a low weight.

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

3x 5 **Jumps** over an object that is absolutely safe for you to do, matching your personal jumping ability. If you don't feel ready to jump over the tiniest object you can imagine continue with safe Box Jumps that match your athletic ability.

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

2 sets of the **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.

90 seconds of the **Couch Stretch** on each side.

Total time ca. 45 minutes (with a longer warm-up most likely 50-55 minutes)

TRAINING SESSION 2

Begin this session with a brief warm-up that includes exercises from the first modules, that you found out are important (and/or new) for you and give yourself a couple of minutes working on them before you continue.

3x 7 reps of the **Gray Cook Bridge** on each side.

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

5 minutes in the **Deep Squat** with a regression of choice and additional movements of spine and arms.

3x 10 **Hip Hinges** optional with a stick on your back or belly.

3x 10 alternating **Standing Scales** (5 on each side).

2x 10 meters of **Octopus Walk**.

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2x 10 meters of **The Worm**.

2 to 3 Minutes of **Hanging** on a bar divided into as many sets as you need.

2x 10 **Jefferson Curls** with a light weight.

3x 10 **Tib Raises** on each side.

2x 20 to 30 seconds of the **Iso Squat**. Activate all of your muscles during the exercise.

90 seconds of the **Aktive Adductor Stretch**.

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

Total time ca. 50 minutes

TRAINING SESSION 3

3 minutes of **Spinal Waves**.

Make a 10 minute warm-up that can be done by adding exercises from the last weeks or other components like easy jogging, rope skipping or playing with a ball.

2 minutes of **Hip Opener** on each side.

2 minutes of **Foot Gripping** and **Foot Arching** in a **Single Leg Stance** on each side. Switch between both exercises up to your preference but make sure to stand on one leg for 2 minutes nonstop.

2x 20 meters of **Leopard Walk** (alternatively just crawl on your hands and knees).

2x 10 meters of **Ostrich Walk**.

2x 8 **Full Flexion Split Squats** on each side with a light weight. Increase the surface of your front leg to make the exercise easier. The front heel is allowed to lift from the ground.

1 minute of **Shoulder Dislocation**.

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

3x 5 **Single Leg Jumps** over an object that is absolutely safe for you to do, matching your personal jumping ability. If you don't feel ready to jump over the tiniest object you can imagine continue with safe Box Jumps that match your athletic ability.

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3x 12 Tib Raises on each side.

5x 10 seconds of the Active Deep Squat with a regression of choice.

If you have some time left, do a few stretches that you feel are effective or important for yourself.

Total time ca. 55 minutes (+ optional stretching at the end)