

ATG FOR LIFE

A TWICE PER WEEK PICTUREBOOK FORMULA FOR LONGEVITY



BEN PATRICK AND DEREK WILLIAMS

ATG FOR LIFE

Ben Patrick

Derek Williams

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BEGINNING YOUR ADVENTURE

In this book, Ben Patrick and Derek Williams will do for you what they've done for thousands of people, from aspiring young athletes to seasoned citizens in their 90s: Coach you to a level of fitness that will reap the greatest benefits over the long haul.

ATG For Life: a Twice Per Week Picturebook Formula for Longevity features Ben explaining how to do each exercise, then Derek delving into the mindset behind the exercises and why they work.

Every workout was photographed in its entirety, showing all levels. That athletic young lady in many of the demonstrations? That's Ben's amazing mother, Celia.

So dive right in. Ben, Derek and Celia can hardly wait to get started!

Foreword by Mr1nf1n1ty

To me the word “longevity” is a misnomer.

A lot of people see the word and think about someone who ages gracefully and slowly becomes decrepit and weak, rather than at the rapid rate our society’s aging.

There are so many factors involved in how and why we are on such a rapid decline as a global population. It saddens me to think about all the injuries, illnesses and disease that plague us today.

The word “longevity” to me means, “Present in the NOW.” Being present in the NOW and coming from a paradigm of “Only Now Exists” brings the word new meaning. When someone comes from the standpoint of NOW rather than a standpoint of time, the game changes.

I have been fortunate to learn the concept of NOW thinking, which turns life from a linear perspective to a cyclical viewpoint. Cyclical means we always get another shot at where we are Now and another chance to win the NOW! The game is never over unless we choose to bow out.

I’m writing this foreword on a plane coming home from the first ever Kneesovertoesguy event in Sacramento, CA. Ben (KOTG) Patrick is a great example of the Only Now Exists concept. When I met Ben back in 2010, he was coming off knee surgeries and his body was slowly deteriorating - at the ripe old age of 20.

If he’d been thinking from a linear perspective, he would have submitted and let his knee pain, genetics, and unfortunate circumstances dictate his reality. But

Ben realized the power of NOW and visualized something greater for himself. Ben did not allow his outer circumstance to determine his inner reality. He held in his NOW the vision of the person you see today... running, jumping, playing, inspiring, and being one of the most fit and athletic people in the world.

I'm not saying this because Ben is my co-author and one of my best friends. I'm saying it because it's true: Ben is an ideal example of being present and holding onto a vision when all odds are against you.

The goal of this book is to inspire those who may have turned down their belief and vision knobs to get a grip and understand the time is NOW and your savior is you. It's time to get started planting the vision in your mind of the healthiest and most athletic version of you.

I don't believe in coincidence, only synchronicity. You are reading these words at this exact time and space for a reason.

In this book, we will break down the how and why of each exercise. There will be a picture showing the exact movement, with suggested gradients for anyone to get started today.

One final word in this introduction.

Listen, I get it. Life is HARD! I'm aware that this stuff is easier said than done. I have been beat up by life time and time again. I call this the beautiful struggle: The 43-year-old father of two who is writing these words would not be here without life's battles. The struggle makes life worth living; the ups, downs, twists, turns, and everything in between are what can transform the average man or woman into a warrior of light and inspiration for others to follow and learn from.

The world needs you to be fit, healthy, and playing this game of life at your peak. I tell all the athletes I train to just focus on getting .0001% better every day and let compound interest work its MAGIC.

So what do you say? Let's get on this journey and #WINTHENOW.

- *Derek Williams is Mr1nf1n1ty*

THE DEFINITION OF REGRESSION

BY BEN PATRICK

After this definition we will dive right into Step 1 of Workout 1!

The dictionary defines regression as: “a return to a former or less developed state.”

Now let’s take something like knee bending...

As kids, we were all *great* at this! So when I think of regression, I think of it as a method to become more *youthful*. We can use regression to return to a former state.

Now let’s take the “less developed state” part of that definition above... Boom! Huge potential!

What? How could that be?

By finding and learning how to improve our *less developed* qualities, we can yield those same “newbie gains” we got when we started bench-pressing in high school.

Regression is the secret to progression because it can find and fix our weakest links, taking us back to more youthful states.

Now let’s go!

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WORKOUT 1: STEP 1: REVERSE WALKING, SLEDDING, OR DEADMILLING

HOW

Using a safe space, take a step backward.



You just took a step toward greater knee longevity.
Backward walking alone is an effective screening process for falling as we age, because it trains the exact qualities we rely on when going down the stairs.



I believe Derek and I have taken more steps backward than anyone on Earth over the past 5 years. In our cases, we do so with a belt and strap attached to a sled which has a wraparound rail so we don't have to turn the sled around each time we change directions.

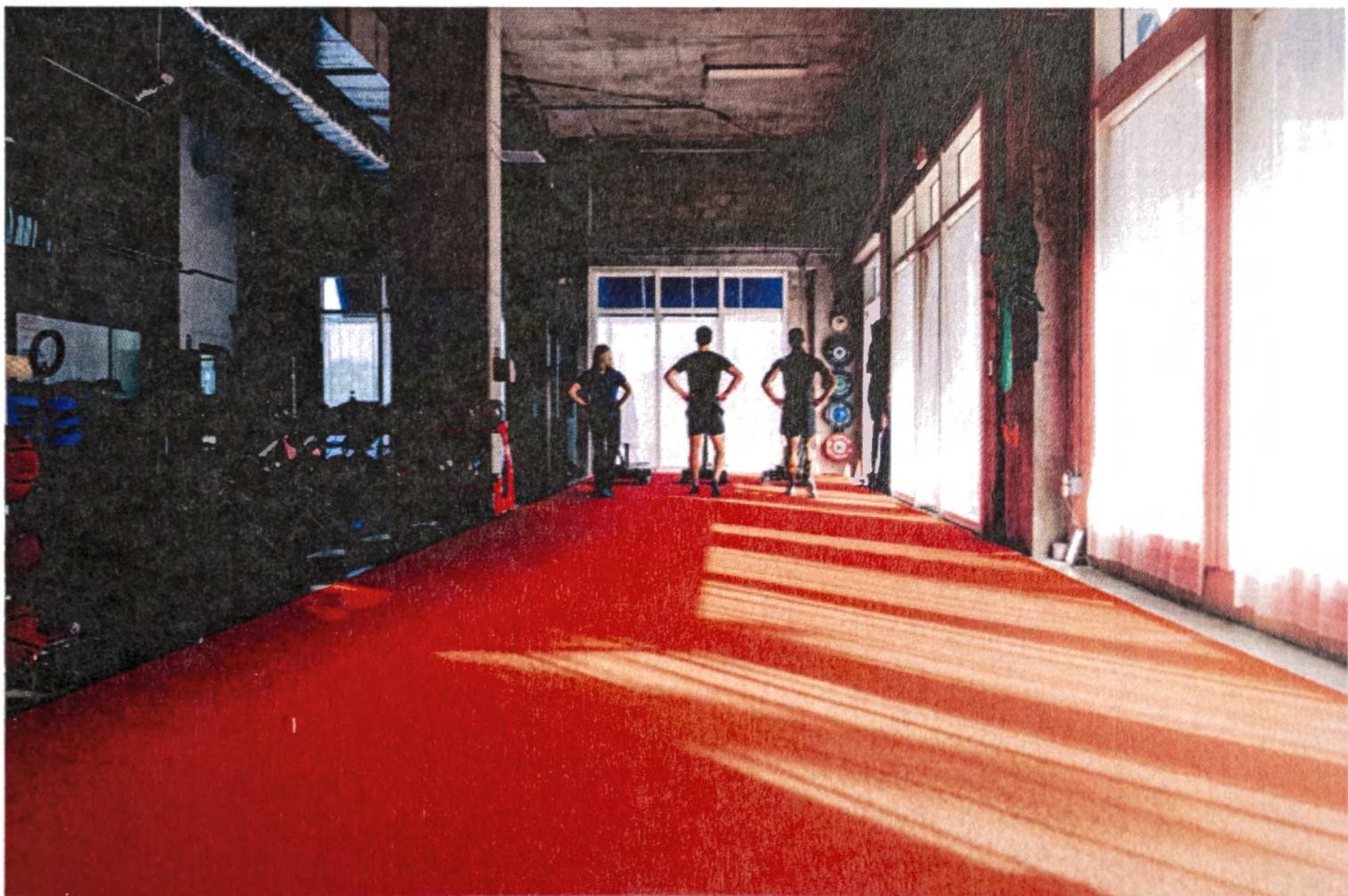


Atggym.com takes you right to our list - which we keep up to date at all times - of all ATG equipment, with links.

Perhaps that seems tedious to purchase and set up. It is. But it's far less tedious than the epidemic of knee replacements, which is already upon us and predicted to get exponentially worse by 2030.

Knee replacements cost upwards of \$50,000 and aren't a magic wand: sometimes the side effects of the surgery and then getting out of shape afterwards makes matters even worse than before the surgery.

It's so simple. It's DIRT CHEAP by gym equipment standards. But it *does* take space, and for that reason I have a mission to popularize ATG Gyms around the world. Not mine - gyms owned by people who want to live their own dream lifestyle of helping *anyone* in their community achieve life-changing results for the long haul.



There are ATG Gyms going up every day. It's happening that fast.

200 yards is the distance we use.

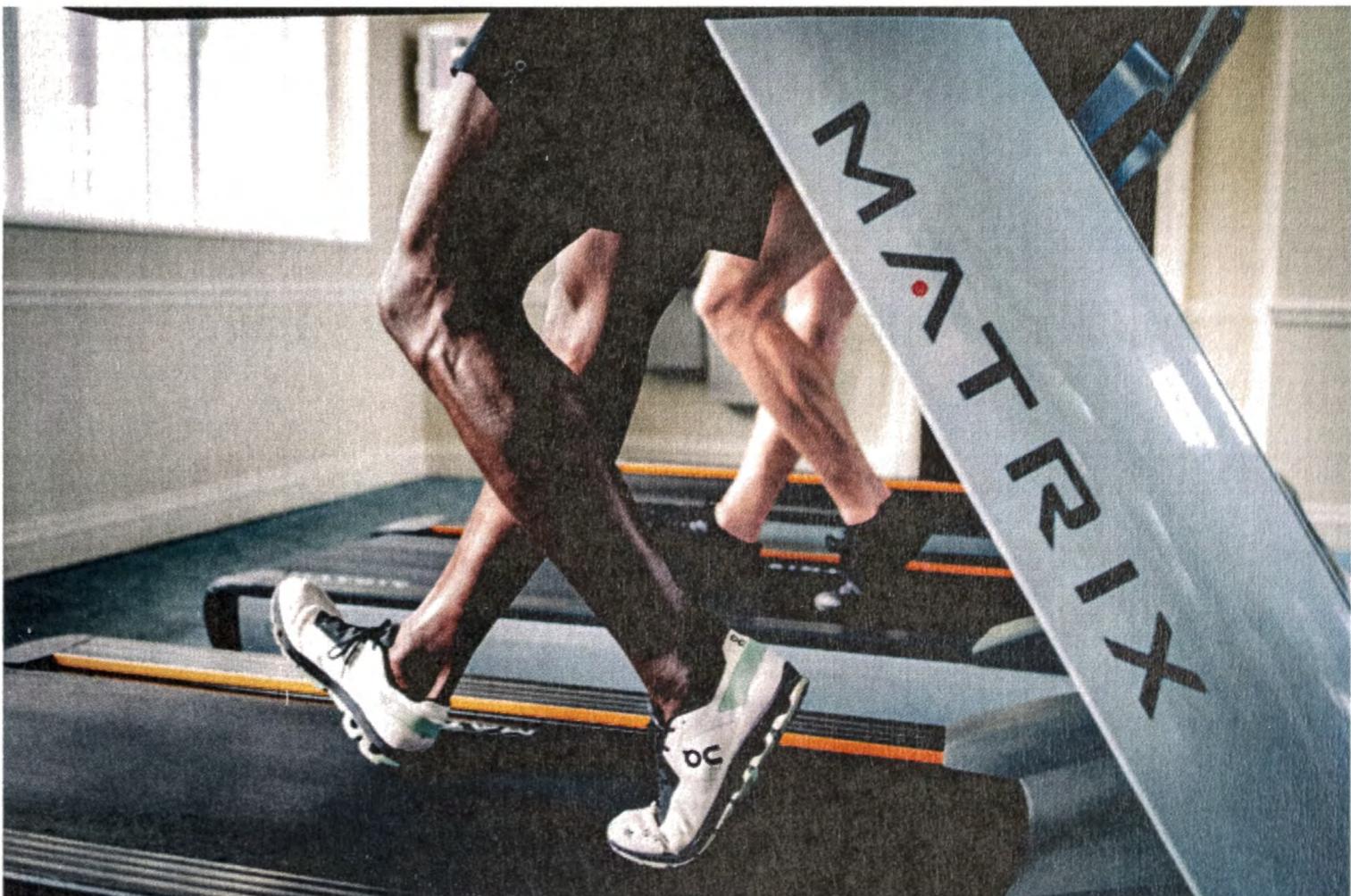
Perfect form is measurable: Can you get your toes behind your knee on each step? If not, the weight is too much.



No sled? Well, I'm visiting my parents right now and the hotel I'm staying in has treadmills. Don't turn the treadmill on. Face the back and stick your butt against the handle. You can then spin the belt and get very similar burn and effects of Reverse Sled. We call this Reverse "Deadmill" because the treadmill is not on. 5 minutes works great.



It's very important to note that most people should start Reverse Walking, Reverse Sledding, or Reverse Deadmilling with very small steps. Training hundreds of people in person, I have never seen someone who could not start this exercise at a pain-free level.



Over time, as you increase circulation to the area, you end up increasing your pain-free output, which gets even more circulation, which leads to even more protection! It is truly the gift that keeps on giving.

I believe I've done more reverse walking than anyone on Earth over the past 10 years. It's the foundation of how I went from age 20, having never once grabbed a 10-foot high basketball rim, enduring 3 surgical alterations to my left knee and more diagnosed tears in my right, to now being age 30, dunking with ease on knees that haven't had a setback in years, and with knee ability beyond what I dreamed possible.

I never could have guessed that I'd go from being the guy known for how bad my knees were to now being known worldwide for how bulletproof my knees are.

Over the last 5 years, Derek has gone from a typical, broken-down, late-30s dad to now being 43 with fitness and joint ability that I would have marvelled at when I was 20.

Derek would have changed my life and rescued my body.

I would have changed Derek's life and rescued his body.

We helped save each other and now we have helped thousands of others to the same wins.

Among those thousands are my parents, ages 64 and 67.

Those two people gave me the chance to succeed. Now I'm training them every day and adding years to their lives.

It's cool to have a big social media following, but at the end of the day what makes me happiest is the magic weapon I own: understanding the sled and being able to

give my parents the exact fitness results they need, in just 2 sessions per week.

Derek will take over and break down what Reverse Sled means to him. Then I promise I'll shut up a bit more and stick to the details for the rest of this workout!

MINDSET

KneesOverToesGuy and I were in the gym today doing backward sleds. He said with extreme confidence, "Derek, you and I have done more sleds than anyone in the world in the past 5 years."

It took me a minute to wrap my mind around that, but as bold as that sounds, I'm willing to bet money that's a 100% FACT. We are the foremost authorities when it comes to sleds.

The answer to "WHY" you should do sleds could be an entire book itself. The simple answer is to look better, feel better, heal knee pain, sculpt your legs, increase stamina, and turn on regenerative hormones. Sleds have become a way of life.

Anyone who knows me personally understands that sleds are what I do. I can actually feel my body growing younger, more defined and more athletic with every trip of sleds done.

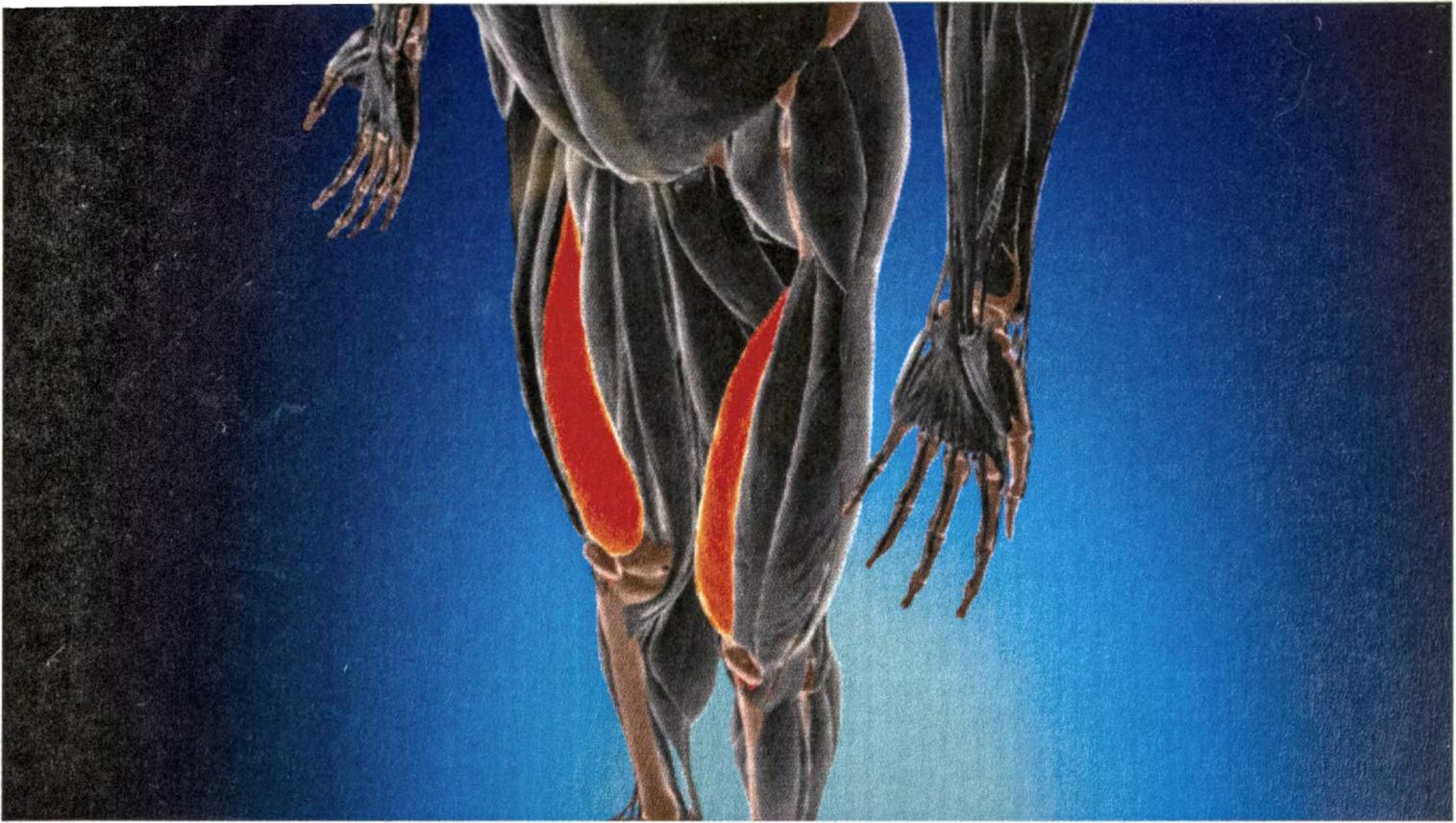
Backward sledding is the best way for anyone to "MEET" their leg muscles and finally have an exercise that activates them properly. Sleds are a low impact exercise that produces blood flow and oxygen to areas surrounding the knee for healing and muscle activation. Our bodies should be built from the ground up and sleds create the perfect movement to accomplish this result.

With each step we're strengthening two underdeveloped muscles: the flexor hallucis longus and the vastus medialis.

The FHL is one of the longest muscles in the human body, starting in the big toe and going most of the way up our calves. But traditional leg exercises leave our feet flat and untrained!



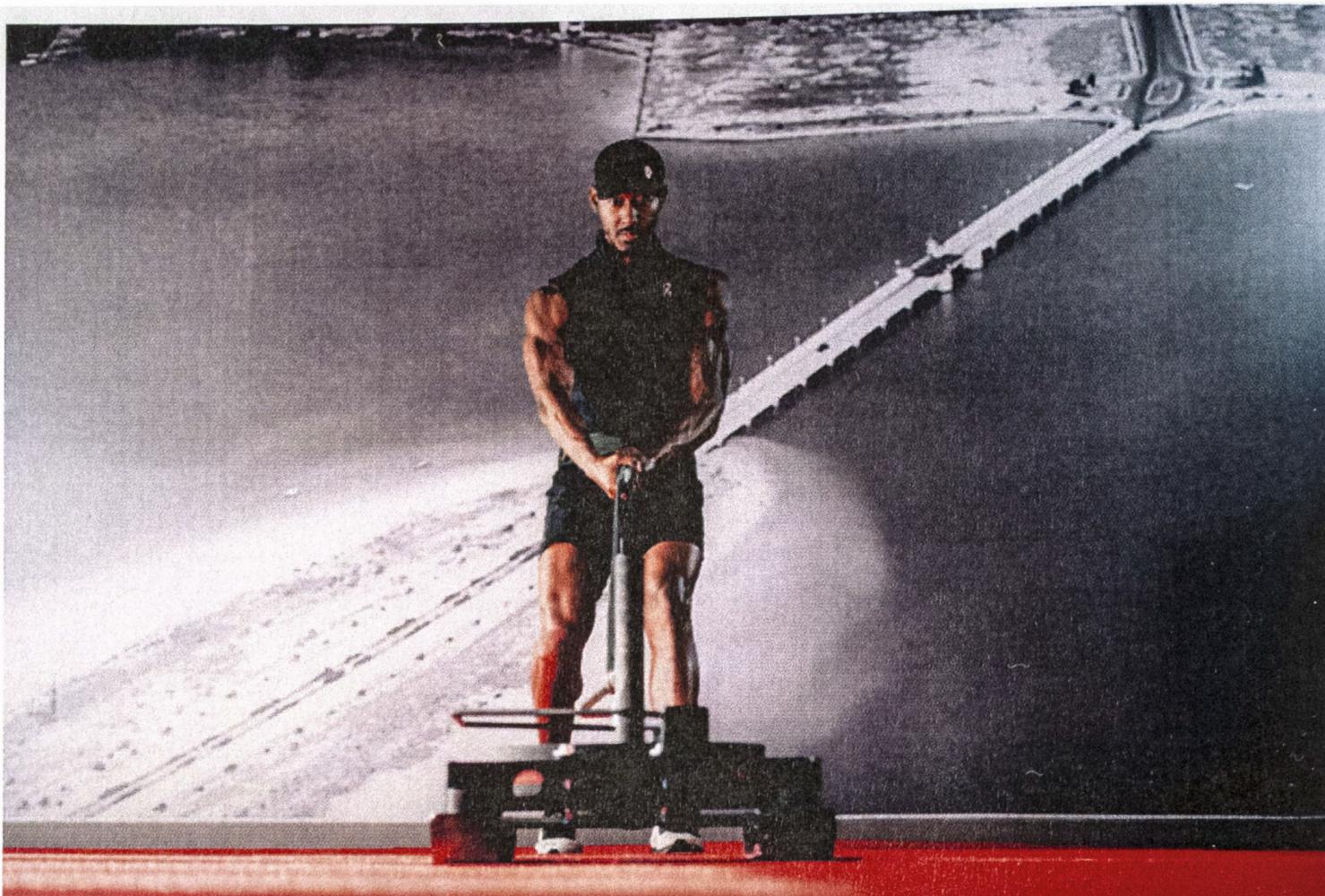
The vastus medialis is our lower, teardrop-shaped thigh muscle. It's the largest muscle near our knee and acts to stabilize and protect it while also being the most "fast-twitch" of our thigh muscles, meaning it can react quicker than our other thigh muscles. To perpetuate our youthfulness as we age, this muscle is a gem - but it can be tricky to train! Reverse sled is the fundamental exercise that makes all further efforts in this area easier.



