

Plan design



Niki Zimmermann

Goals and workouts sequence

Established goals

- Increase stability firing better core and glutes muscle
- Improve mobility in the thorax and pelvic area
- Awareness of the body as a system
- Focus on the task is the goal; less work with more focus is better than more work with no focus

Workouts plan

- First week (at least 3 times) focus on fascia work doing both week together for 2 min each trigger point
- When you start the normal workout, fascia is reduce to 4 exercises per workout 1 min each point.
- The exercises reps and sets are given on the last two pages
- Switch between the two different workouts
- You could do fascia everyday independently from workouts
- Sometimes just stand front of the mirror and work on breath patterns and posture

Training plan



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Workout one

Fascia release work

- Gluteus (video)
- Quadratus Lumborum (video aber in liegen)
- TFL (video)
- IT band (video)

Focus on core and overall body stability

- Elbows curls (video)
- Foundation plank (video)
- Plank in extension over black roll (external foto)
- Foundatio plank with leg extension (external foto)
- Open Book (Video)

Self-Assessment and Reflection

Training plan



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Workout two

Fascia release work

- Fascia Hamstring (video)
- Gluteal Fold (video)
- Gluteus Medius (Video)
- Pectoral Majors (Video)
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Focus on gluts, hip mobility and separation

- Deer in the Headlight (video)
- Founder (video)
- Good Mornings (video)
- Hip cars (video) with yoga block on the wall
- Airplane (video)

Self-Assessment and Reflection



Workout one

- Elbows curls (video) 2x 25 reps
- Foundation plank (video)
3 set x 1 min each with 30" pause
- Plank in extension over black roll (external foto)
3 set x 45" each with 30" pause



- Foundation plank with leg extension (external foto)
3 set x 1 min. total 30" each leg
-30" pause between sets-

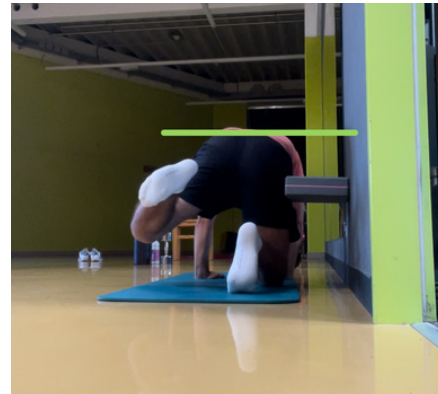


- Open Book (Video)
2 set of 5 reps +30" still at the end of the motion each side



Workout two

- Deer in the Headlight (video)
3 set 45" each
focusing on gluts activation and avoiding hamstring contraction
- Founder (video)
3 set of the 3 position doing 3 full breath each position
- Good Mornings (video)
3 sets x 30 reps each set
- Hip cars (video) with yoga block on the wall
2 sets of 10 rotation in both direction each leg



- Airplane (video) 2 set of 10 rotation each side