

ATLAS Workout Manual - Module 5

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This module will challenge you physically more than any other ATLAS module before. After going through the workouts and learning the details of every exercise, you will get full training sessions again. These sessions will not only improve your mobility and flexibility but also build strength and increase your overall athletic performance. Always make sure that you are ready for the amount of work that is coming up and to learn new exercises before adding weight.

New equipment, that we need in this module

- a stable bench (alternative: your bed)
- (if you increase in strength) more plates for your barbell
- a rack (not absolutely necessary, but nice to have especially if you increase your squat weight)
- medicine ball(s) (alternative: stones, sandbags or other similar objects that are resistant to damage and easy to handle.
- (optional) dumbbells and resistance bands for more variation in push and pull movements

WORKOUT 1

30 Push-Up's (or any regression) in as few sets as you need.

3x 12 Dead Lifts with a light weight.

3x 8 Single Leg Dead Lifts on each side with a light weight.

3x 8 reps of Medball Up followed by 8 reps of Medball Down.

3x 1 minute of Calf Stretch of choice.

Total time ca. 30 minutes

WORKOUT 2

If Pull-Up's are generally easy for you and you can do 6 or more easily, switch the following exercises with multiple grip combinations. (For example Chin-Up's, Commando Pull-Up's)

10 Banded Pull-Up's. If no band is available, do 15 Australian Pull-Up's instead.

5 Negative Pull-Up's.

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10 Australian Pull-Up's.

3x 10 Back Squats with a light weight.

3x 8 Single Leg Squats on each side with a light weight.

3x 6 reps of Medball Sideways on each side followed by 10 reps of Medball Overhead against the wall.

2x 45 seconds of Weighted Adductor Stretch.

Total time ca. 25 minutes

WORKOUT 3

10 regular Push-Up's. If it's hard start with increased height of your hands.

10 Push-Up's with (more) increased height.

10 Knee-Push-Up's.

2x 15 Back Squats with a light weight.

3x 8 Free Single Leg Squats on each side on an elevated surface with light to no weight.

3x 8 Seated Good Mornings with light to no weight.

3x 1 minute of Calf Stretch of choice.

Total time ca. 30 minutes

WORKOUT 4

30 Pull-Up's. Start with the hardest variation you can do and then continue with bands, negatives and finish with australian.

2x 15 Dead Lifts with a light weight.

3x 10 Single Leg Dead Lifts on each side with a light weight.

3x 10 Seated Good Mornings with light to no weight.

2x 45 seconds of Weighted Adductor Stretch.

Total time ca. 25 minutes

TRAINING SESSION 1

2 minutes of **Breathing** on the floor, concentrating and breathing into your chest for the first minute while breathing into your belly in the second minute.

3x 10 reps of the **Gray Cook Bridge**.

3x 8 **Seated Good Mornings**.

3x 1 minute of **Single Leg Stance** on each side, while adding **Foot Gripping** and **Foot Arching**.

3x 5 **Deep Split Squats** on each side. Slightly add weight if you feel like you can manage that.

3x 6 **Medball Up**.

3x 10 **Medball Overhead** against the wall.

3x 8 **Dead Lifts** with light to moderate weight. Make sure you execute the Dead Lift correctly before you add more weight.

3x 5-10 **Pull-Up's**. Use a band and choose a number of reps that is challenging for you.

3x 6 **90%-Back Squats**.

3x 14 **Tib Raises** on each side.

2x sets of **Hanging** as long as you can. Give yourself 1 minute of rest in between those two sets.

2x 2 minutes **Weighted Adductor Stretch**.

2x 1 Minute of both **Calf Stretches**. (Soleus and gastrocnemius – bent knee and straight knee)

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

Total time ca. 60 minutes

TRAINING SESSION 2

Warm-up 10 minutes up to your preference.

1 minute of **Core Activation** straight after that.

1 minute of **Spinal Waves**.

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

2x 15 **Toe Touches**.

2x 20 meters of **Horse Walk**.

5x 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.

3x 5 **Single Leg Jumps** on each side 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.

Up next is the cardio part of this session. You will complete 3 rounds of the upcoming exercises. Remember it is not about making as many repetitions as possible but to make as many repetitions with good form as possible. Additional breaks for a few breaths can and should be implemented on your own. You will need a visible timer for optimal execution. The upcoming workout part will take exactly 26 minutes.

Easy version 30 seconds of the exercise – then 30 second rest.

Medium version 35 seconds of the exercise – then 25 second rest.

Hard version 40 seconds of the exercise – then 20 second rest.

Pro version 45 seconds of the exercise – then 15 second rest.

After completing Iso Lunge 2, there is an additional rest of 1 minute.

3 rounds

1. **Single Leg Squats** (Weaker leg in round 1 and 3, stronger leg in round 2)
2. **Push Up's**
3. **Octopus Walk**
4. **Medball Overhad** against the wall.
5. **Plank Hold**
6. **Jefferson Curl**
7. **Medball Down**
8. **Iso Lunge 2** (Weaker leg in round 1 and 3, stronger leg in round 2)

2x 2 minutes of **Weighted Adductor Stretch**.

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

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2 minutes of **Couch Stretch** on each side.

Total time ca. 80 minutes

TRAINING SESSION 3

Spend 10 minutes in the **Deep Squat** with a regression suitable for you. Divide it into as many sets as you need and also split it up over the course of the whole session.

Warm-up 5 minutes of choice.

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

2x 15 **Hip Hinges**. You can put a stick on your back and make sure it is touching your occiput, your thoracic spine and your coccyx.

3x 10 **Seated Good Mornings**.

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.

2x 20 Meter **The Worm**.

2x 10 Meter **Ostrich Walk**.

4 sets of **Back Squats**. Do 5 reps in the first two sets and 4 reps in the last two sets. Choose a moderate to heavy weight if you feel ready for it.

3x 8 reps of **Overhead Presses** or **One Arm Bench Presses** on each side.

3x 8 **Single Leg Dead Lifts** on each side.

3x 6 reps of **Rowing** on each side.

3x 8 **Medball Down**.

3x 7 **Medball Up**.

2 minutes of **Hanging** divided into as many sets as you need.

3x 15 **Tib Raises** on each side.

2x 1 minute **Weighted Adductor Stretch**.

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2 minutes **QL Stretch** on each side.

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

Total time ca. 95 minutes