Sleds are also a fun and stress-relieving exercise where you can truly work up a good lather while your body feels amazing at the same time. Reverse sleds are simply the longevity hack the world does not know about yet... but will soon enough!

To close this chapter on reverse sleds, I just want to say: It's worth it! We always hear "Health is the true wealth" and most people go about their days giving life and attention to many things other than their health. The simple movement of doing reverse sleds has added years to my life, has me running, jumping and playing sports with reckless abandon. There is no greater joy than to live life in a pain free, athletic, and healthy body. Throughout this book, you will sense us urging you to shift the focus inward, building your body from the inside out and from the ground up. All the big muscles and material riches of the world will be there. We're playing the long game so when they do come, the proper foundation has been laid.

Recap: Start Workout 1 with 200 yards of reverse walking or sledding, or 5 minutes of reverse deadmill.



WORKOUT 1: STEP 2: SLANTBOARD CALF STRETCH

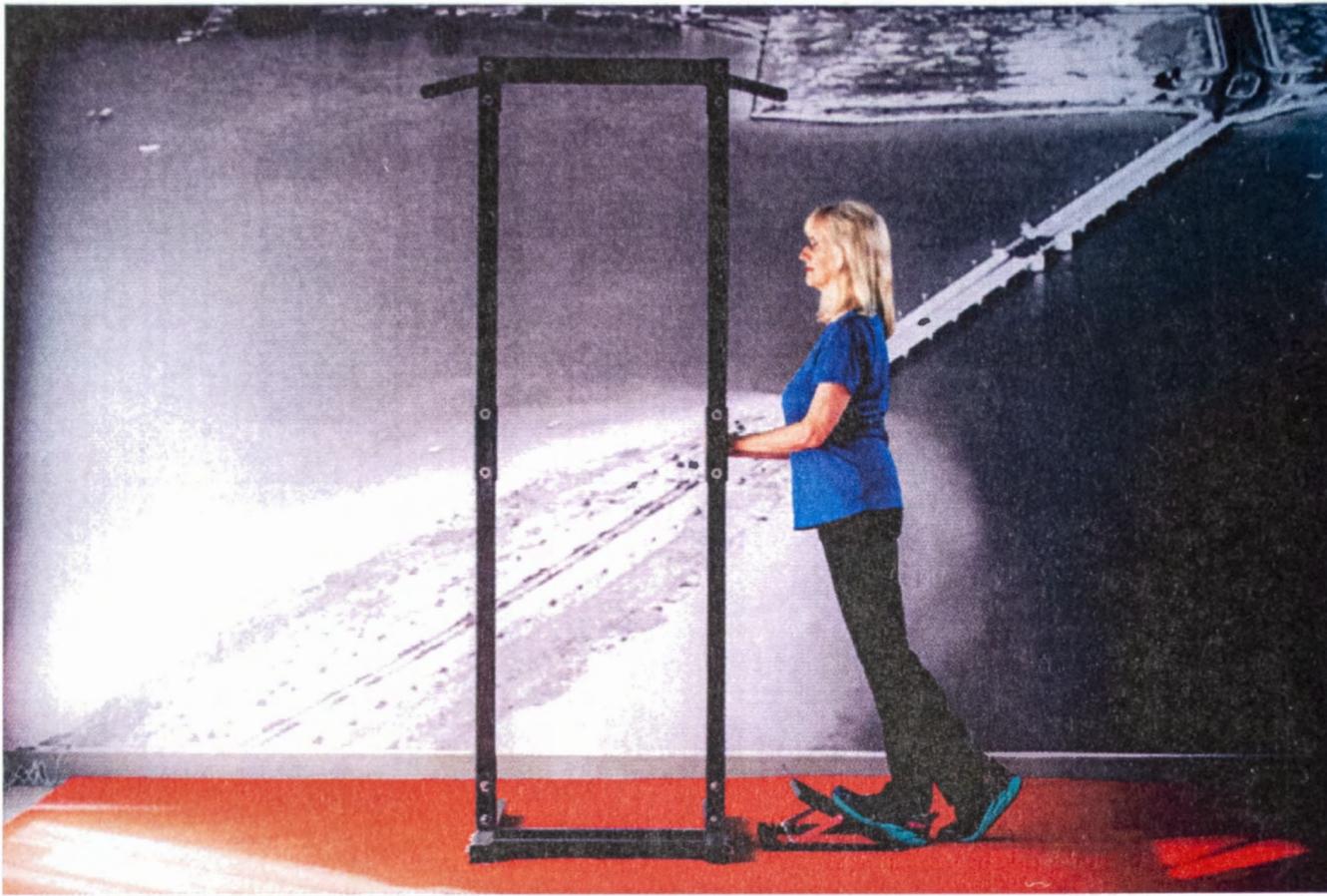
HOW

Modern shoes elevate our heels for style. Tighter calves lead to tighter hamstrings and mess with the natural function of our legs and back.

By elevating our toes, we can undo this effect. That's why in the ATG system, a slantboard is the number two tool after a sled.

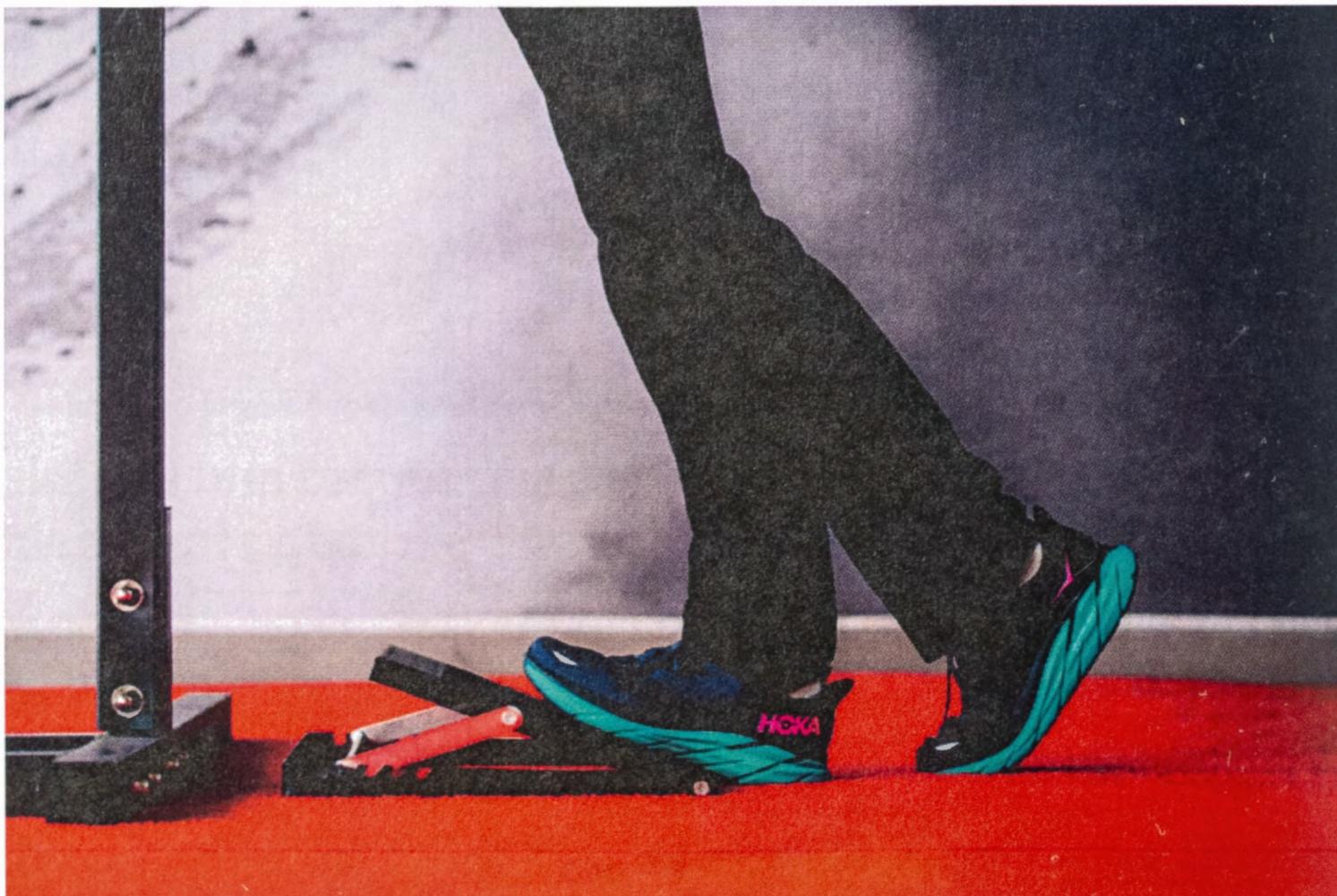


Anyone can access or purchase a slantboard and stretch each of their calves for one minute per side after their sled work.



Over time, this simple stretch works wonders, but you may need to start with a lower slant angle to get your shin past vertical. If you try to use too much angle and don't get your shin past vertical, you actually don't get much loading into the stretch, and your progress will be much slower.

Regress... to progress.





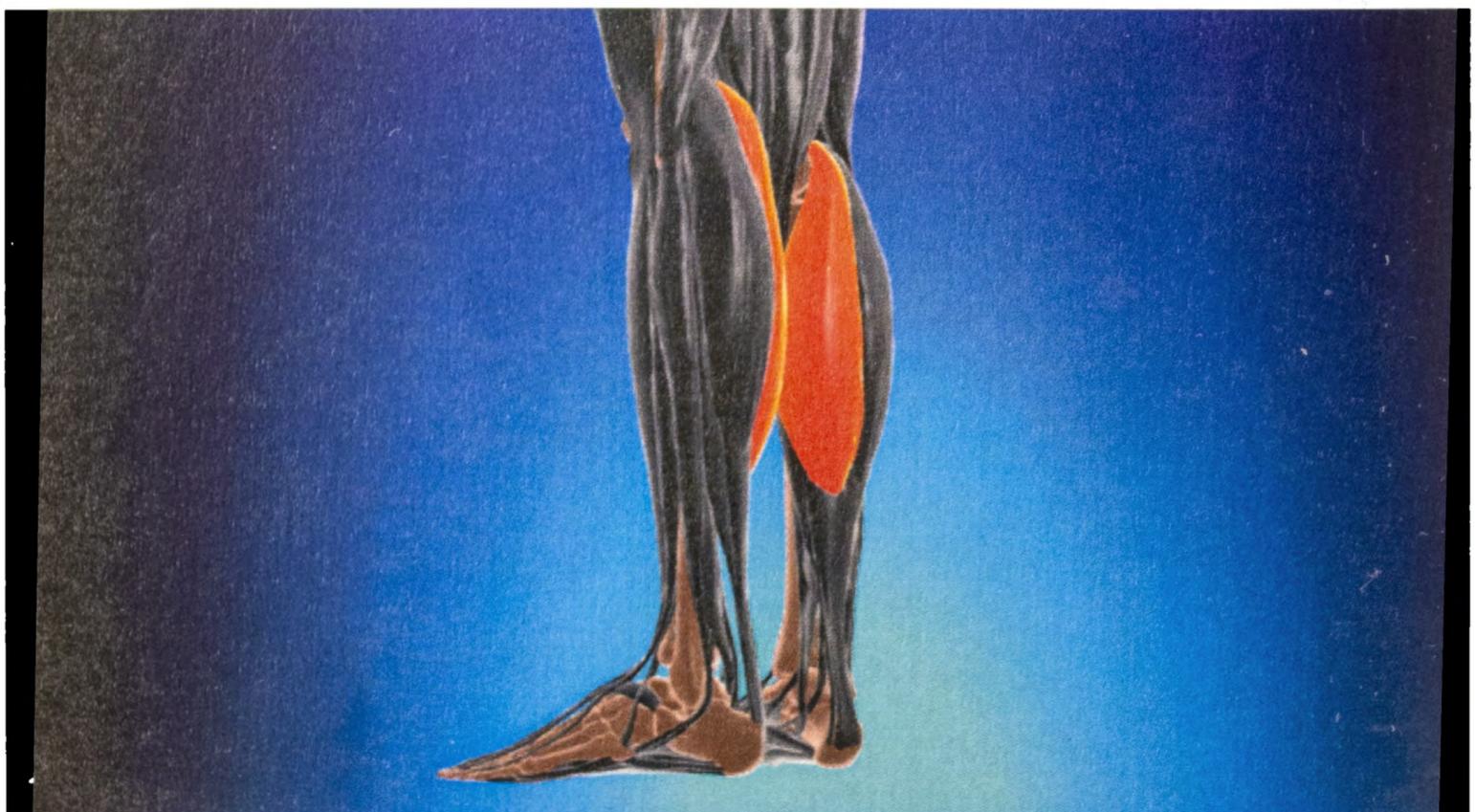
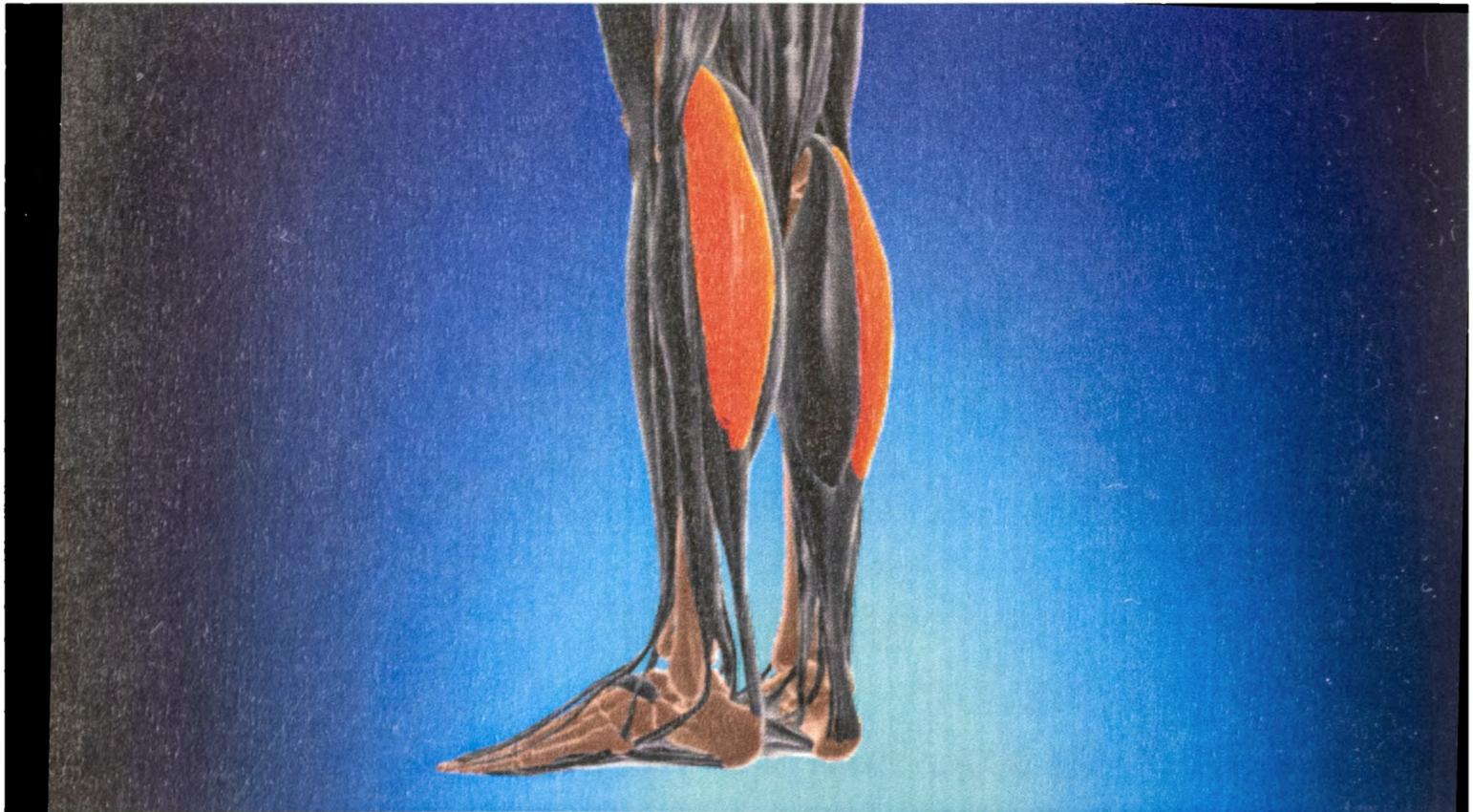
MINDSET

Doing a calf stretch can be just that SIMPLE but the benefits with consistency are vast. A big reason Ben and I believe this book is so profound is because of the long-term return on this 2-day-a-week investment that comes from simple exercises like the calf stretch.

It's my philosophy that everything we do in life should be an investment. We're constantly planting seeds with every thought, word and action we take. Doing the calf stretch is keeping the foundation of your body strong and flexible to support your daily activities.

Incorporating a calf stretch gives you the ability to activate your calf muscle needed for standing, walking, running, etc. A proper calf stretch stimulates your muscle and increases blood flow to the area, in turn reducing muscle tightness or calf pain. We incorporate the calf stretch early in training so you can get the most out of the training session.

Since your upper calf muscles have two sides, don't be surprised if you feel it more toward one side than the other. This can even vary from left calf to right calf. We all have accumulated various degrees of injuries and imbalances, but patiently working at this can lead to both sides of each calf feeling great!

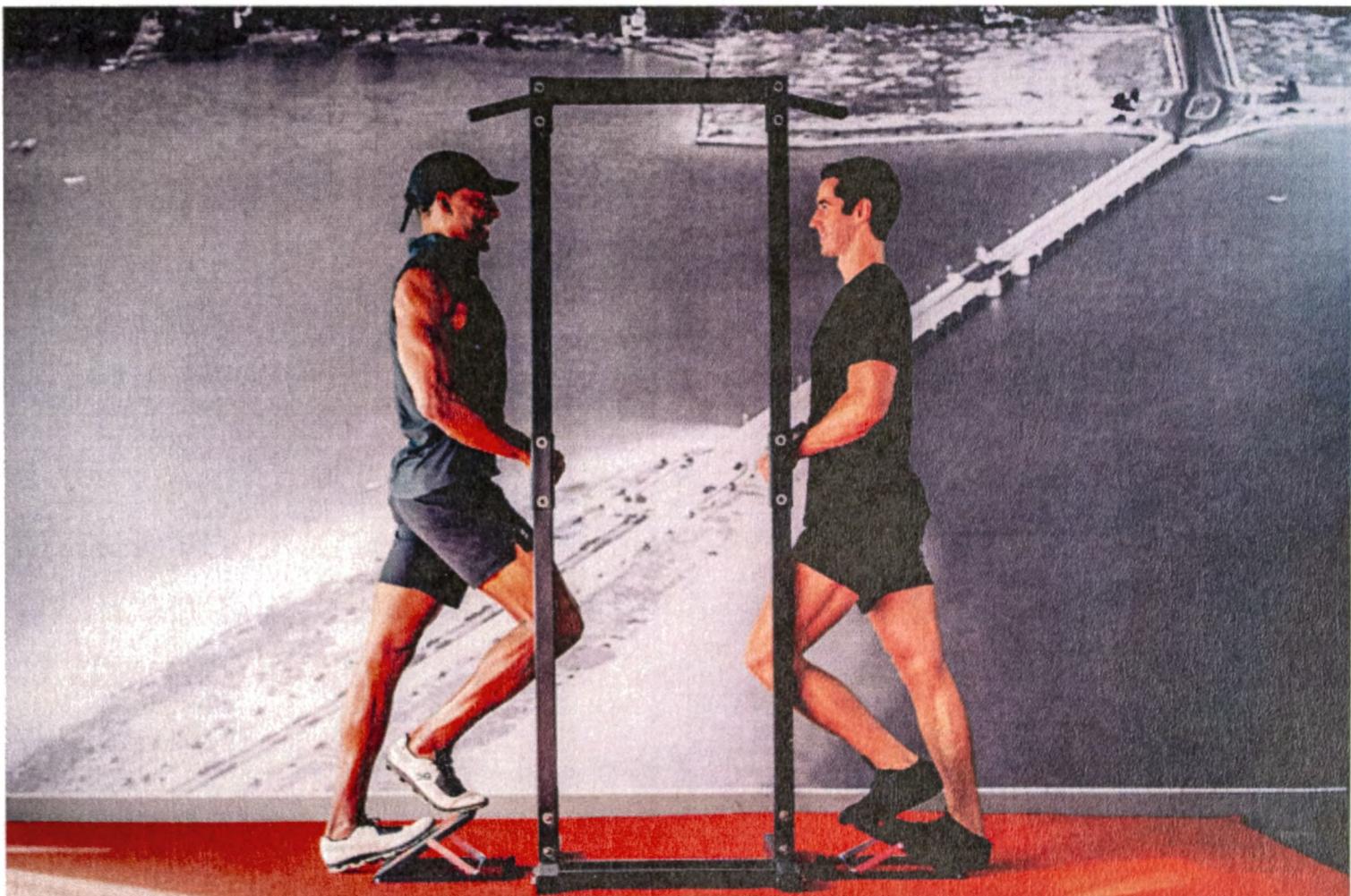


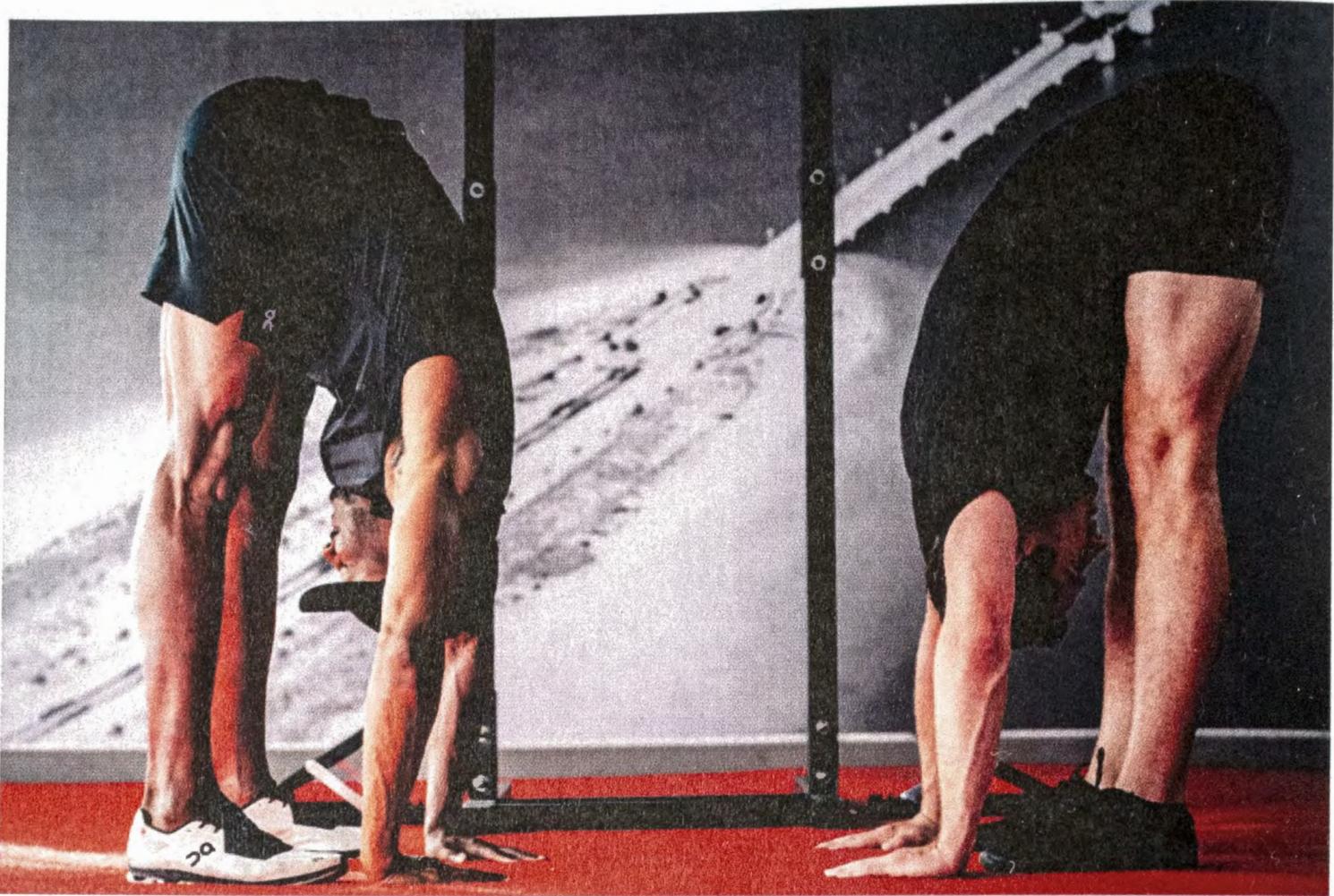
Calf stretching has allowed me and all the athletes I've trained to increase range of motion so we can perform deeper stretches and fully activate the muscle in that

area. Over time, consistent calf stretches will improve your flexibility, allowing you to get into deeper stretches and hold them longer.

