

ATLAS Workout Manual – Module 6

by René Weimann

The last module of ATLAS includes a variety of specific and professional exercises that cover very important parts of the human body. You will get the best of these exercises from my repertoire, that you can still do with minimal equipment. With these workouts you can get massive improvements regarding your athletic potential and you can also make your whole body much more resilient towards pain and injury. The typical weak points like knees, feet and your spine will transform into body parts that are a sign of true strength.

For the practice of module 6 you will need the following new tools

- something solid to attach your lower leg so it is not moving during Harop and Nordic Curls.
- small hurdles or other objects to jump over
- a stable surface that is adjustable for Step Down Squats
- (optional) a slantboard

WORKOUT 1

Make sure to warm-up adequately for the upcoming movements.

3x 6 Harop Curls.

5x 5 Elastic Hurdle Jumps over obstacles you can easily jump over.

2x 20 seconds of the Fast Iso Lunge.

3x 8 Step Down Squats on a flat surface.

45 seconds of René's Half Split on each side.

Total time ca. 20 minutes (excluding warm-up)

WORKOUT 2

Make sure to warm-up adequately for the upcoming movements.

4x 5 Harop Curls.

3x 5 Elastic Single Leg Hurdle Jumps on each side over obstacles you can easily jump over.

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3x 3 **Diagonal Stretches** on each side with any regression that you need and with a 5 second hold at the bottom position of each repetition.

3x 10 **Step Down Squats** on your forefoot with as little assisted balance as possible (3 fingers on a wall, 2 fingers, 1 finger, no assistance at all).

1 minute of **Glute Medius Stretch** on each side.

Total time ca. 20 minutes (excluding warm-up)

WORKOUT 3

Make sure to warm-up adequately for the upcoming movements.

6x 5 **Elastic Hurdle Jumps** over obstacles you can easily jump over. After every second set, do 15 seconds of the **Fast Iso Lunge**. (Total 3 sets of Fast Iso Lunge)

3x 10 **Step Down Squats** on a slantboard or an elevated surface under your heel.

2x 1 minute of **René's Half Split** on each side.

Total time ca. 15 minutes (excluding warm-up)

WORKOUT 4

Make sure to warm-up adequately for the upcoming movements.

5 sets of **Harop Curls**. Start with 5 to 8 reps in your first set and gradually decrease the number of reps depending on your personal ability and hamstring strength.

4x 5 **Elastic Single Leg Hurdle Jumps** on each side over obstacles you can easily jump over.

3x 2 **Diagonal Stretches** on each side with any regression that you need and with a 7 second hold at the bottom position of each repetition.

3x 12 **Step Down Squats** on a flat surface.

2x 1 minute of **Glute Medius Stretch** on each side.

Total time ca. 25 minutes (excluding warm-up)

WORKOUT 5

Make sure to warm-up adequately for the upcoming movements.

3x 5 **Diagonal Stretches** on each side with any regression that you need and with a 3 second hold at the bottom position of each repetition.

2x 30 seconds of the **Fast Iso Lunge**.

2x 15 **Step Down Squats** on your forefoot with as little assisted balance as possible (3 fingers on a wall, 2 fingers, 1 finger, no assistance at all).

1 minute of **Glute Medius Stretch** on each side.

1 minute of **René's Half Split** on each side.

Total time ca. 20 minutes (excluding warm-up)

TRAINING SESSION 1

To kickstart the last module we want to work the **Breathing** once more. Choose a breathing exercise you enjoyed over the course of this program and do it with a slightly different counting or timing system.

2 minutes of **Single Leg Stance** on each side with a few reps of the **Standing Scale** built in.

1 minute of **Spinal Circles** on each side.

4x 3 **Full Flexion Split Squats** on each side with a soft bouncing motion at the deepest point of the Squat. Bounce 4-6 times during every repetition.

Plyometric exercises should only be done by advanced practitioners who have worked with elastic jumps for a longer timeframe and feel comfortable with them. Do the following exercises elastic, if you are still new to this.

5x 5 **Plyometric or Elastic Hurdle Jumps** over obstacles that match your jumping ability easily.

3x 5 **Plyometric or Elastic Single Leg Hurdle Jumps** on each side over obstacles that match your jumping ability easily.

4x 4 **Single Leg Squats** on each side with a moderate weight.

3x 8 **Pull-Up's**. Assist yourself with a band, if 8 Pull-Up's are not happening for you at this point.

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3x 5 **Harop Curls**. Make this exercise suitable for you by adjusting the knee angle. The more it is, the harder the exercise gets and the closer you are to a full Nordic Hamstring Curl.

Do 2 or 3 sets of the following exercise combo. Stay in a **Plank Hold** for 30 seconds, then do the **Leopard Walk** for 20 meters and the finish off with 10 **Push-Up's** without your knees ever touching the ground.

3x 45 seconds of **Active Adductor Stretch**.

90 seconds of **René's Half Split** on each side.

90 seconds of **Glute Medius Stretch** on each side.

Total time ca. 70 minutes

TRAINING SESSION 2

Start this Session with 1 Minute of **Core Activation**. You can move from the normal lying position into sitting (medium difficulty), into standing (harder difficulty) or into walking (hardest difficulty).

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

4 minutes of **Hanging** spread over the course of the whole session in as many sets as you need.

3x 10 **Seated Good Mornings**.

2x 20 **Toe Touches**.

3 sets of a **Medball-Combo** starting with 10 reps of **Overhead** against the wall, immediately followed by 8 reps of **Medball Sideways** and 6 reps of **Medball Up**.

5x 20 meters of **Sprinting** with a 30-meter approach at a speed of 70 to 95% of your maximum velocity and effort. Choose a speed that feels good for you.

4x 5 **Back Squats** with a moderate to high weight depending on your current squat ability.

3x 3 **Diagonal Stretches** on each side. Hold the position at every rep for 3 to 10 seconds.

3x 10 **Jefferson Curls**.

3x 8 **Overhead Presses** or **Bench Press** (on each side).

5 sets of **Single Leg Dead Lifts** with 10 Reps and a light weight in the first two sets on each side and then 4 reps and heavier weight in the last three sets.

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3x 3 slow Harop Curls. Going down should take at least 5 to 10 seconds.

3x 12 Tib Raises on each side. Start raising the weight compared to the workouts before.

90 seconds of Shoulder Stretch on each side.

2 minutes of Glute Medius Stretch in Seiltage on each side.

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

Total time ca. 105 minutes

TRAINING SESSION 3

2x 12 Repetitions of the Gray Cook Bridge on each side.

1 Minute of Hip Rotation on each side per direction (total of 4 minutes).

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.

5x 5 Full Flexion Split Squats on each side.

The following 7 exercises will be completed as a Circuit Training. Make sure everything is ready and then go from Station 1 to Station 3 for three rounds.

- 1.) 5x Dead Lift with a moderate to heavy weight. Make sure to go for a warm-up-set with an easy weight before round 1.
 - 2.) Medball-Combo with 10x Medball Down, instantly followed by 8x Medball Sideways on each side and lastly 6x Medball Overhead against the wall.
 - 3.) 10x Back Squats.
 - 4.) 10x Rowing on each side.
 - 5.) 8x Step Down Squat on each side.
 - 6.) 8x Harop Curl.
 - 7.) 30 seconds of Elevated Iso Lunge on each side.
- 8x 8 seconds of Active Deep Squat.

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2 minutes of the Hip Flexor Stretch on each side.

2 minutes of René's Half Split on each side.

Total time ca. 65 minutes