For example, a mobility target we believe all humans should be able to demonstrate is palms to floor with flexed thigh muscles (no cheating). Many roads can lead to the top of the same mountain, but when you have a slantboard and train the back as we do (Step 6 of this workout), we find it smooth and easy to build and maintain this ability

Recap: Stretching your calves for 1 minute per side after your sled work creates an incredible foundation for strength and flexibility “from the ground up.”

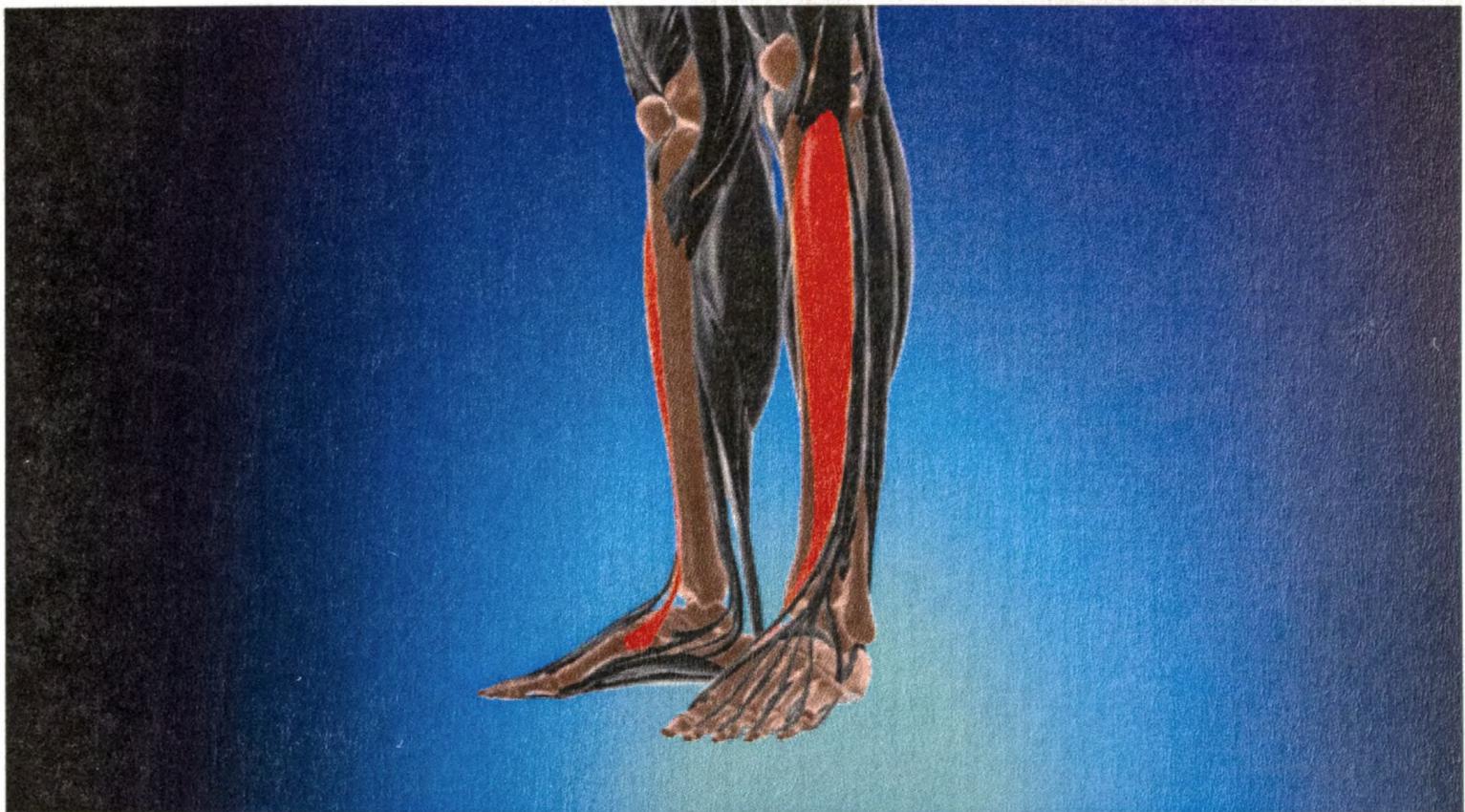




WORKOUT 1: STEP 3: TIBIALIS RAISE

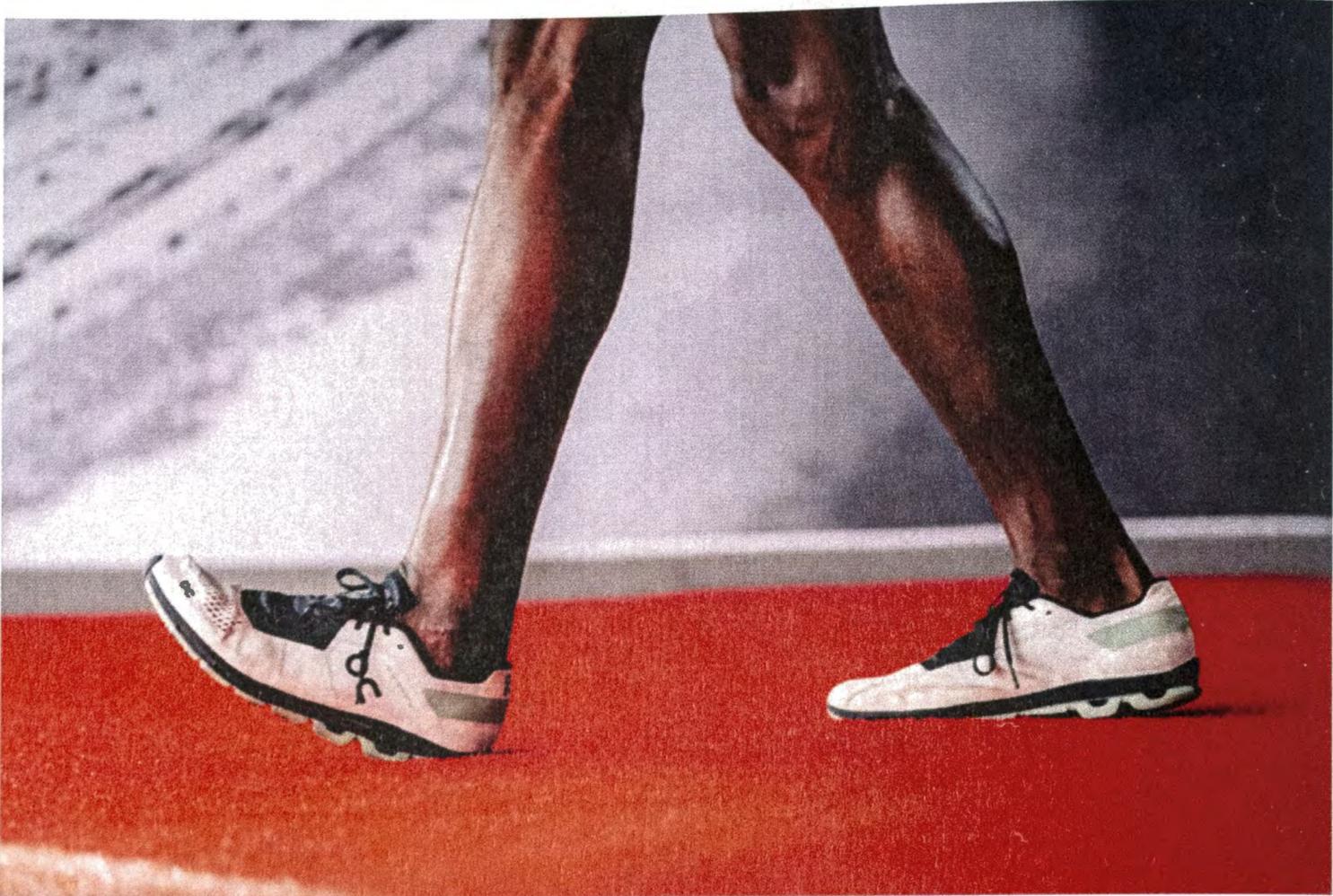
HOW

Since it's a muscle which most people have never trained, let's start by taking a look at it!



If you point your toes toward your knee, you can see it under your knee. But if you look at the picture above, you can see how it actually wraps around to the inside of the ankle and finishes down in the arch of our feet!

The tibialis is stressed every time we take a step, so the more capable we make it, the less stressful life becomes for our feet, ankles, shins and knees. We've received thousands of messages of thanks for popularizing training of this muscle and helping people out of pain for these areas. All you need to start is a wall!



That being said, *many* people no longer possess the strength needed to do the wall version, so let's start with the version that we coach in the gym which scales to *any* level.

In the ATG equipment list we provide links to the innovative products people are creating to train this muscle, but the simplest and cheapest one is a strap. Derek makes an ultra-affordable strap which has a variety of uses, and you may even find something you already possess that works:

1. Set up your strap around a dumbbell handle, in front of a bench. For frame of reference, my mom usually uses 10 pounds and Derek and I usually use 20 pounds.



2. Fasten it securely.



3. Slide back on your bench and feel the stretch the weight provides.



4. Then flex your ankle up and feel your tibialis muscle contract!



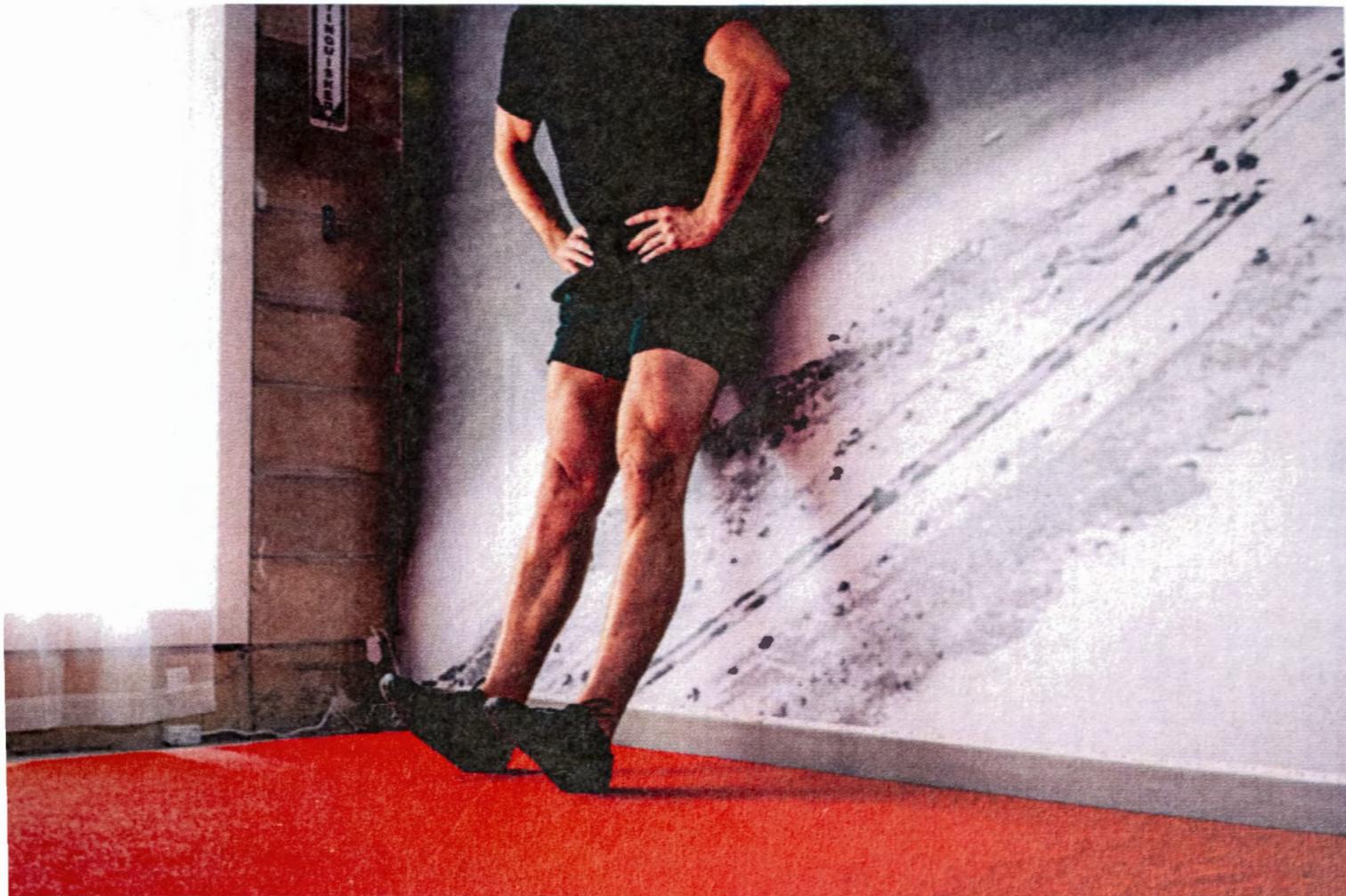
5. Taking your time, continue to relax down and flex up, really embracing both ends of the range until you have a burn. If you can't get 20 reps, you should probably use less weight next time. If it takes a lot more than 20 reps to get a burn, you may want to add a touch more weight next time. If you get a good burn around 20 reps, you have an ideal weight for our purposes!

To try the wall version:

1. Put your butt against a wall.
2. Position your feet a comfortable distance away.



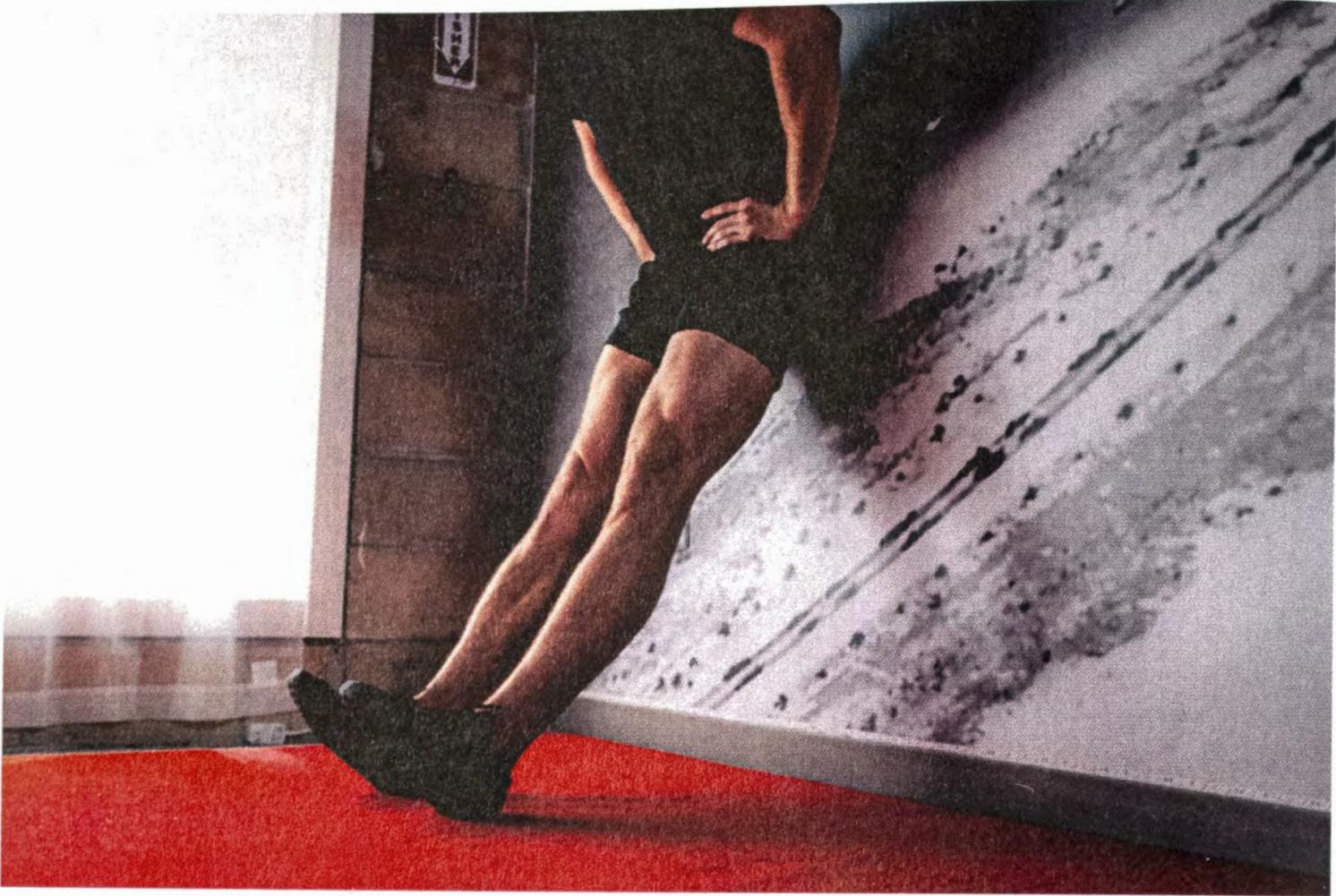
3. Without bending your knees to assist, flex your toes up and hold it for a 2-count.



4. Now relax back down and rest for a 2-count.
5. Continue to 20 reps, but if it gets too tough, simply stand closer to the wall.



6. If it's not burning, stand farther away from the wall.



Of course there's nothing wrong with performing more than 20 reps, but if you take your time and hold the full 2 seconds at top and bottom of each rep, then 20 reps should work great. If you aren't burning by then, just continue!

MINDSET

The main goal for any human is to “feel good.” The reason ads and marketing work so well is that they give consumers the hope of feeling good or possibly feeling even better with their product or service. Ultimately, there's no better feeling than to live in a body that is vibrant, full of energy, strength and vitality. Simply understanding the importance of your tibialis muscle and learning how to strengthen and care for it will be a major contributor in feeling good now. You'll develop a greater confidence knowing you can put full force into

the ground on any movement and your tibialis is built to handle the load.

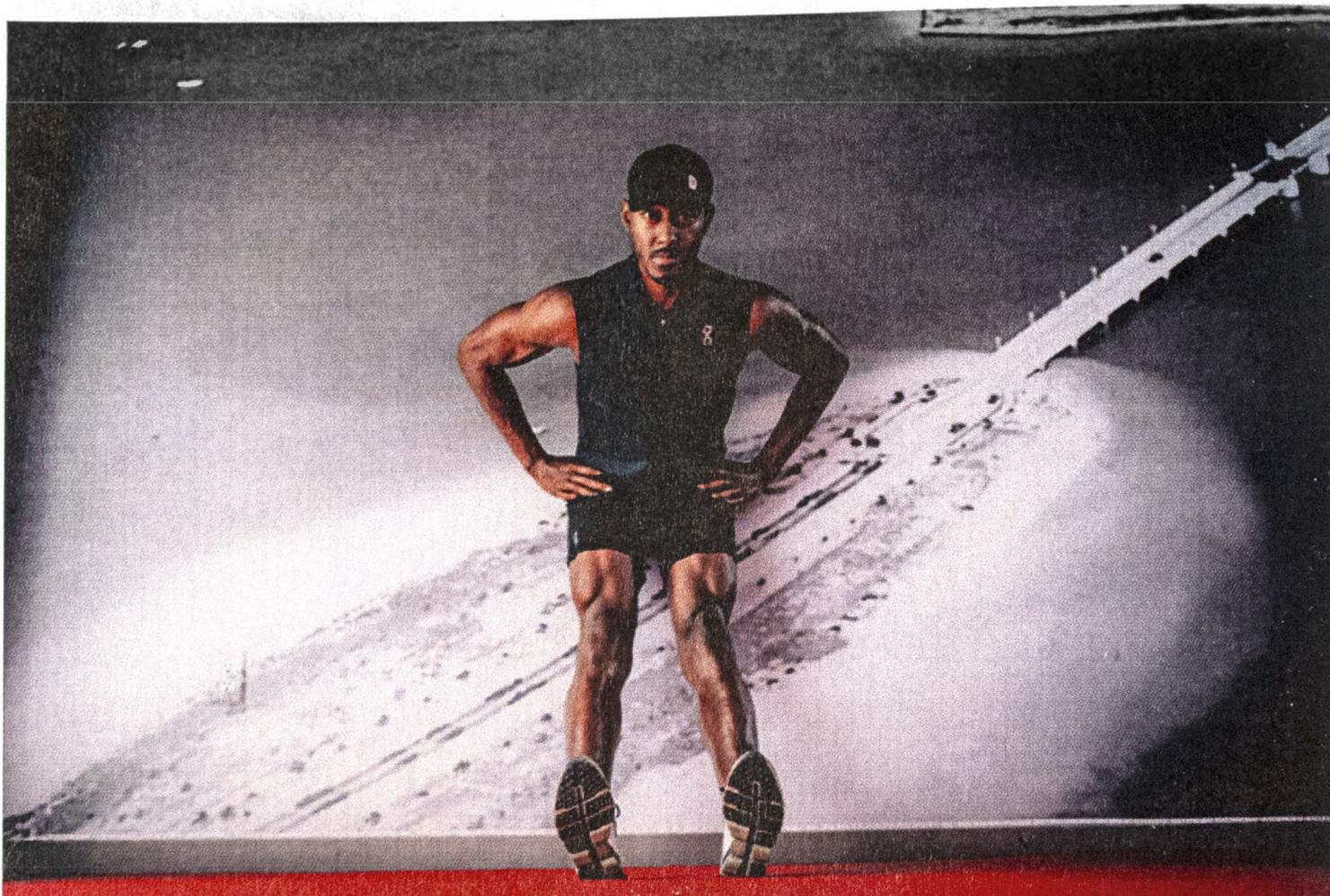
The tibialis muscle rarely gets talked about when it comes to longevity, athleticism and knee protection. The tibialis is a key muscle used for walking and running. Many knee injuries, ankle injuries, shin splints, and other injuries could be prevented if there were greater emphasis on training this muscle.

Look at your tibialis as a shock absorber, your first line of defense when walking, running, and jumping. If this muscle isn't equipped to handle that job properly, other parts of the body have to do extra work. I've found that ever since I started training my tibialis consistently, my confidence in walking, running, jumping and sprinting have increased in equal proportions.

We typically have an overdeveloped calf muscle and an underdeveloped tibialis, which causes imbalances. Athletes in particular need this exercise to balance mass in the lower leg and improve athletic performance. Since the tibialis muscle attaches to the top of your foot, it also helps keep the natural arch of your foot.

Everyone who stays consistent with this exercise will have better ankle stability/balance, coordination, agility, and footwork.

Recap: 20 perfect reps in the Tibialis Raise after your Slantboard Calf Stretch is an amazing investment for longevity.

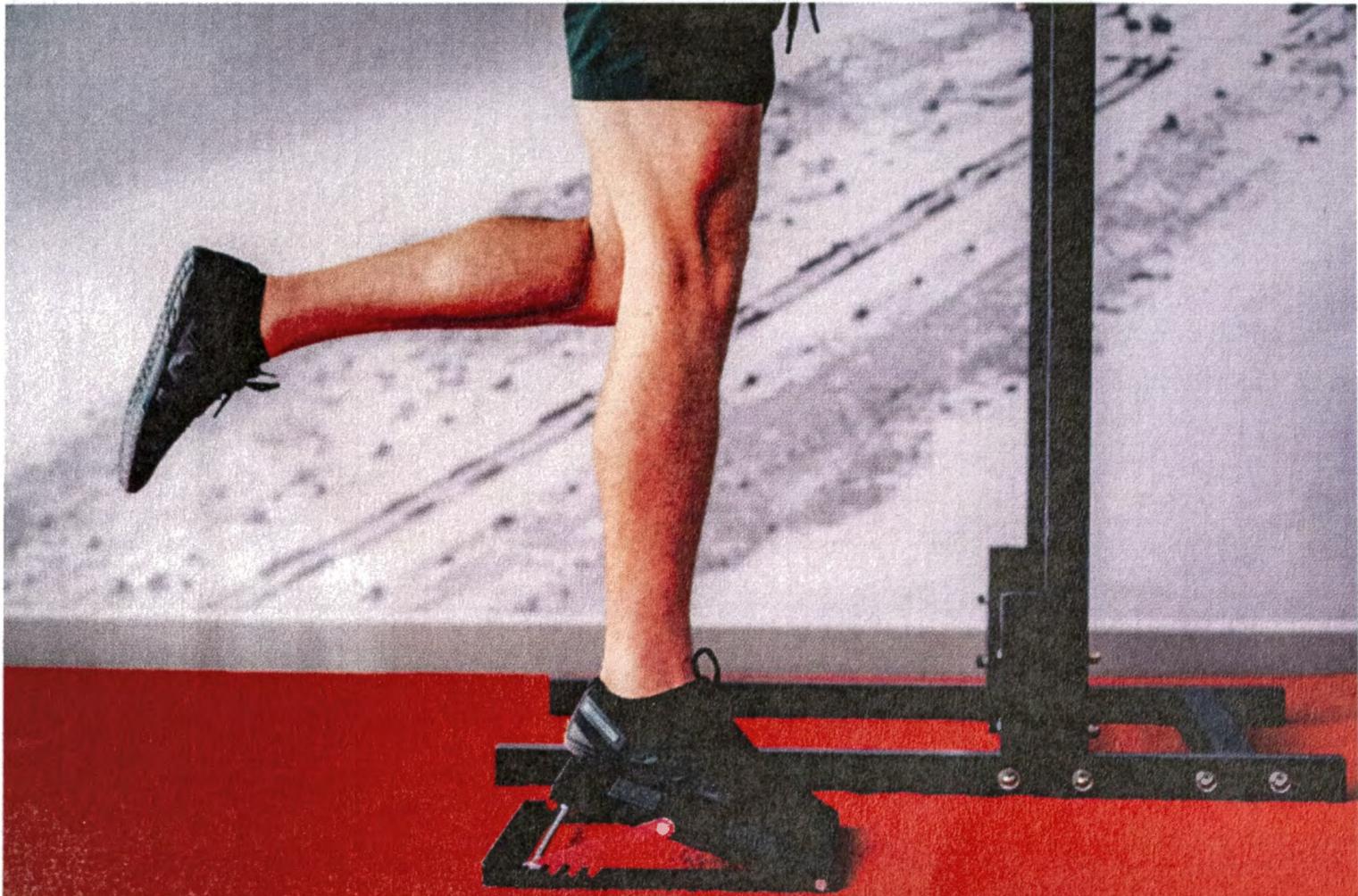


WORKOUT 1: STEP 4: POLIQUIN

PULSE REGRESSION

HOW

You don't technically need anything but a wall for balance, however: using a gentle degree of slant seems to hit "just right" when performing this exercise.



You also may need something sturdy to hold onto to actually assist the motion.



A “pulse” refers to something rhythmic and consistent, and I call this the “Poliquin Pulse” in honor of the late Charles Poliquin, who popularized using a slantboard to rehabilitate knees for Olympic athletes, among many other breakthroughs. Statistically, he trained more Olympic medalists than any strength coach in history. In the most recent Olympics, I had some of my first Olympic medalist success stories. As Charles would say: “Success leaves clues.”

With the Poliquin Pulse, there is zero pressure on:

- how much assistance you use
- how fast you go
- how far you go
- how many you do

Simply start lowering your body slightly and then raising it slightly by going down and up in this position, using a pace and distance that feels great for you. As the

reps climb, you'll feel the burn come in! Over time, you may find that your knee can handle your body much better than it could before, but there's really *no pressure* on how far you reach.



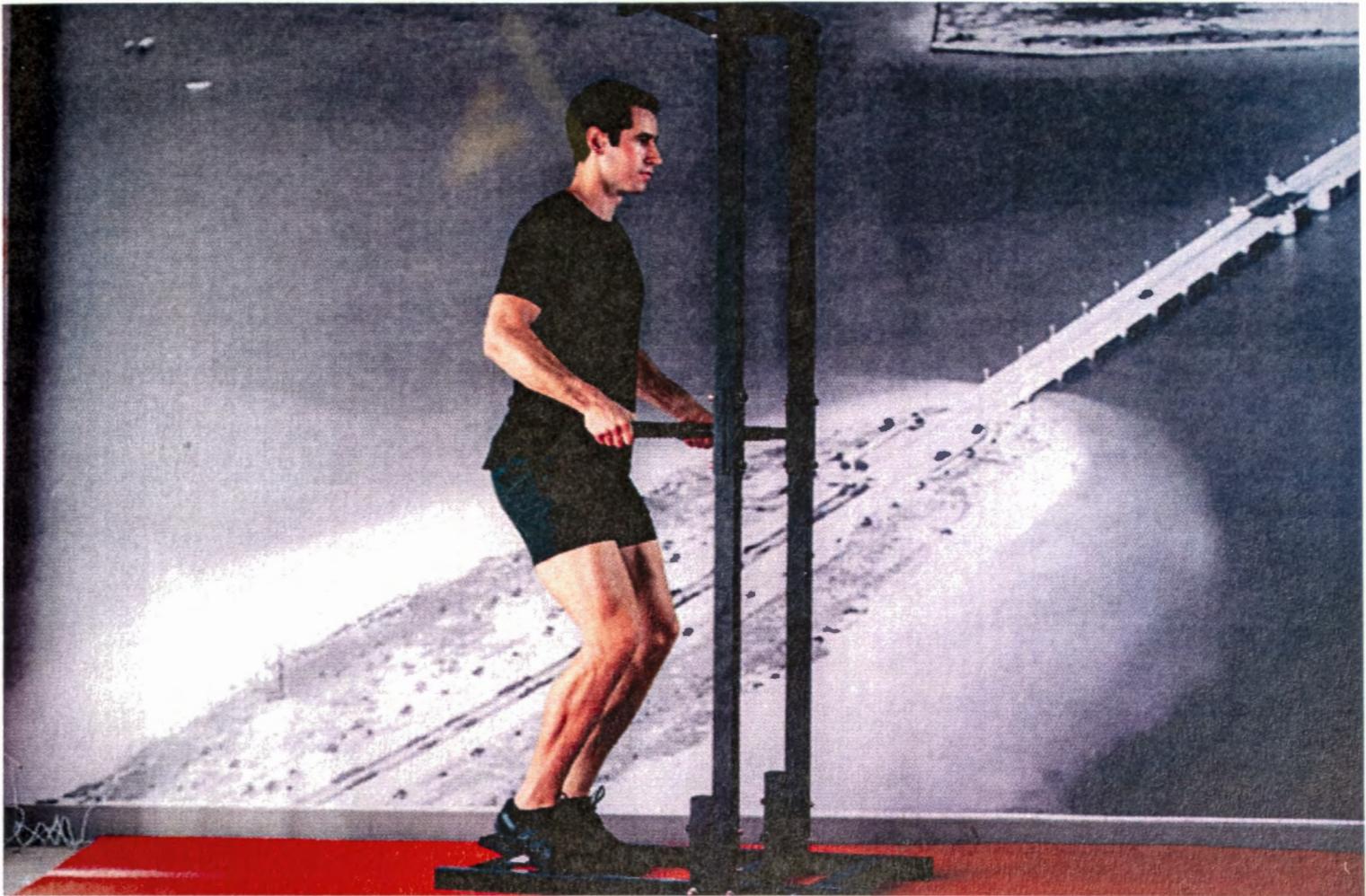


By realizing that you can stay and train in your 100% pain-free range while addressing an ability that most people avoid, you become a potential miracle worker for knees. Thousands of people with knee struggles have reached out to me, and I've always found one or both of these mistakes:

1. Experiencing a painful motion, so avoiding that ability altogether
2. Experiencing a painful motion, and trying to push through it

And the common denominator of my thousands of knee success stories? Addressing the ability that is painful in life, but at the *level* that is pain-free!

You could even regress this ability to two legs, with two hands for assistance! This regression is a game changer for fragile knees.

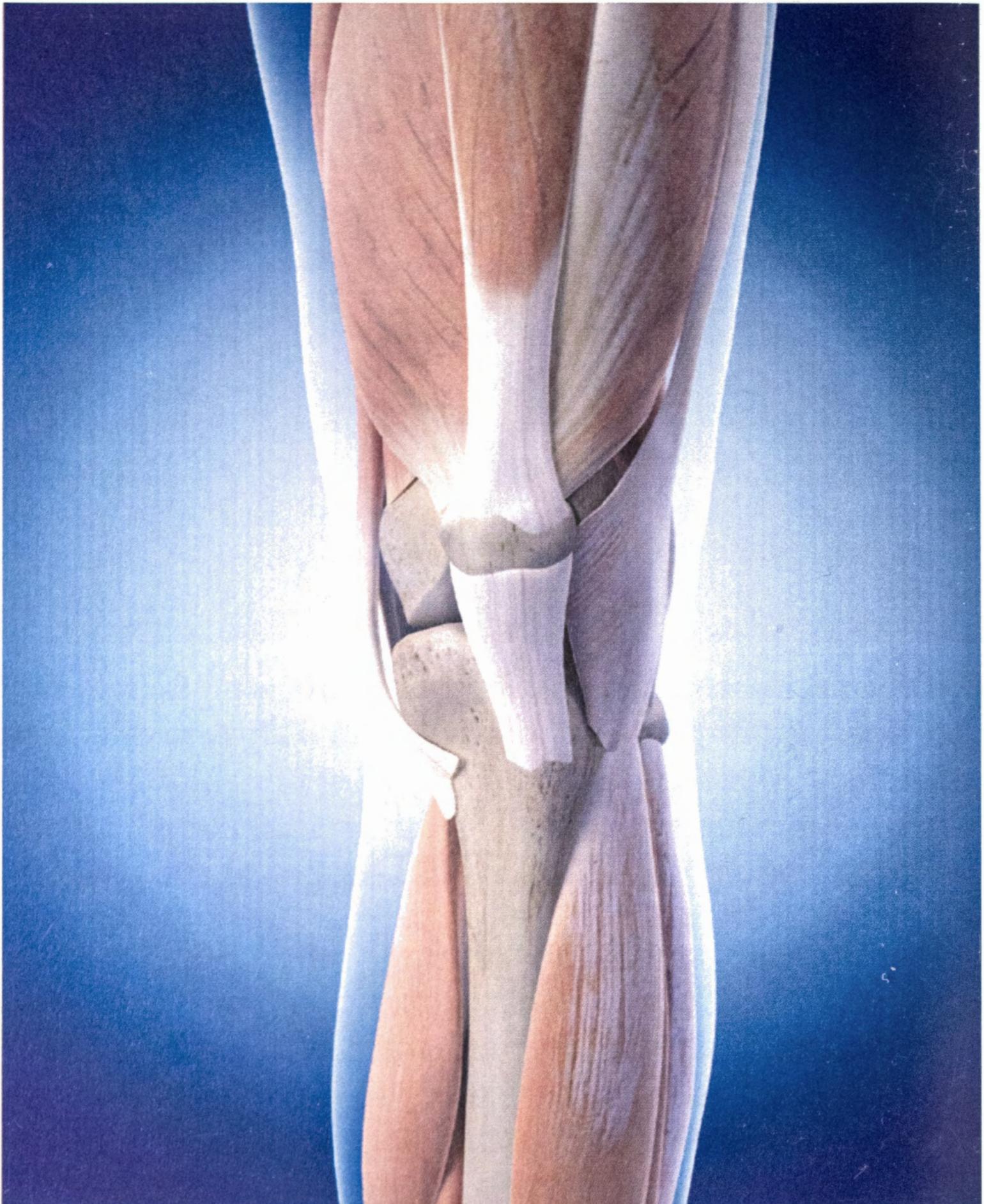


I've found best results in the 50- to 100-rep range, but you don't have to force yourself to do 50 from the first session.

MINDSET

Most fitness, strength training, and bodybuilding communities focus their attention on building, strengthening, and toning muscles. They neglect the foundational piece of the equation: THE TENDON. You may find yourself reading this book thinking, "I never even knew they could train, develop, and strengthen their tendons." Remember, we want to build the body from the inside out and from the ground up. Tendons are not the sexy, bulging, and showy parts of the body, so they're not great marketing tools.

You have two main knee tendons: the quad tendon is above your kneecap, and the patellar tendon is below your kneecap. I like this particular image because you can see your muscles in red, and your tendons in white:



Performing the Short-Range Pulse in a pain-free zone will allow your body to get blood flow and oxygen to the tendon, which takes longer to develop than muscles. It's incredible to have big, strong and toned muscles, but if the muscles aren't supported by strong and durable tendons, the result will be decreased mobility, structural imbalances, pain, and injuries.

Ultimately we all want to feel good and be at the top of our game forever. This exercise is a winner as it still recruits the muscles to build and sculpt but in proportion to developing and strengthening the tendons. If you're someone who wants to run, jump and play with reckless abandon, stay consistent with the Poliquin Pulse.

Recap: Up to 100 reps in the Poliquin Pulse at *your* pace and *your* range puts the power in your hands to create greater longevity for your knees.

WORKOUT 1: STEP 5: ATG SPLIT SQUAT PULSE REGRESSION

HOW

This is my personal favorite exercise of all time because of all the benefits it's given me over the years. With this one movement alone I could stay in the upper 1% of lower body health. That's because every joint in our body has synovial fluid in it. Synovial fluid is like the oil in your car: It delivers nutrients to our joints. But the joint has to have motion and compression to produce that fluid.

As kids we bend our knees all the way, but as we age some of us stop bending, or it becomes painful to do so.

I've received many messages and heard many stories from people who spent time in cultures where there were no chairs and people ate meals from a deep knee bend. I'm told these cultures are often shocked to find out how older people in America can't all do that easily.

Maybe forcing people with bad knees to do deep squats would be better than advising them to avoid deep knee bend altogether, but I know for me, deep squats were painful and scary. In particular, my two knees were so different by the time I was trying to fix my knee problems that anything squatting on two legs just felt wrong.

Enter the ATG Split Squat Regression...

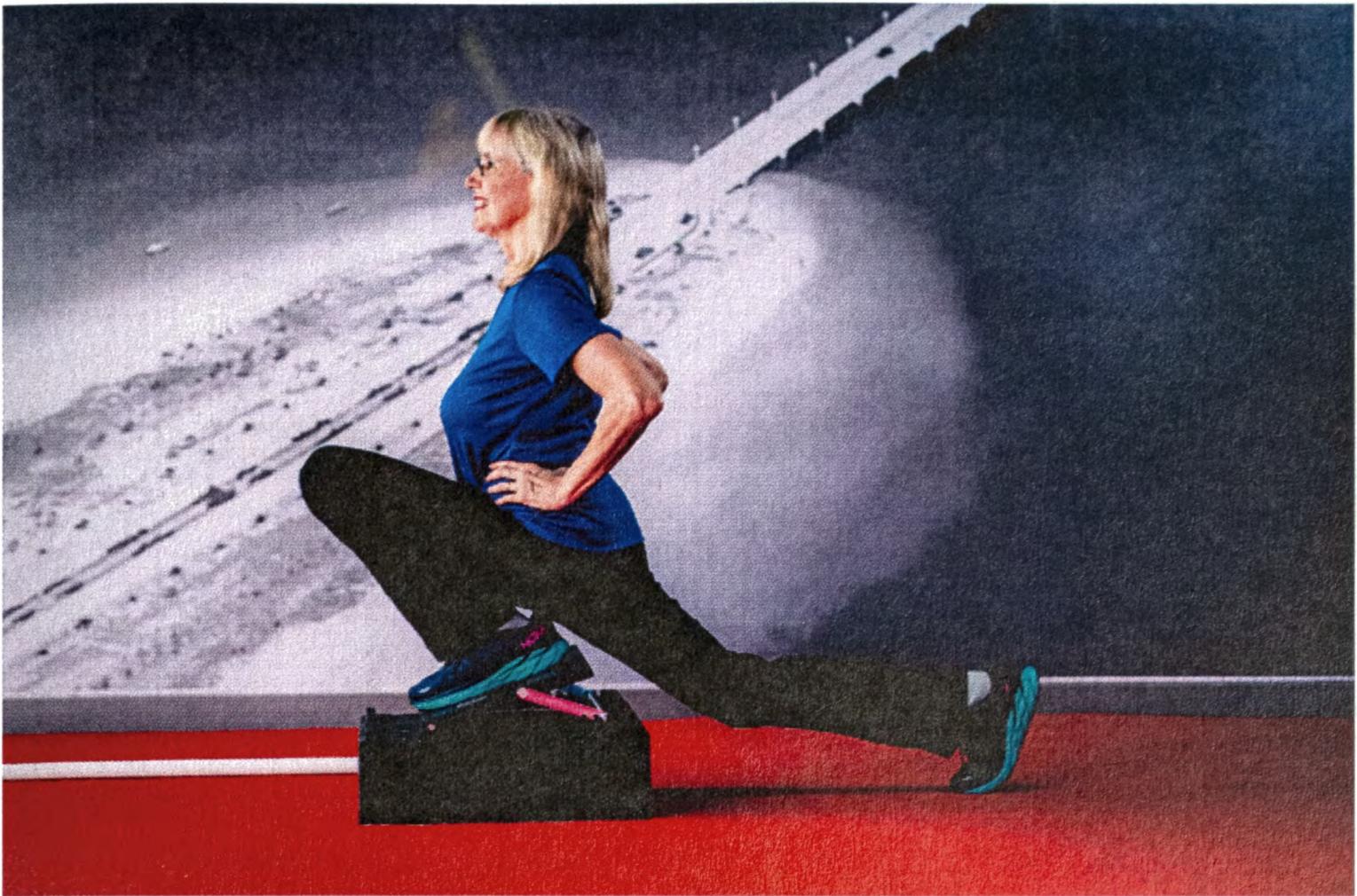
Let's take one regression at a time:

1. Using a slantboard is a huge breakthrough in rehabilitating pain-free full knee-bend, and it applies beautifully to the ATG Split Squat. When I reverse engineered my terrible knees and successfully rebuilt them, the ATG Split Squat was my savior but I wore the shoes that Olympic weightlifters wear, even though I didn't do Olympic weightlifting! I'm still a fan of Olympic weightlifting shoes for it, but overall I find a slantboard to be a much better overall investment.





2. You'll notice that the ATG Split Squat also requires excellent hip flexibility. When I started, I had to elevate my front foot extra to be able to get full knee bend without my back knee touching the floor. Elevating until you can achieve this position gives a stricter and more measurable movement *and* loads the hip flexor muscles, which we will cover more in Step 7. Due to excessive sitting, we almost all have tight hips. The ATG Split Squat directly strengthens and stretches those hips in the opposite direction of sitting.



3. I also found that I needed assistance to start the exercise without pain. As time went on, I was able to let go of the assistance and do the exercise without pain. This may take place for people as the reps continue in a given session, or over a

period of sessions. A PVC pipe works great, but any handle or sturdy surface can work.



Most people can do 25 to 50 pulses on each side, but be sure to take a rest between each side, since the back hip is working while the front leg is working.

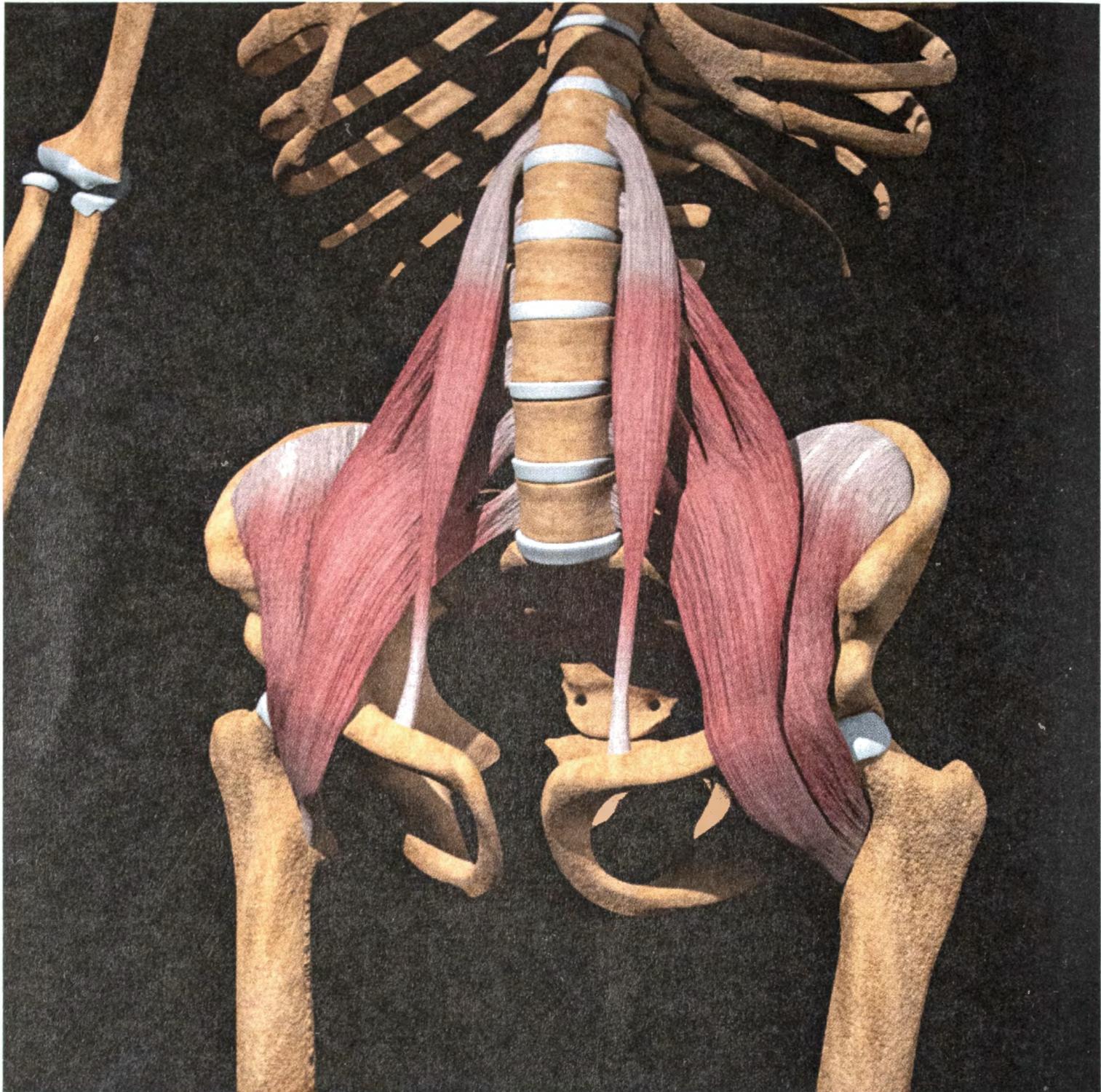
Also realize that even if you moved 1 inch 1 time, then next week 2 times, and so on, you would eventually be able to do 50 straight reps by the end of a year. And your overall lower body mobility may have transformed in that time.

MINDSET

When I first started doing the ATG movements, the split squat was THE movement that unlocked my body. As a 20-year-old Division 1 college basketball player, my body was so out of alignment, I had to get an injection in my pelvis. Yes, the day of each game, I had to go to the hospital and get shot up with Cortisone just so I could play at 60% health and numb the pain for the night.

Thinking back to my college days, everyone on our team had some injury they were dealing with. One imbalance leads to the next and before you know it, your body is wrecked. This is no knock on my strength coach - love him to death - but he didn't know he was destroying my body. The intense lifting and massive amounts of weights we were using without first being in structural balance took its toll on me and others.

If we'd been doing the ATG Split Squat pulse in conjunction with all the other lifts, bodies would have been saved. This unilateral exercise creates balance, symmetry, and mobility. The ankle, knee, hips and core are all engaged to create healing and functionality. You will feel the effects of this exercise immediately as it literally reverses old traumas, hours of sitting, and improper training.



Recap: Up to 50 ATG Split Squat pulses at your level allows you to deliver nutrients to your knee joints while strengthening the surrounding tendons and muscles *and* undoing excessively shortened hip flexors from a lifetime of more sitting than the human body was designed for.

WORKOUT 1: STEP 6: BACK EXTENSION REGRESSION

HOW

Maybe you've seen people doing back extensions, and maybe you've done them yourself, but the regression we're going to use is precise. It scales from the weakest to the strongest.

Using as *little* range as you want, and as *much* assistance from your hands as you need in order to be 100% pain-free, perform up to 20 repetitions.

Lots of people have rebuilt their backs by starting with 1 short rep. No joke! Then 2, then 3, and so on until they were capable of using their full range of motion without assistance for 20 reps.







You can even use the bar at the bottom of each rep to get a hamstring stretch.



Once you can do 20 reps handling your own bodyweight, you remove one leg at a time, meaning you do your left leg down and up, then from the up position

- holding a contracted glute! - you switch to the right leg, contract the glute, and repeat.





Building back up to 20 total reps (10 per side) already gives you a much more capable and balanced back than the norm, and there's limitless potential for athletics simply by adding weight to this process.



MINDSET

In modern society, we spend an enormous amount of time in a position the body wasn't designed for: SITTING. Being on your butt so much creates imbalances caused by tight hip flexors and a weak lower back. Eight out of 10 people can expect to have low back pain due to our modern lifestyle and lack of proper exercises. The other two can expect to be lying.

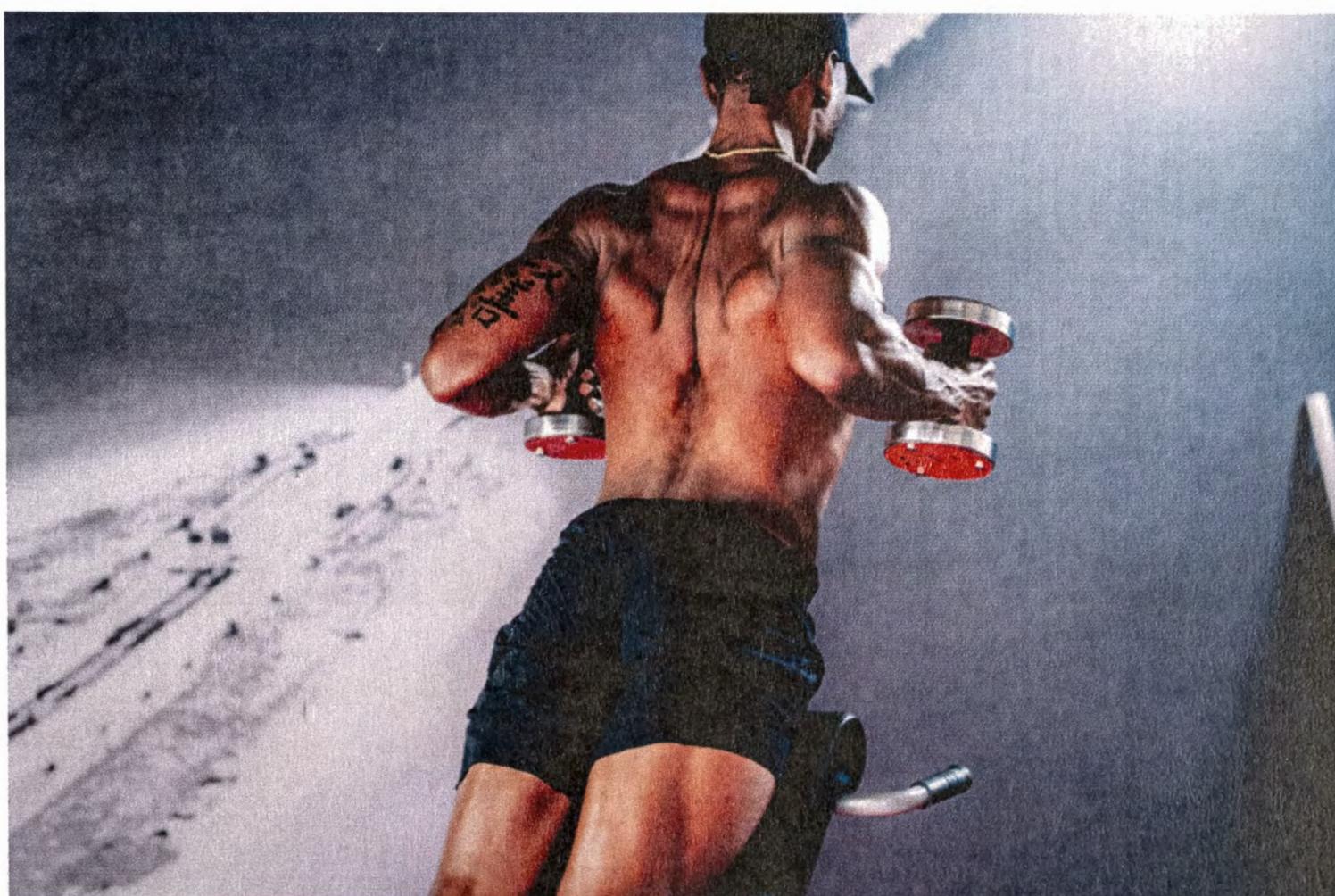
To counteract the effects of our lifestyle, the back extension is mandatory. This simple exercise allows for a full range of motion movement, which creates mobility and power in your entire posterior chain (low back, butt, and hamstrings). Opening up and strengthening these areas of your posterior chain will in turn give your body the confidence to move freely and pain free.

In regards to longevity, the back extension can add decades to how your body moves, feels, and performs.

As an athlete, this movement will help you run faster, jump higher, and be a more explosive performer.

Our bodies are designed to move, play, and create. Modern society has made our lives so unbelievably convenient and comfortable that it's easy to get caught in a rhythm that leans toward a more static existence. This program will definitely ignite a spark in the rhythm and give you an awareness of what rhythm you're on. I suggest tuning into the rhythm of movement, growth, expansion, new experiences, risk taking, and play.

Recap: Patiently addressing the ATG Split Squat to unlock your hip flexors from a lifetime of excess sitting, followed by up to 20 reps in a controlled, balanced (from side to side), full-range-of-motion back extension, is a one-two punch which has released hundreds of people from years of back troubles while unlocking greater athleticism in the process.



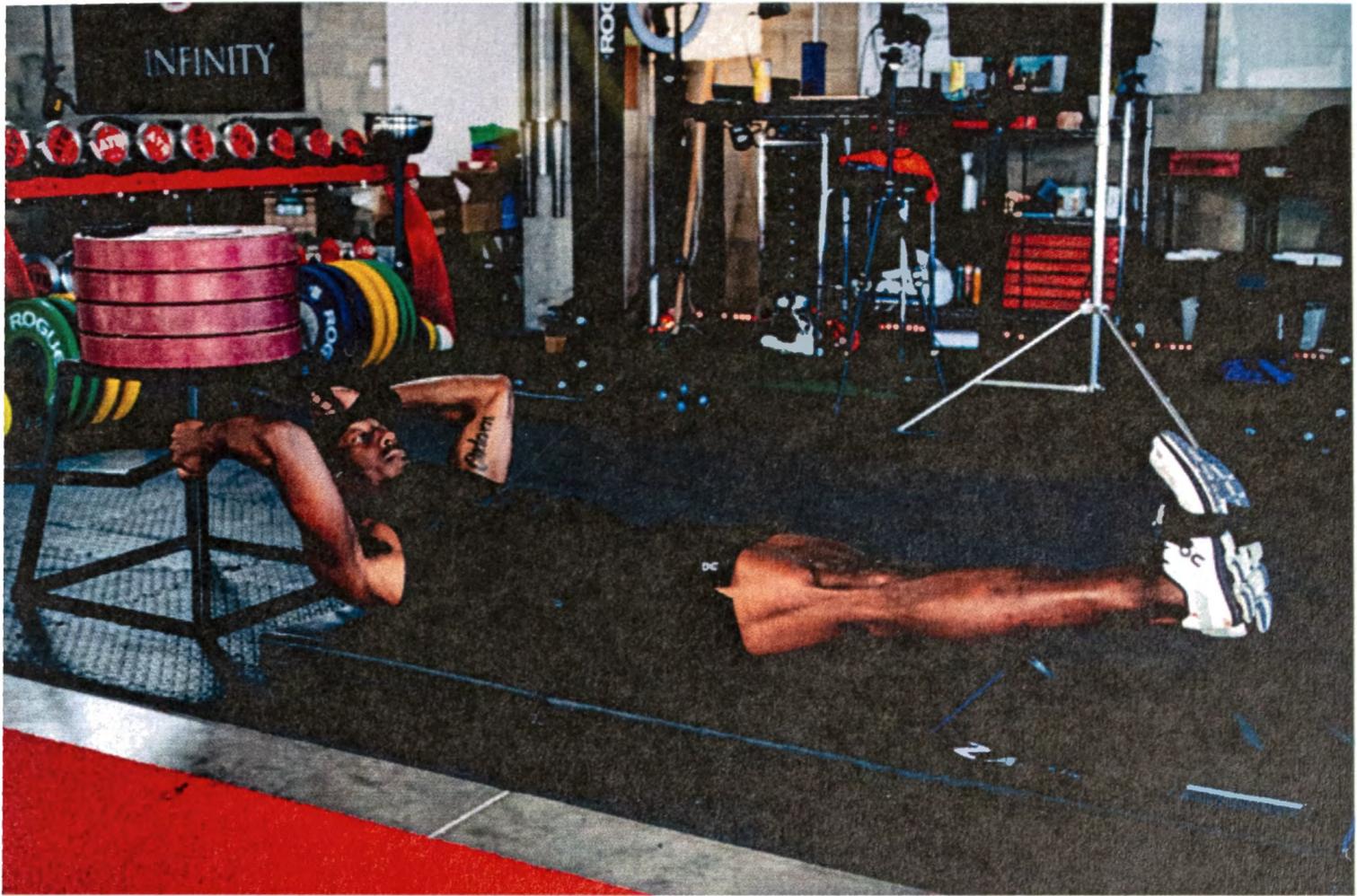
WORKOUT 1: STEP 7: SINGLE-LEG LOW CABLE PULL-IN

HOW

An effective solution when training for longevity is identifying which muscles you stop using when you no longer *sprint*. Our hip flexors are one of the most in-demand muscle groups for sprinting. This became clear to me after years of training people of all ages, because I could see that measurable hip flexor strength had disappeared for people more rapidly than other qualities, relative to age.

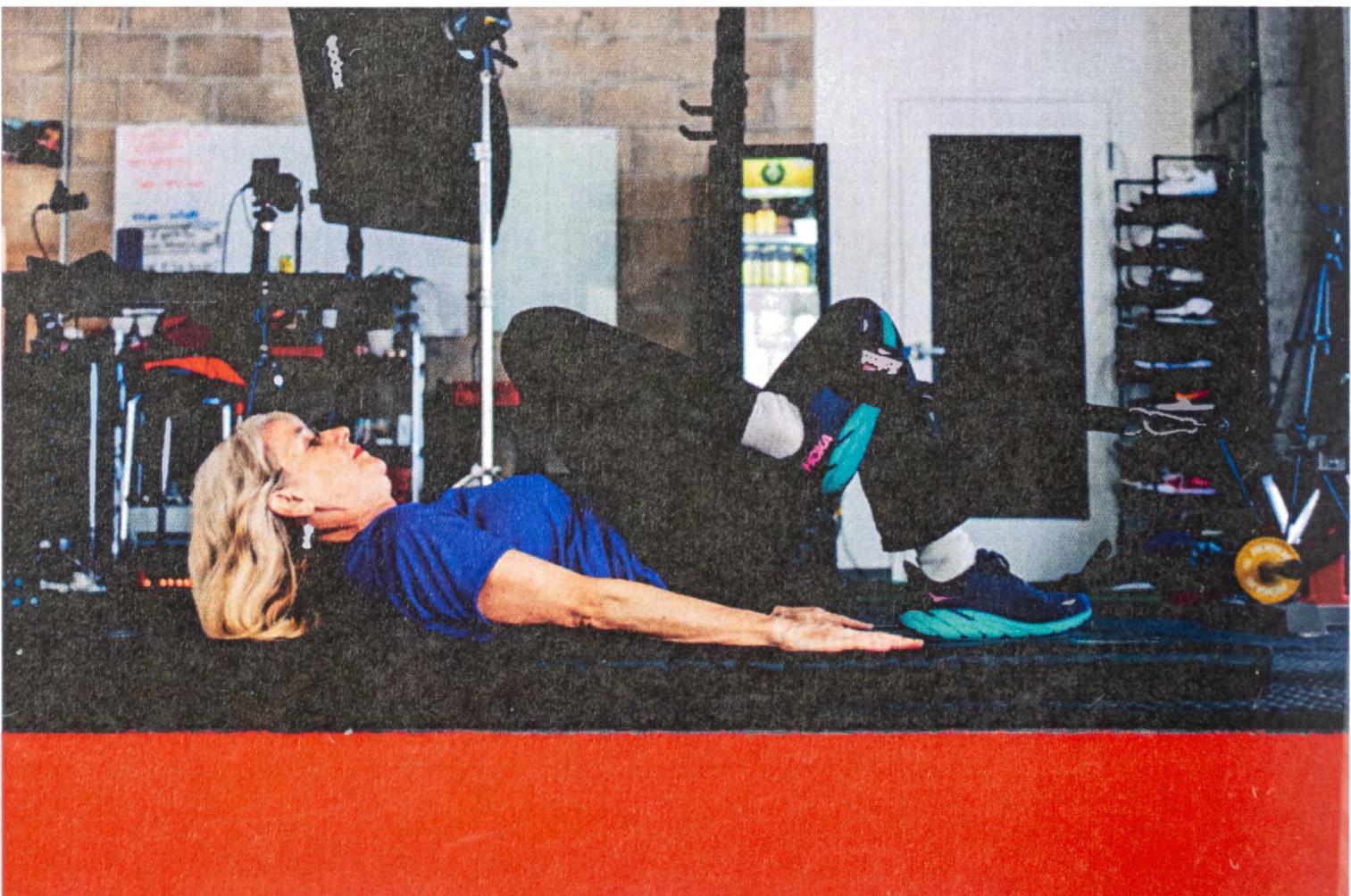
Thanks to the ATG Split Squat Pulse, we've already put money in the bank for our hip flexor length. While it would be easier to just strengthen or stretch our hip flexors, the answer in life is often that two abilities give exponential results compared to one ability and one inability. With the ATG Split Squat *plus* the Low Cable Pull-in, you can now make breakthrough results for anyone struggling with their hips.

Our favorite way to get measurable load on the hip flexors is by laying down a thick pad and attaching a low-ab strap to a cable, with a partner or immovable object to hold onto behind you. The best solution that's common in gyms is a plyo box with bumper plates stacked on:





But don't worry if you're by yourself and you don't want to make a setup behind you. By using just one leg, you can plant the other leg and your hands and have a secure setup to train one leg at a time:



Performing 20 reps - or 20 reps per side with a short breather between each - is a simple way to smoothly and measurably improve hip flexor strength over time, while getting a stimulating core workout in the process. In fact, we think training this “reverse sit up” plateau-busts your entire core. Most of us have done 6-pack exercises since we were teenagers, and bringing up this weaker end of the chain improves your total core strength!

MINDSET

Low Cable Pull-ins keep your abdominals and hip flexors working in harmony. Structural balance is essential for a healthy body. We’ve found this exercise to be one of the best when it comes to abs/hip flexor ratio.

This also may be a sneaky knee protector.

Imagine if you struggled to lift your legs. How would you run from point A to point B?

Would you glide?

Or would you thud?

In our experience, hip flexor training is not only the “secret” muscle for speed, it’s also a secondary knee protector which reduces the wear and tear from a game, a season... a lifetime.

It also happens to allow us to break open new levels of aesthetic. By improving your lower abs and hip flexors, your entire abs plus hip flexors unit has more total strength, allowing you to achieve greater levels of ability and fitness, which improves how chiseled and aesthetic your core can be.

Recap: As we age, we virtually all wind up with weak lower abs and hip flexors! Up to 20 reps of the Low Cable Pull-in can turn this weakness into a *strength* which you can then control the rest of your life.



WORKOUT 1: STEP 8: BAND PULL-APART

HOW

Now we'll flow from the lower back to the upper back! Hold a band about shoulder width apart, with elbows slightly unlocked.



Without changing the angle of your elbows, use the muscles between your shoulder blades to pull the band apart.



Perform 25 reps.

A wider grip (above) is easier and a closer one (below) is tougher:





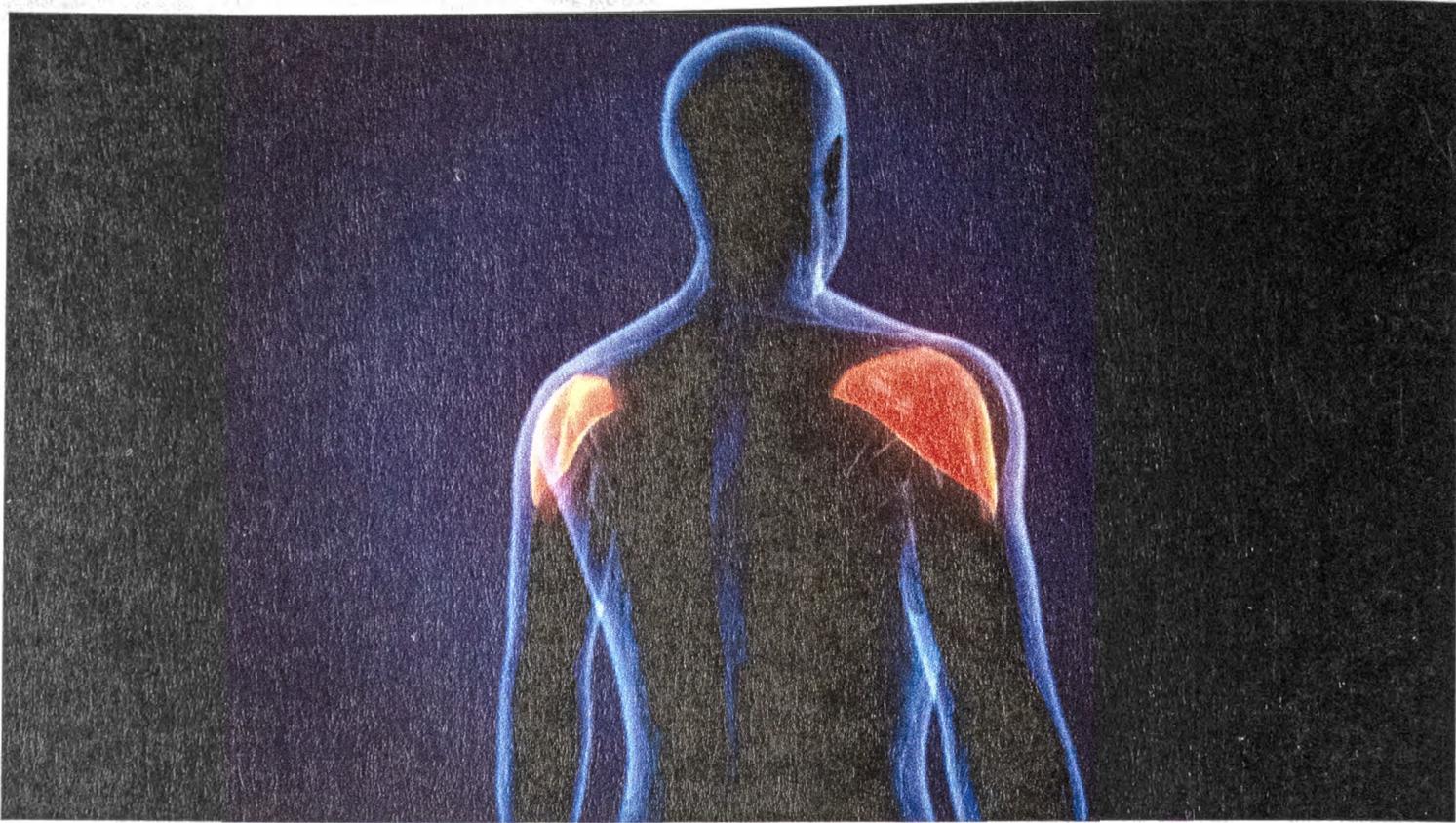
This is one of the simplest actions we can take against a modern lifestyle of excess sitting and looking down at our phones and computers.

MINDSET

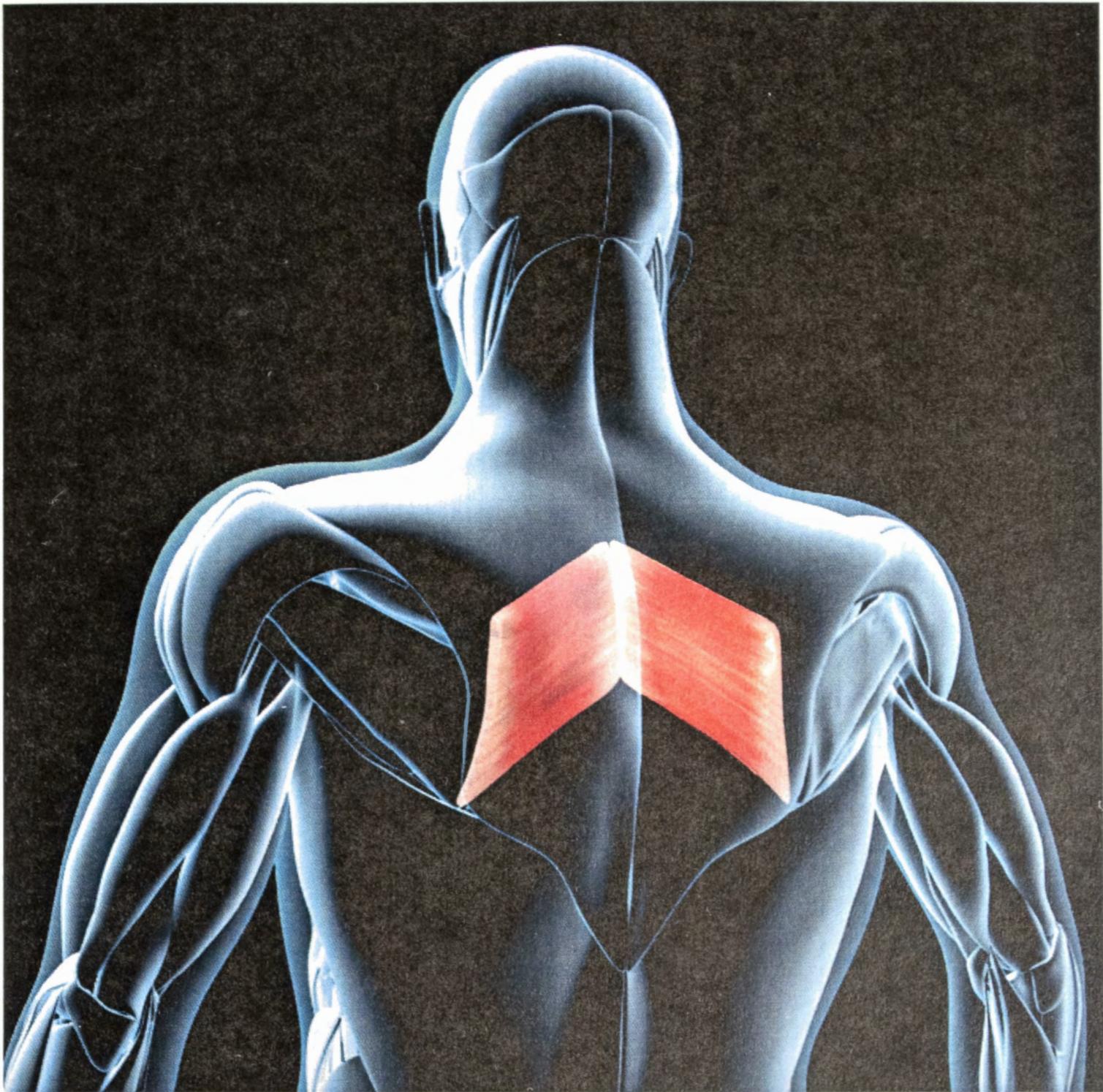
Band Pull-Aparts are an exercise everyone should be doing often. This simple exercise can be done anywhere, and the impact it has on your posture and long term health is amazing.

BPAs effectively work out major shoulder muscles and upper back muscles. Some of the most neglected muscles in the modern human body are the ones behind our shoulders and between our shoulder blades themselves.

Behind our shoulders are the rear deltoids:

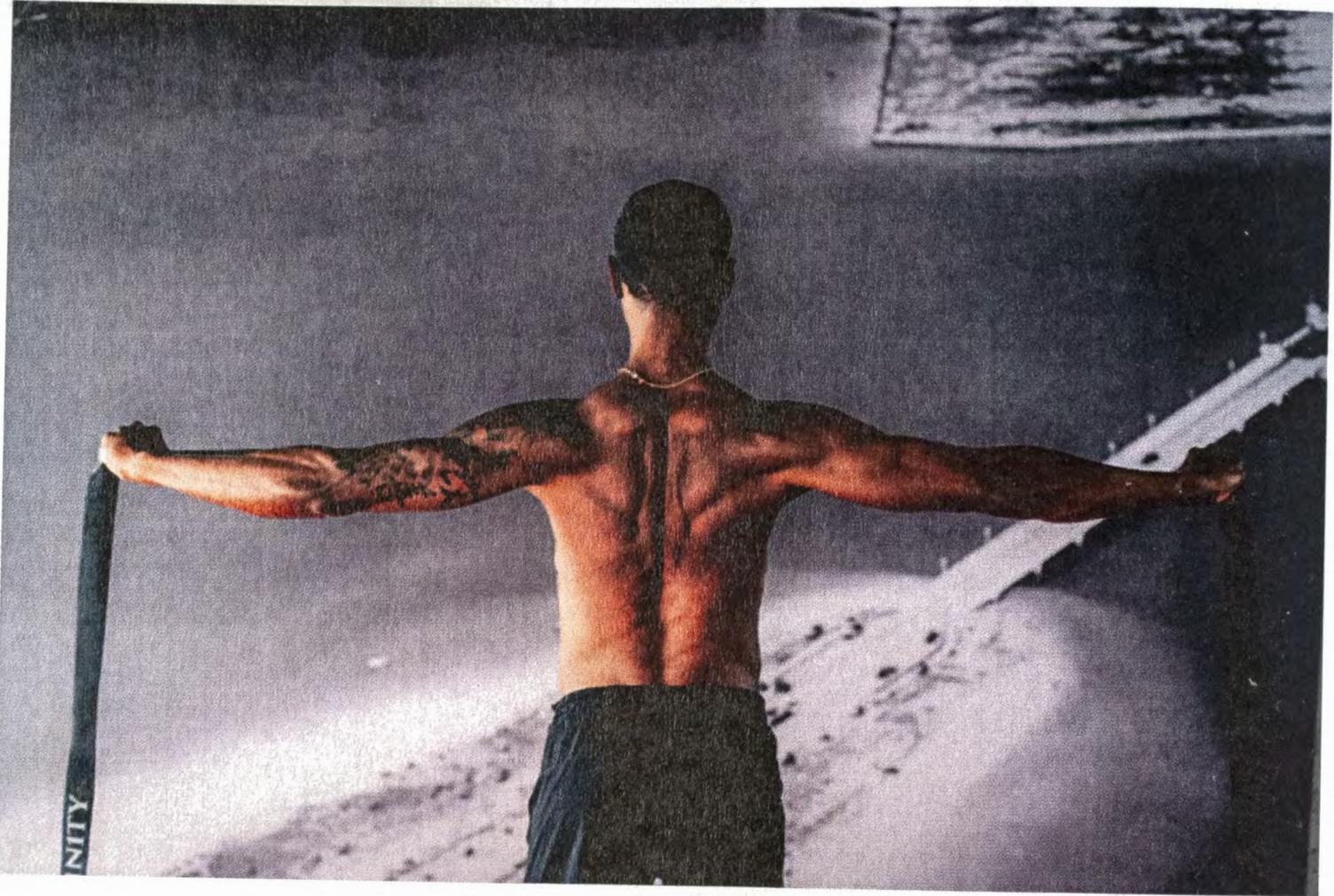


And between our shoulder blades are the rhomboid muscles:



These are your everyday muscles that too often get neglected by a sedentary lifestyle. Performing BPAs regularly will help avoid injuries while lifting or reaching, create stability in the shoulders, and improve your posture. While building muscle strength, BPAs also give the upper back a much desired shape and tone.

Recap: 25 reps in the Band Pull-Apart is one of the simplest ways to counteract the modern lifestyle! You could do it virtually any time, but in a workout flow this is very smooth timing as we work our way up the body.



WORKOUT 1: STEP 9: ATG CHEST PRESS

HOW

If you've ever done an incline dumbbell press, these are nearly identical and will come naturally!

The reason we're using an incline is because we have almost all done more push-ups and flat bench presses than incline, so this will help balance out more natural chest development while allowing even more stretch to restore healthy shoulders. We suggest about a 30 degree incline.

Start out how you would normally do an incline dumbbell press, but with less weight than you would normally try to lift. The goal is actually to rebuild ATG-style until you get just as strong - if not stronger - than you are now in a "normal" dumbbell press.

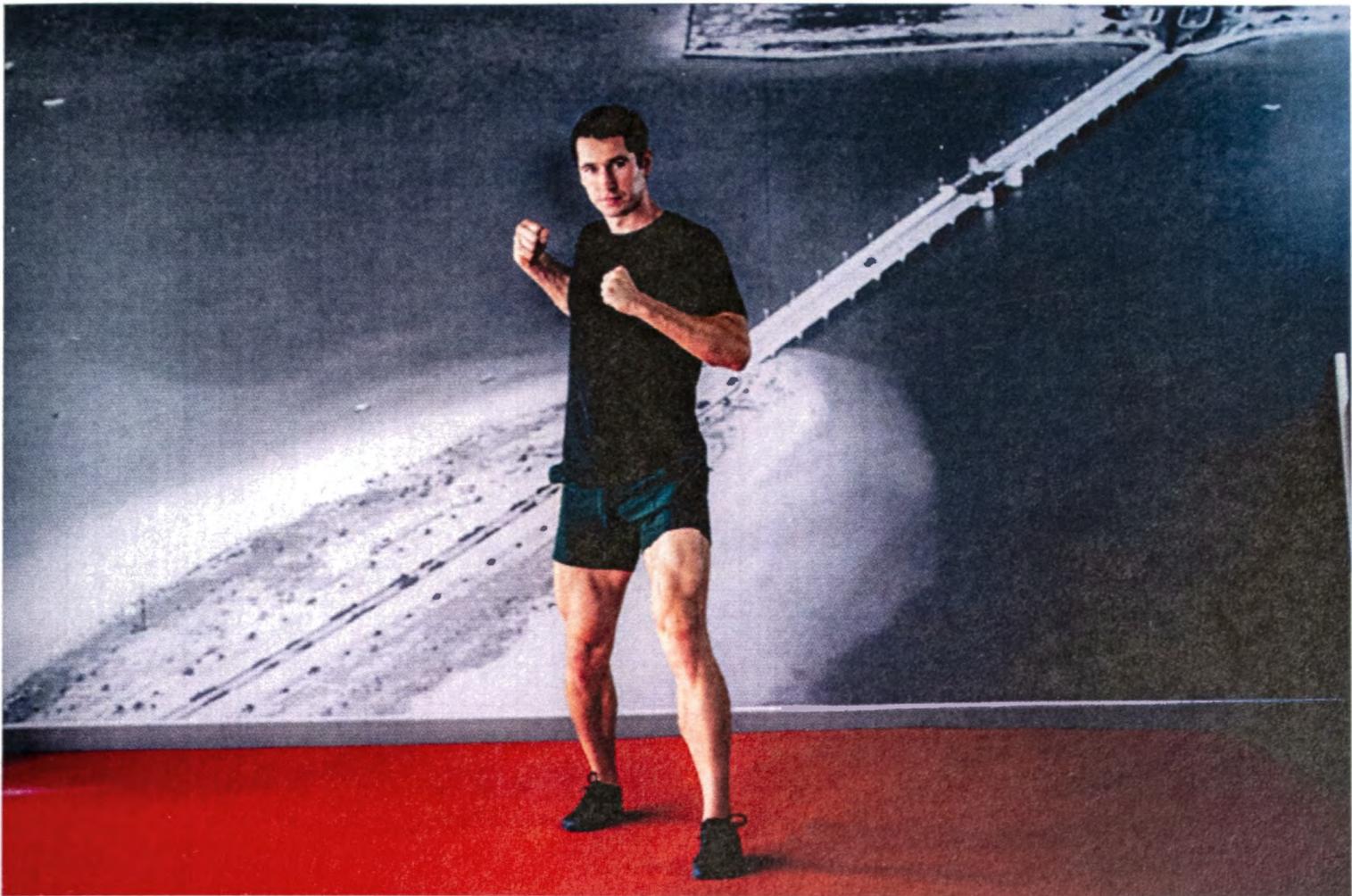


As you lower the dumbbells, gradually turn your wrists so the dumbbells are not stopped short by your chest.



Embrace this stretched position for at least 2 seconds, then press back up, smoothly turning your wrists as if you were throwing a punch.

(I'm laughing at my punching form, too. But you get the point!)



Use 15 of these slow and controlled reps as your target. If you can't get 15, the weight is too much for this program. If you get 15 easily, you could try a bit more.

And perhaps most importantly: If you can't comfortably embrace the bottom position, the load is too heavy.

Rather than thinking of this as a bad thing, realize that the differential you have between a partial range of motion and a full range of motion only indicates how much better you could feel!

For athletes, this style of dumbbell press will actually feel *more* natural, and in doing so you're increasing your upper body mobility toward greater running speeds and higher jumping. It's estimated that about 15% of our speed and jumping comes from the upper body, but when upper body training stiffens the arm swing, it can actually *reduce* your athletic potential!

With the ATG Chest Press, you now have a weapon to develop your chest and arms while getting more athletic and more injury-resistant at the same time!

Best of all, this scales to *any* level. Derek and I have slowly rebuilt our full range of motion strength to our previous partial range of motion strength (we had to start at about half of what we normally used), while my mom happily sticks with 10 pounds per hand to undo long weeks of working on the computer.



MINDSET

Everyone who works out ultimately wants to feel good but also look good. Believe me, Ben and I definitely know how important being aesthetically pleasing to the eye is, not just for ourselves but for marketing purposes, too. The difference is we want to be aesthetic forever, feel great, and play sports at a high level, all while maintaining an aesthetic physique.

The ATG Chest Press is one of those exercises that gives us a chance to truly carve out our chest and arms while still creating superior posture and upper body mobility. Most pressing exercises marketed to athletes actually decrease their athleticism by creating tight shoulders and excess weight that's not useful. The ATG Chest Press allows for a full range of motion movement that ultimately creates a body that is healthier, more functional and more explosive. The full range of motion creates enough friction on the elbows to produce

synovial fluid, which keeps the shoulder and elbow joints working properly.

When the ATG Chest Press is performed properly, you will open up your chest and your posture will feel better after each set. One of the secrets to creating a sculpted and aesthetic physique is to use a weight that allows a full range of motion rep. Going full range of motion allows you to recruit all those tiny muscle fibers and create gymnast-like mobility.

Recap: Up to 15 reps with a full range of motion is something we probably all need. Watch your shoulder pain disappear as you consistently apply Steps 8 and 9 of both workouts in this program.



WORKOUT 1: STEP 10: GRIP

HOW

Grippers vary from adjustable ones that just about anyone can do, to measurable ones that give you a real benchmark of long-term progress. The most important thing is starting with one you can *fully* close. When you can do that 20 times in a row, you're ready to increase the resistance knob or move up to the next gripper in the set.





MINDSET

It's funny. I want to say how much of a miracle each and every one of these exercises is, because I've experienced the effects of them all. I can attest that your grip strength is an indication of your overall health. Having been in the gym and observed thousands of athletes, this is the single exercise where I can determine someone's muscle endurance, vitality and true strength.

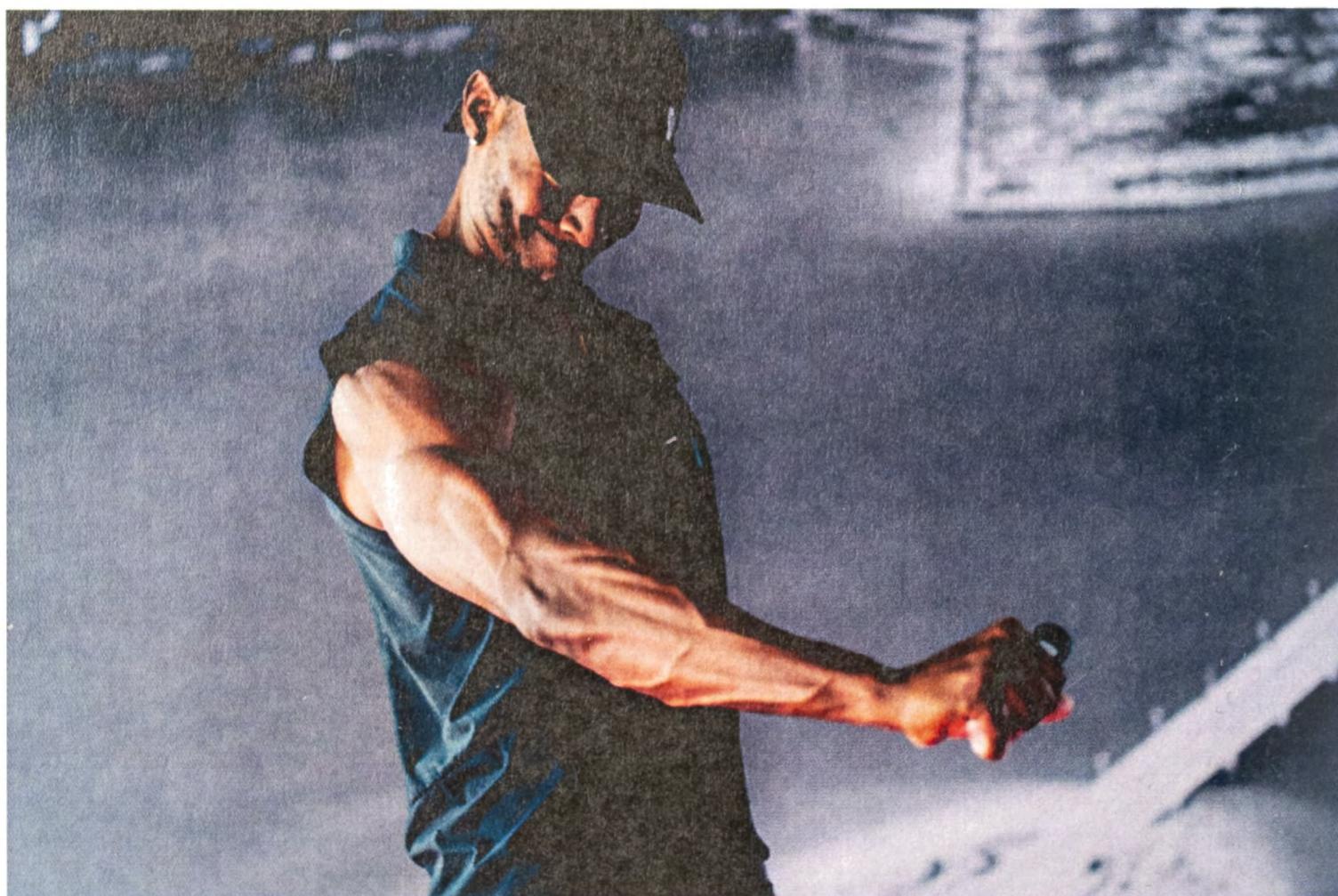
Grip training is the little-known secret to some of the most elite athletes. Magical benefits include...

- Create muscle balance and alignment
- Maintain muscle mass
- Prevent injuries
- Become stronger on all lifts
- Survive diseases
- Lower risk of heart attack and stroke

Training grip signals your body to become stronger and more resilient. I know these benefits sound too good to be true, but I assure you they are not. Ever since I started training my grip consistently, my entire level of fitness and well-being has improved.

For all those seeking to create longevity in the body and maintain their peak, training grip is a necessity.

Recap: Start the session with your feet (sled) and finish with your hands! This alone is a longevity hack you can use for the rest of your life. Up to 20 reps with a gripper is a simple way to exit a session.



WORKOUT 1: SUMMARY!

- 1. 200 meter Reverse Sled or 5 minute Reverse Deadmill**
- 2. 60 second Slantboard Calf Stretch per side**
- 3. 20 Tibialis Raises (Wall or Dumbbell)**
- 4. Up to 100 Poliquin Pulses per side**
- 5. Up to 50 ATG Split Squat pulses per side**
- 6. Up to 20 ATG-style Back Extensions per side**
- 7. 20 Low Cable Pull-ins**
- 8. 25 Band Pull-Aparts**
- 9. 15 ATG Incline Dumbbell Presses**
- 10.20 Grippers per side**

We coach this workout once per week, ideally with at least one day of rest before...

WORKOUT 2: STEP 1: FORWARD SLED

HOW

To quote world-renowned health pioneer Ben Greenfield, “People who don’t put heavy physical loads on their bodies may be biologically 10 years older than active people of the same chronological age.”

But how do we experience those loads without breaking down as a result?

THE SLED IS THE ANSWER.



That’s because you move the sled. In weight training, you usually allow a weight to move you. Sure, you then move against it, but it’s easy to go too heavy and risk injury.

The sled never moves you. Only you move it.

Here's an example:

If I loaded a sled to 1,000 pounds and my mom tried to push it, it wouldn't move.

But if I loaded a bar with 1,000 pounds and put it on her shoulders, it would injure her.

It's really that simple.



(Of course Derek and I had to test it. But we learned something: look how much the body relies on knee over toes in order to achieve an athletic advantage!)



The sled is nature's solution to exercise. If the only thing you got out of this book was the value of the sled, I would be doing my part to help society. If I were in a Jim Carrey movie, cursed to be able to give clients only

ONE exercise, I would still be happy with my career as a trainer if that one were the sled.

And no, not just because it's the simplest way to teach and improve the ability of knees over the toes...

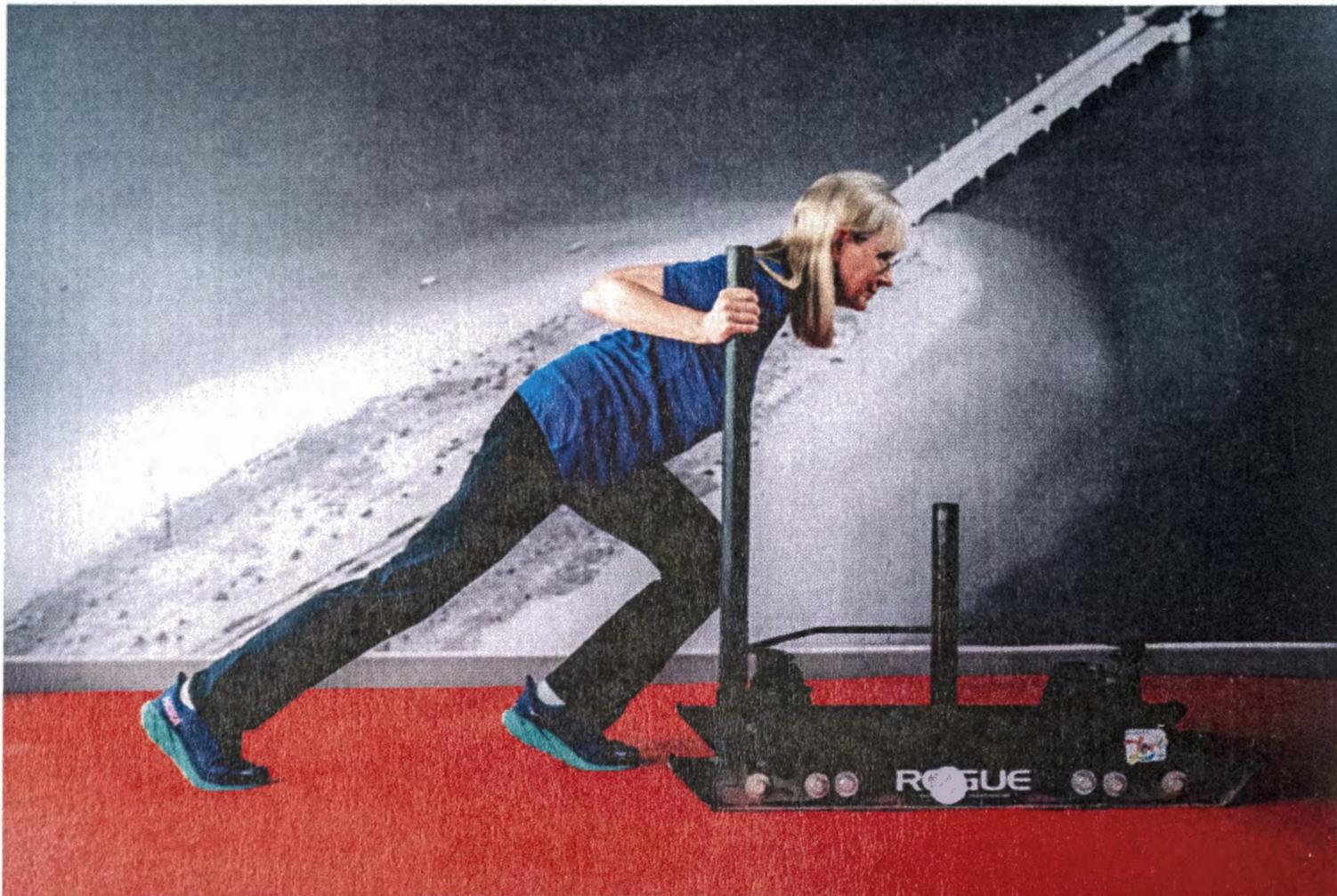
Let's take a closer look at what our feet do to slowly start pushing a sled:



Without the sled, we almost all miss out on our feet and wind up with all kinds of problems up the chain.

So forget the knees when you're doing this exercise! The sled gives your feet and ankles a mobility workout unlike any other I've ever seen, and it is only the feet that we think about when we do it!

Without any warm-up, without any special technique, and without any special abilities, I'm able to take people of all ages and get them the first real foot and ankle workout they've had since they were kids. I have a 1-year-old and boy oh boy, does he use those feet! They're flexible and strong!



My son can't talk yet (other than saying "MOM!" right in my face 10 times a day), but if he could, I don't think he'd be telling me about his turf toe, plantar fasciitis, heel pain, Achilles pain, shin splints, or knee pain, *all of which* have been found in greater amounts to the degree the ankle is limited!

So, the best advice I can give you is to find a gym with a sled.

If you don't have one right now, use the deadmill for 5 minutes just like you did in Workout 1.

If you have a sled...

Move it *slowly* and *smoothly* for about 100 meters using an amount of weight that slows you down enough to really feel the load through your feet on every step. Over time, you could possibly increase speed but that would not be required. In fact, if you find yourself going fast, you probably need more weight on the sled to ensure we're really getting your feet loaded.

By the time you finish, your feet, ankles and lower legs are *primed* to work on up the chain...



MINDSET

Forward Sledding will be one of the most mentally challenging exercises in this program. This is an exercise that you'll have to confront over and over again. The greater the challenge also means the greater the reward. This exercise pays back everything and more that you put into it.

At ATG we have built a community and culture around sleds. Every person who walks into an ATG facility gets initiated with sleds. We've created the hashtag #sledflu, and you'll know exactly what that means in time. There's a particular mindset and attitude you have to have in order to confront pushing a sled. So every person - athlete, celebrity or average human - using the ATG system has that common thread. This activity has created an environment and a company of mentally

tough people who root each other on in the most challenging circumstances, knowing that after the challenge you'll come out stronger 100% of the time.

I'm not saying this to scare you away, just to prepare you. As with every exercise in ATGFL, there are gradients, and forward sledding is no different. Lebron James, Oprah Winfrey and Betty White could all have a sled lane next to each other and each would be facing a challenge to overcome.

Now for the good stuff! Mental toughness is only a fraction of the miracle benefits of pushing a sled. Forward sleds are the best way to truly build your body from the ground up. As you push the sled, you're working your toes, feet, ankles, calves, quads, hips, core, and arms in an athletic movement with your knees over your toes. Forward sledding gives you a proper foundation and a great base for all sports and activities. All the pro athletes I train call it the "cheat code."

Forward sledding also produces fresh blood flow and oxygen to the surface. As this happens, all the toxins we've accumulated get pushed to the surface and discharged. This is what causes the #sledflu for those who may have more toxins than others or maybe played a little too hard the night before sleds. (Can't cheat life, can't cheat sleds.)

What also occurs as you push sleds is you turn on regenerative hormones (HGH). With the stimulus of the weight of the sled plus fresh blood flow and oxygen, it's a magical combination. This is one of my secrets for still being able to play and perform at a high level and wake up feeling invigorated each day.

Recap: It's not always easy to find or obtain a sled setup, but once you get into a groove, sledding is *by far* the most enjoyed exercise of the hundreds of older people we've trained, and we're always keeping the equipment list up to date with the latest solutions. 100 yards at your *pace* before a session can be a life-changing investment!

WORKOUT 2: STEP 2: SLANTBOARD CALF STRETCH AGAIN!

We'll work on our most fundamental imbalances in both workouts. Half the steps in Workout 2 are new, while the other half repeat basics like the Slantboard Calf Stretch.

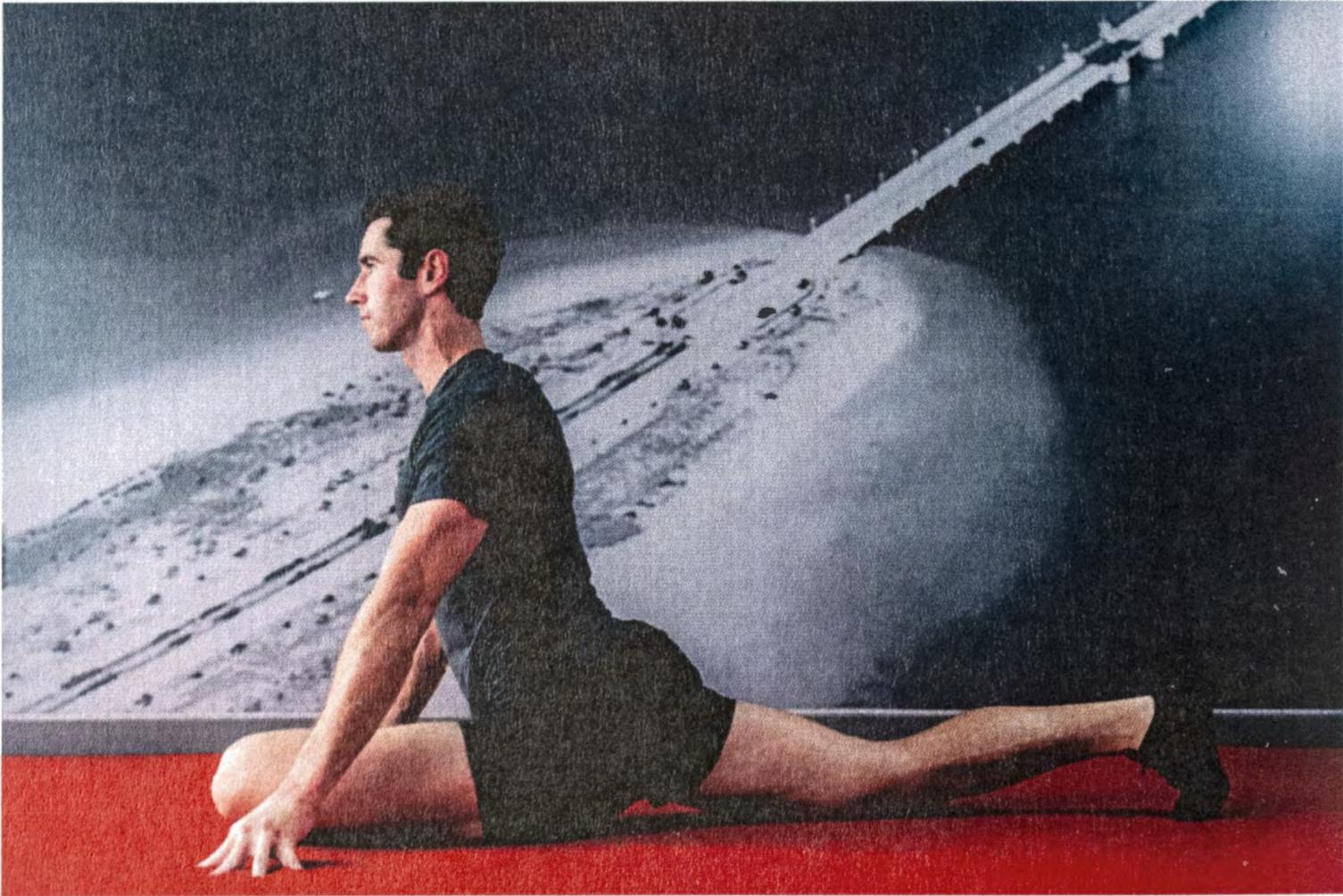


WORKOUT 2: STEP 3: TIBIALIS AGAIN!



WORKOUT 2: STEP 4: INCLINE PIGEON POSE

HOW



Looks decent now, but when I used to try to get into that position, even in yoga classes with professional instructors, I wasn't able to do so without knee pain, not to mention I couldn't get a good stretch because I was so uncomfortable.

I spent many years working on all sorts of regressions to the Pigeon Pose, and finally it became simple:

Enter the Incline Pigeon Pose.



Now you can make Pigeon Pose *comfortable* on your knee while *controlling* how difficult it is for you! Higher is easier and lower is tougher:





But the effects are more than just regression.

Unlike a Pigeon Pose on the floor (which is awesome and which alone can change lives), the Incline Pigeon Pose lifts you off the floor, which results in *loading* for both your front piriformis muscle (shown below) and your back hip flexor. We need that loading for longevity...



But before we go further, let's look at the piriformis. This is a rear angle:



When your piriformis is tight, it can be painful. It can also inhibit freedom of motion in your hips, which can result in excess tugging on the outside of your knees and your lower back.

You can even see this in action if you tried to do something all kids can do: put your head toward your foot.

Now if your piriformis is too tight, how would your body bend forward? How much undue pressure would go to the lower back? The lower back is often the culprit of deviations from natural ability above and below it, resulting in a beating occurring beyond what the lower back was designed for. These human bodies are relatively fragile things! It doesn't take much to create problems - but it also doesn't take much to reverse them!



Over time, getting stronger through range of motion seems to be the key to *longevity*.

Flexibility is youth. We all have this as kids.

Strength is potency. We all gain this as we get older.

But as we continue to age, we all lose both flexibility *and* strength!

If we reverse engineer this, we see that neither flexibility nor strength alone is the answer to longevity.

MINDSET

The Incline Pigeon Pose is my favorite of all the ATG stretches. The Incline Pigeon Pose is an extremely important stretch for progressing and getting maximum benefits out of this program. We all have to come to terms with the fact that stress is part of the human experience. We actually need stress and resistance to grow, to become the best version of ourselves.

I know you're wondering, what does that have to do with the Incline Pigeon Pose? It's actually primal for all of us to store stress, trauma, fear, and other emotions in the hips. The majority of modern exercises, extended sitting, and our everyday mental and physical lifestyle have led to an epidemic of tight and inhibited hips. Performing this exercise will allow you to sit, focus on your breathing, and release all bound up energy in that area.

Stretching in general forces us to slow down, breathe, and sit with ourselves. As we focus on our breathing and get deeper into these stretches, our body begins to trust us a little more and more with each breath and with each session. Our bodies are the manifestation of our minds. Taking time to slow your breath and relax your mind, the body will follow. The Incline Pigeon Pose is a key stretch for just allowing that process to play out.

Recap: For many people, the Pigeon Pose has been a “use it or lose it” ability. The Incline Pigeon Pose gives us a chance to patiently get it back and *keep* it, not only with the ability to stretch but with the *strength* to hold its position. We like 1-2 sets of 30 seconds per side.



WORKOUT 2: STEP 5: STANDING PANCAKE

HOW

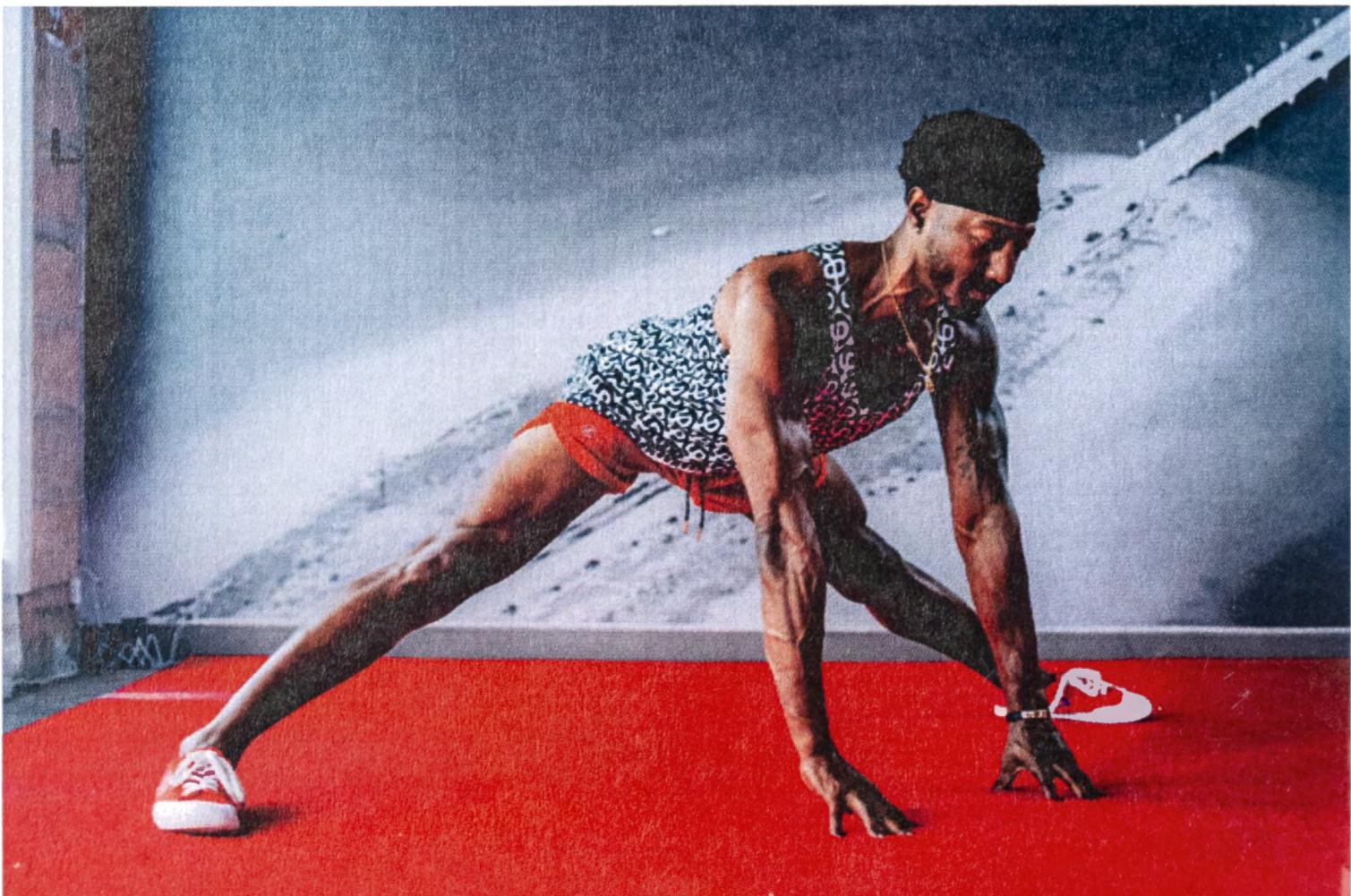
The wider you stand, the more stretch there is, obviously - but what we're after here is how strong you are through range of motion. This is actually a safer way to improve mobility than pushing farther than you can actually handle.

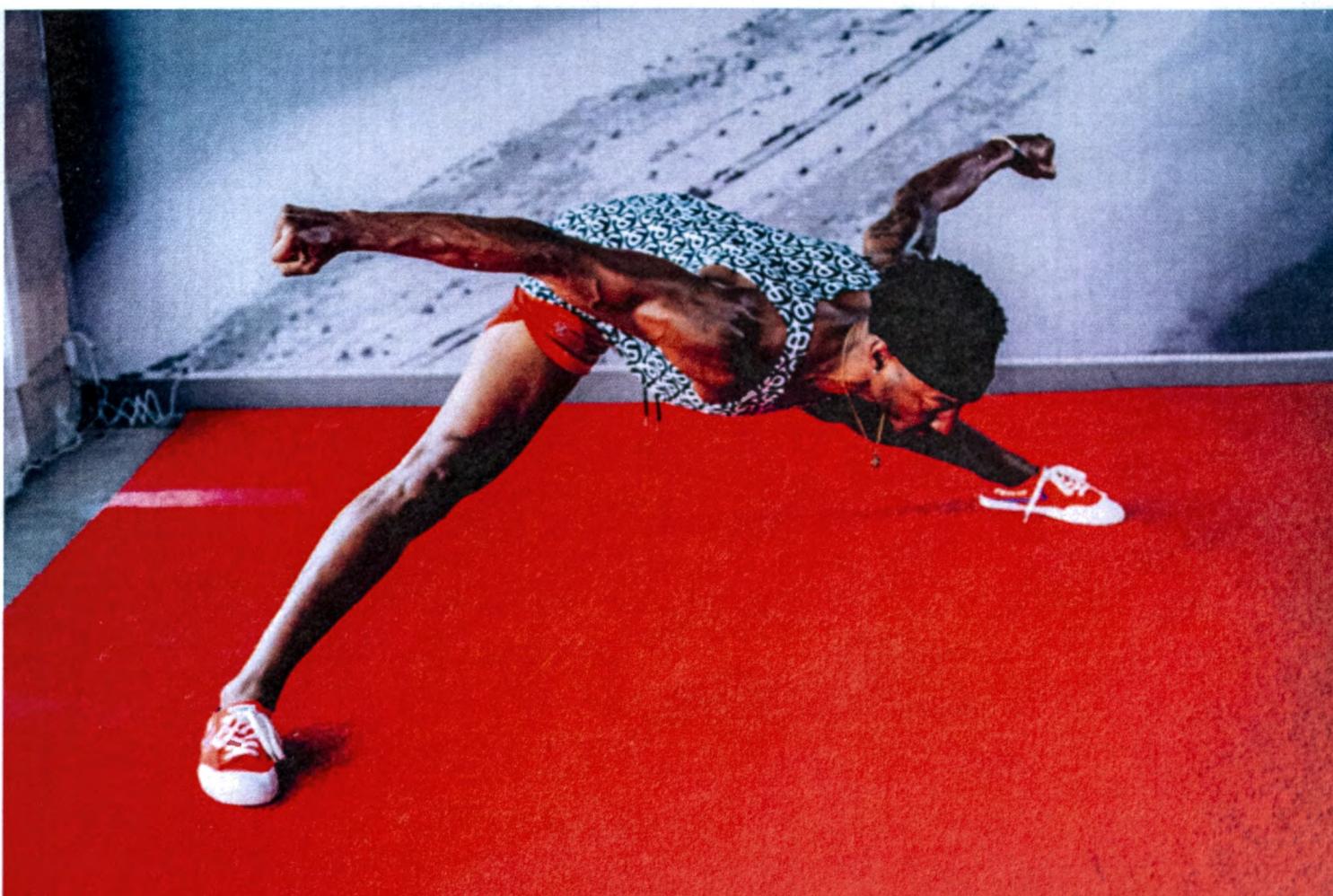
The lowest level of this would be using elevated support until you can hold without support.



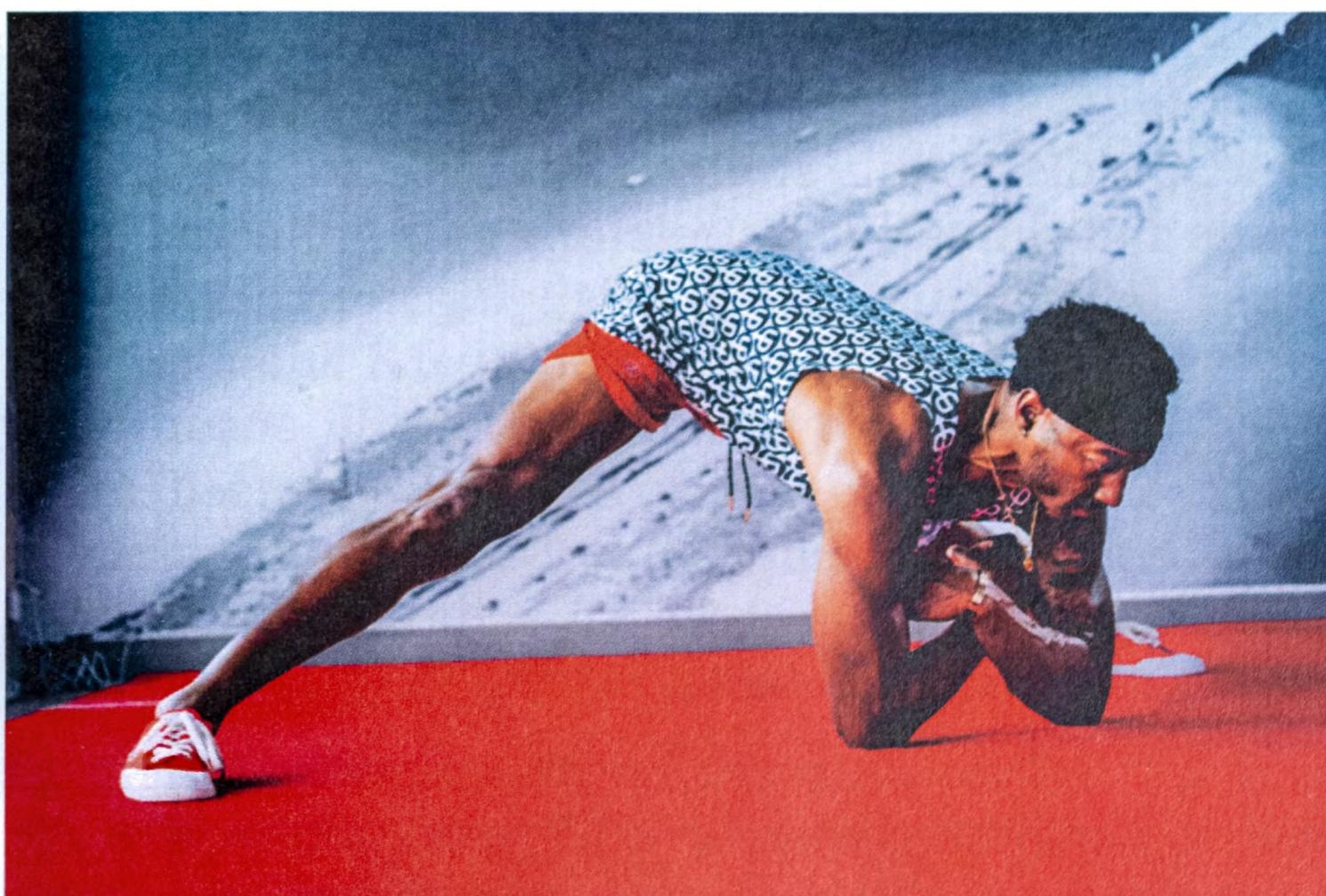


The next level would be doing this with the floor.





Your elbows give you a benchmark of progress.



At which point you would have to hold your arms out to the side. Going below elbows to floor is as far as I coach.



MINDSET

The Standing Pancake is a strength through length stretch. Holding this stretch forces you to fire up your quads and glutes while stretching your groin and inner thighs. While doing these challenging stretches, keep in mind that having proper flexibility and adapting your body to become strong and flexible will ensure your tendons won't snap if you ever find yourself in an uncompromised position. Every time you commit to this training and do these stretches, you're putting money in your health bank.

Let's get real for a second. In this capitalist society we live in, businesses have an obligation to turn a profit. The systems in place get very little return on healthy individuals who truly care for their body. We are so blessed to live in a time and space where Kneesovertoesguy can disseminate this message across the world with pure will and determination. The

amount of money he's saving people on surgeries, physical therapy, drugs, therapists, walkers and so on is astounding. One day we'll have an exact number.

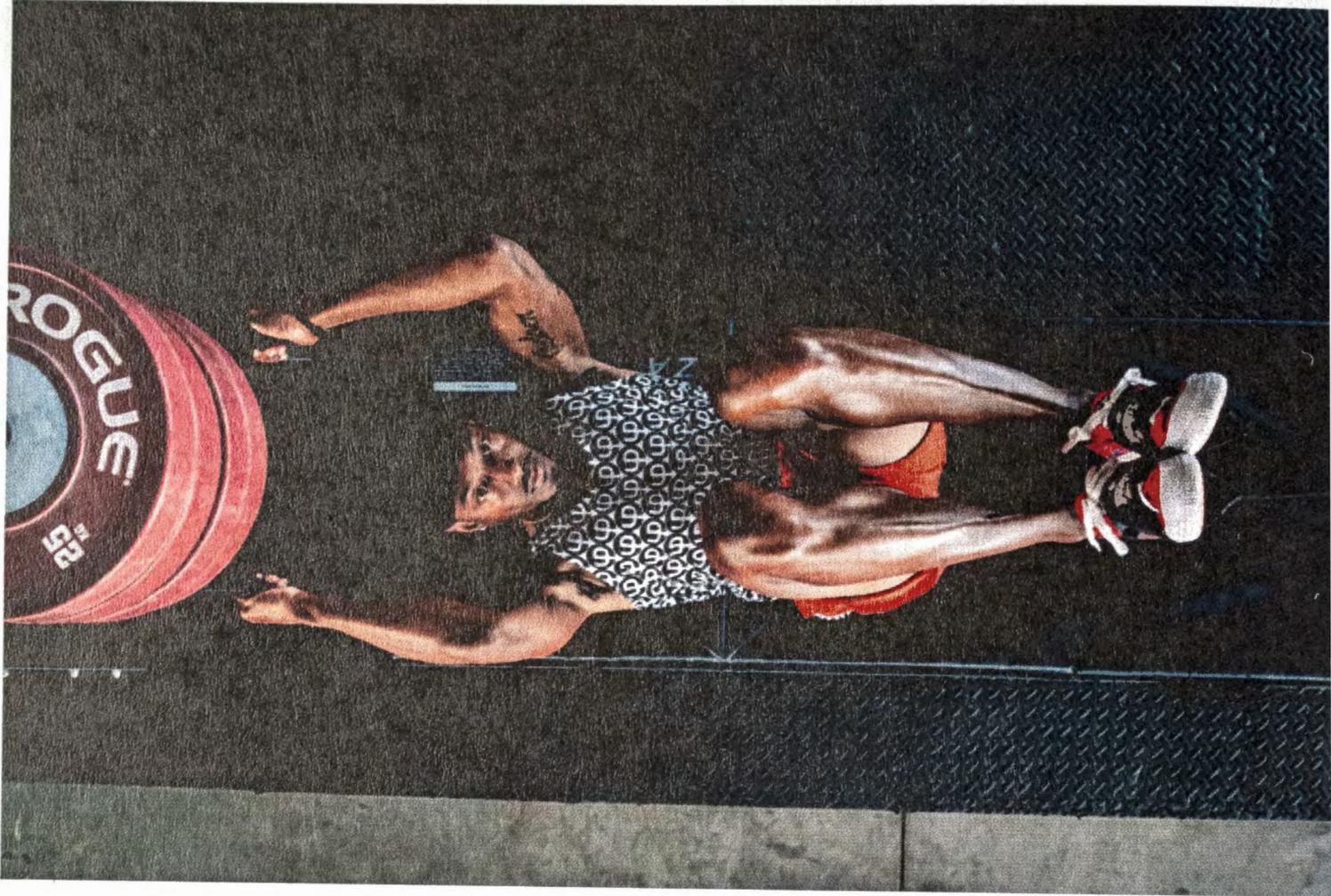
We want you to be someone who received this knowledge, applied it, and got through life unscathed. You want to be someone who can jump, run, fall, and still be in one piece.

As an athlete you want to be someone who gets up from a hard fall, who can take a big hit and pop right up, who is always ready whenever his number is called.

Incorporating stretches such as the standing pancake is essential to your overall longevity and health.

Recap: 30-60 seconds of Standing Pancake with the intention to be strong through your range of motion is a simple longevity investment that doesn't require any fitness equipment.

WORKOUT 2: STEP 6: LOW CABLE PULL-IN AGAIN!



WORKOUT 2: STEP 7: BACK EXTENSION AGAIN!



WORKOUT 2: STEP 8: ATG ROW

HOW

Using the same 30 degree angle you used for the ATG Chest Press, you will now turn your body around to face the bench and work on lifting the weights with your back muscles. This is one of the most proportionately weak areas we find when clients start, so you should start with about half the weight you used in the ATG Chest Press. Some people will have to start with even less than that.



Your goal is to bring the dumbbells to the outside of your ribs so the head of each dumbbell makes and holds full contact with you before lowering. If you can't do this 15 times, the weight is too heavy. If it's not challenging you for 15 reps, then you should try the next weight.



This is one of the most humbling exercises for modern humans who spend so much time sitting, typing, and texting. Be on the lookout for your body to try to cheat the motion, primarily by not holding the top position each time, and also by trying to curl your wrists in order to get the weight up those last few inches. Keep a straight wrist and use the weight you can handle with perfect form. Remember that regression is the secret to progression, and that by cheating the exercise you actually rob yourself of development and long-term ability.

MINDSET

Ben and I played around with a few variations of exercises for this program before deciding on the ATG Row. We agreed this is the most bang for your buck exercise as it targets specific muscles for reversing a lifestyle that has a lot of sitting/slouching and training that focuses heavily on pressing movements. The longevity, health and lifestyle benefits of this exercise exceed any others.

We selected the ATG Row because it forces you to recruit your core stabilizing muscles and it's an exercise for structural balance. Performing this exercise properly engages your latissimus dorsi (lats), your back, shoulders, arms, and even your chest. The effects of strengthening all these areas will cause you to stand taller, walk with better symmetry, keep shoulders in proper alignment, improve your posture, prevent back pain, and protect your spine.

By focusing driving elbows up and holding, you can better isolate the lats, lift the weights higher and with more control on the hold, engaging your core. This is an exercise I've been doing for many years to maintain an upright, strong and aesthetic posture and physique.

Recap: This is yet another area in which we are almost all weak due to modern lifestyle. 15 focused reps will slowly turn your upper back from a weakness into a strength!



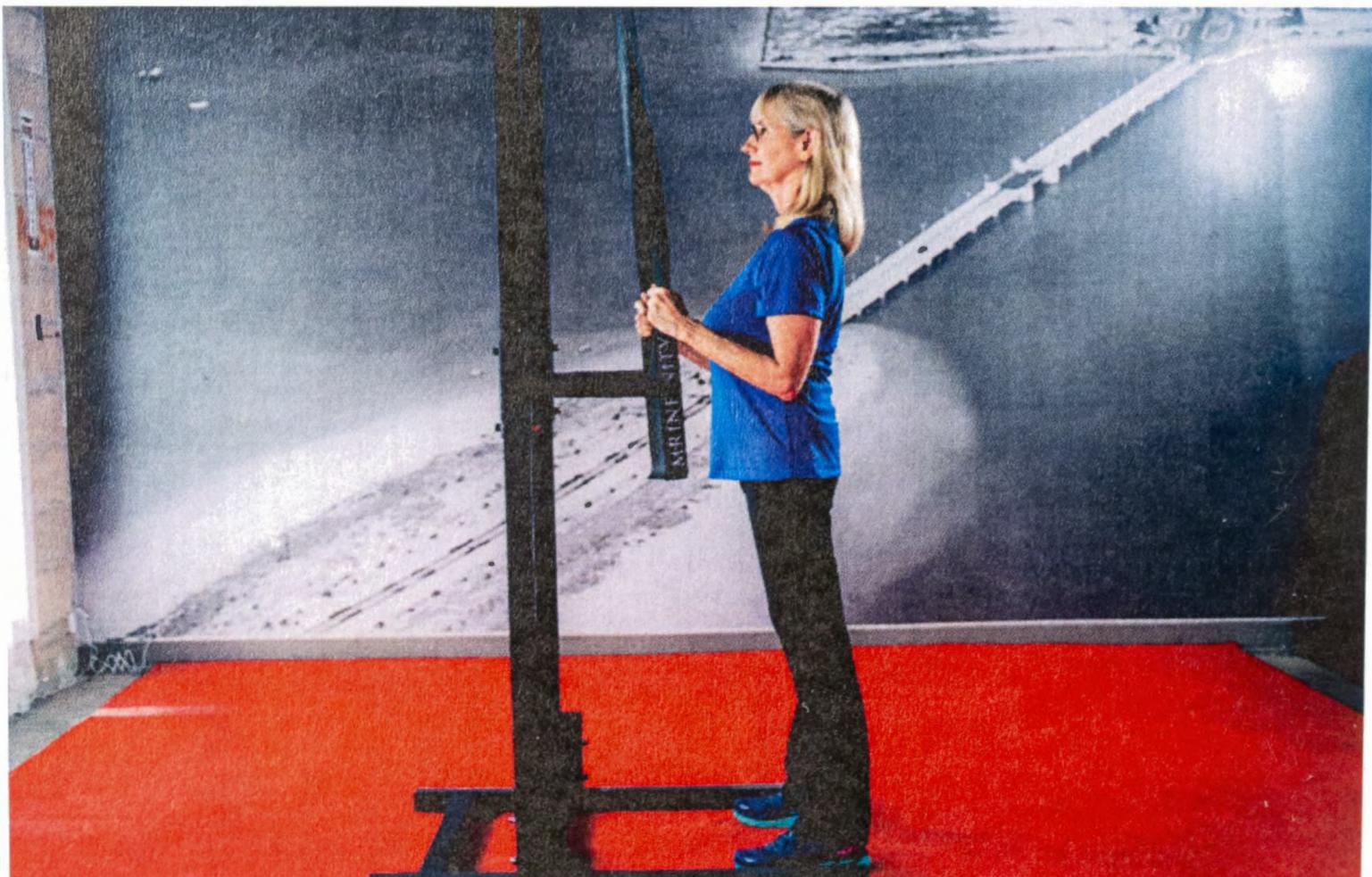
WORKOUT 2: STEP 9: BAND PUSH-DOWN

HOW

I want you to remember back to Step 4 of Workout 1 when we did the Poliquin Pulse. The idea was to get a high amount of *controlled, pain-free* reps in order to get our *tendons* healing and stronger. That's the same thing we're doing here.

I just love exercises like this which allow just about *anyone* to get into the exercise easily, at your own level. Loop a band around a pull up bar or other similar object and you've got a Band Push-Down station!

Holding lower = easier





Holding higher = more difficult





Doing up to 50 reps, with particular attention to spreading the band apart at the bottom of each rep, has worked best for us to help heal beat-up elbows.



MINDSET

Triceps are a three-headed muscle located at the back of the upper arm. These muscles primarily work to extend the elbow, and the long head helps the latissimus dorsi muscle, located on the back, to bring the arm toward the body. Strong triceps contribute to a powerful and toned upper body and can help you perform many daily functions and athletic activities with ease.

Whenever you throw, shoot or pass a ball, triceps are required. The stronger the triceps, the more power you'll have. We chose to use Band Push-Downs for the ability to scale and the benefits it has on elbow health. As you perform this movement, there will be a healing effect on your elbows.

We are all athletes! We are here to play, and experience life at its peak. I believe none of us has a clue how great our bodies were designed to feel. I do know that being strong and flexible is part of the equation. These Band Push-Downs will strengthen and sculpt your triceps.

Recap: Up to 50 reps of the Band Push-Down is perhaps the simplest way to heal our elbows while strengthening them at the same time.



WORKOUT 2: STEP 10: ATG PULL-UP REGRESSION

HOW

We believe everyone should work on the *benefits* of a full range of motion pull-up regardless of whether or not they can do one.

By using one arm and cable, you can get a beautiful stretch at the bottom of each rep and then get a full range of motion rep, at your level.

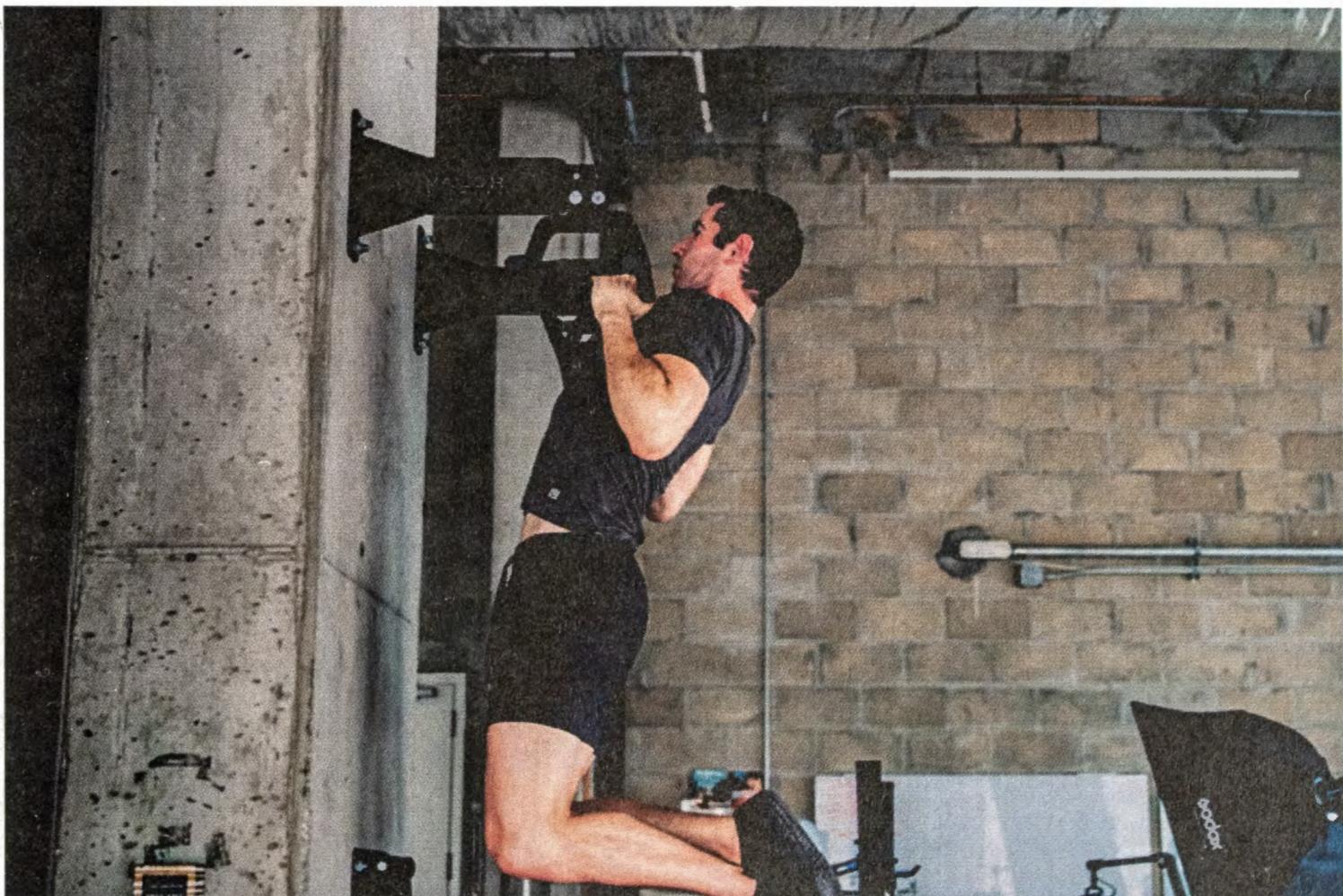




When you can do 15 on each side, you can increase the load.

For Derek and me, full range of motion pull-ups are an ability we don't want to lose as we age, but we don't just pump up and down in the easy range.

We take our time and embrace the bottom position stretch with full pause on every rep. Then we pull up without swinging our legs and we use our back muscles to the fullest in order to reach our chest to the bar.



There is *no pressure* on doing ATG Pull-Ups, but if you can do them and you want to, you'll take one set to perfect-form tap-out and then finish off with 15 of the full stretch Cable Pull-Downs on each arm.

MINDSET

Pull-ups are THE upper body exercise. Pound for pound strength can largely be determined by how many pull-ups someone can do. Pull-ups require you to use your entire back, your arms, shoulders, abs, core, and also improve grip strength. As mentioned previously, improving and maximizing your grip is key to longevity. Doing a pull-up, your hands and fingers have to hold up all of your body weight.

Activities like weightlifting, mountain climbing, throwing a baseball, holding a baby, or opening a jar of almond butter require a strong grip. If you want to stop struggling with that jar of almond butter, pull-ups are your thing.

There's also a level of confidence that comes with knowing you can lift your own body weight. The mindset of someone who can lift their own body is one of inner knowing. There must be a level of consistency, discipline, focus, and mental toughness in place. Pull-ups are a challenge, and if not performed regularly, the ability to do them can slip away...

Recap: You don't have to be able to do ATG Pull-Ups to get gains at your level. This is a key survival ability which also... finishes with grip! Gripping and hanging are two of the simplest ways to strengthen your grip, so 15 reps per side in the Cable Pull-Down (with an optional set of Pull-Ups first), along with the gripper in Workout 1, create a workable formula for virtually anyone to get the longevity benefits of a stronger grip.



WORKOUT 2 SUMMARY!

- 1. 100 meter Forward Sled or 5 minute Reverse Deadmill**
- 2. 60 second Slantboard Calf Stretch per side**
- 3. 20 Tibialis Raises (Wall or Dumbbell)**
- 4. 1-2 sets of 30 second Incline Pigeon Pose per side**
- 5. 30-60 second Standing Pancake**
- 6. Up to 20 ATG-style Back Extensions per side**
- 7. 20 Low Cable Pull-ins**
- 8. 15 ATG-style Incline Dumbbell Rows**
- 9. Up to 50 Band Pushdowns**
- 10. Optional Pull-ups followed by 15 Cable Pull-downs per side**

We also coach this workout once per week.

AFTERWORD BY MR1NF1N1TY

Thank you for reading ATG For Life. Ben (KneesOverToesGuy) Patrick has dedicated his life to come up with innovative ways to deliver these unprecedented training methods to the world. I am blessed to have assisted Ben and experience firsthand the impact and effectiveness of this training.

At 43, I feel better than when I was 23. This would not be possible without learning how to train my body properly. The book you're holding in your hand is gold. Using these workouts only two days a week will keep your body strong, supple and durable for as long as you desire.

YES! There are ways you can go beyond what's presented in this book, but to maintain a healthy and athletic body, look no further. Just stay the course and be consistent with ATG FL.

YOU HAVE THE POWER TO CHOOSE: Self-discipline and life or self-indulgence and death.

Right now, aging as we once knew it is a choice. You have the power to choose your future. How do you want to look, feel and express yourself? The answer seems obvious, but in today's world we're programmed to be victims and feel at EFFECT instead of at CAUSE. The truth is, you're always at CAUSE, and you're responsible for every choice you make.

Use the training methods in this book. Stay consistent, keep your vision in mind, stay close to those who support and encourage that vision, live in the eternal NOW, and let's embrace the most valuable asset on the planet.... Your Ultimate Health!

FINAL WORDS FROM BEN

Short-term, it may be hard to find unorthodox training tools like a sled, and it may be hard work doing it. But long-term, a decaying body creates much harder problems.

So you will have to “choose your hard” - but this program is how we help people face these facts while providing a process they love and look forward to.

ACKNOWLEDGMENTS

The authors are deeply grateful for the contributions of a talented team that helped make this book possible.

Forrest Conner's outstanding photography brings the words to life. The artwork of Caleb Schantz is something of a masterpiece itself. Trista Tripp deftly handles the nuts and bolts of transitioning the digital product into its print publication life on Amazon.com. Mike Patrick - Uncle Mike - is the editor who straightens out wayward words. And Ferdinand Haag is the maestro who keeps everyone playing from the same sweet sheet of music.

That's the perspiration side of the equation. On the inspiration side, Ben Patrick dishes a loving assist to his parents, Brian and Celia Patrick, who have shown him the rewards of hard work.

ABOUT THE AUTHORS

BEN PATRICK

Skilled but generally the most un-athletic player on the high school and college basketball court, Ben Patrick didn't need knee pain and injuries to stack the competitive odds further against him - but that's what he got. Instead of launching a career in pro basketball, Ben endured knee surgeries, pain medication addiction and serious depression. Rather than succumb, Ben became determined to help not just himself, but others. With intensive research and experimentation, he developed a series of exercises that turned him into a superb, pain-free athlete and provided a path for others to follow for a happier, healthier life. Ben is founder and president of ATGonlinecoaching.com, a global training program helping tens of thousands of people of all ages and athletic abilities. This is his second book. His first, *Knee Ability Zero: Picture Guidebook to Knee Health and Longevity*, is a No. 1 fitness best-seller on Amazon.com. It's also available in Spanish.

Ben and his wife, Alissa, and their son Onyx split time between California and Florida.

DEREK WILLIAMS

A former all-state basketball player in Indianapolis who went on to play professionally overseas, Derek spent years training with top athletes and trainers. However, using those training methods, Derek's body began to break down. At 21 he was battling severe hip and knee pain, leading him to research what fitness is really about. He learned that sports and the physical body are byproducts of something higher; that how he was programmed to train would never get positive long-term results. That revelation led Derek to train some of the world's elite athletes while transforming himself and thousands of others.

Williams forged a friendship with Ben Patrick years ago in Florida, where they vowed someday to work together - and now they do.

In addition to training Athletic Truth Group clients and running his own gym, Derek has developed a successful line of fitness products at Mr1nf1n1ty.com. He also maintains a strong social media presence as Mr1nf1n1ty. This is his second book.

Derek lives in Clearwater, Florida.

For more information: ATGonlinecoaching.com

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Ben Patrick
30 years young



Derek Williams
43 years young

Celia Patrick
67 years young

You're a 16-year-old with NFL dreams but a physique more suited for watching pros than playing with them.

You're a 45-year-old office worker whose years sitting in chairs have rendered your body, shall we say, aesthetically unpleasing.

You're a 78-year-old retiree tired of waking up listless and barely mobile.

For all of you and many, many more, ATG for Life is exactly that. No matter where on the physical spectrum you are today, ATG for Life - illustrated exercises you do just twice each week - will dramatically change your future.

Authors Ben Patrick, known internationally as the Kneesovertoesguy, and Derek Williams, Mr1nf1n1ty, have trained thousands of people to bring out their full physical potential. Now ATG for Life puts those same lessons into your hands - exercises you can start right now and see improvements faster than you likely thought possible.

Everything is done on a gradient, so you start at a level that's pain-free and gain wins by the day. That's a key piece of the ATG (Athletic Truth Group) formula, and it leads to success stories from the most raw beginners to current NFL and NBA players.

ATG for Life is money in the bank for a healthier, happier rest of your life. For more information and success stories: atgonlinecoaching.com

ATG

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