MEET YOUR TEAM

Lucas for me is a person in whom I blindly trust.

**DOUGLAS COSTA**, Juventus F.C., Brazilian National Player

It has helped me in every way. With my performance on the pitch, speed, mobility, strength and recovery from injury. It’s a prevention and protection against injuries and muscular problems. I think this training is fantastic! Everyone who has the chance to do this training must take it, everybody has to try it! I trust my coach!

**RAFINHA**, FC Bayern Munich, Brazilian National Player

Ever since I’ve been training regularly with him (Lucas), I feel more confident in my body, fitter and stronger than ever before.

**TILLY**, Australian Amateur Football Player

It was a bit exhausting but you feel great after the training.

**RODNEI**, Brazilian Professional Football Player
“It’s important for me because I came from an injury and now this training strengthens my force, gives me more confidence and makes me feel more comfortable playing and running.”

RIBAMAR, Atlético Paranaense, Brazilian Professional Footballer

“...I had problems with my knee. After that, I started training here (with Lucas). Since then, I have completely recovered. I feel more secure and stronger on the pitch. I feel more confident and overall better... Lucas helped me conquer my weaker self. He is not just a trainer, he is also a good friend. I trust my coach!”

LEON FESSER, FC Paderborn, German Professional Football Player

“We started in Brazil in Porto Alegre, where I’m from, around nine years ago. Costa was the first client and he was the model for us and for the other players as well ... We are working with a lot of players around the world. They believe in us so they started working with us. They see how good the training is for them as they get stronger, better and fitter as well.”

LUCAS KRUEL, Your Coach

“LET’S START THE TRAINING NOW!”
# WORKOUT PLAN

**FOR BEGINNER, INTERMEDIATE & ADVANCED**

1. **VERTICAL STRETCH**
   - B: 45 SEC
   - I: 1 MIN
   - A: 90 SEC

2. **SIDE PLANK**
   - B: 45 SEC
   - I: 1 MIN
   - A: 90 SEC

3. **DYNAMIC L**
   - B: 4 REP PER SIDE
   - I: 8 REP PER SIDE
   - A: 10 REP PER SIDE

4. **ACTIVE LEG LOWERING**
   - I: 4 REP PER SIDE
   - A: 8 REP PER SIDE

5. **DIAGONAL FLUTTER KICKS**
   - I: 10 REP PER SIDE
   - A: 15 REP PER SIDE

6. **FLUTTER KICKS**
   - I: 20 REP PER SIDE
   - A: 20 REP PER SIDE

7. **BICYCLE CRUNCHES**
   - B: 10 REP
   - I: 20 REP
   - A: 30 REP

8. **PULSING LUNGES**
   - B: 10 REP
   - I: 15 REP
   - A: 20 REP

9. **REVERSE LUNGE KNEE UP**
   - B: 10 REP
   - I: 15 REP
   - A: 20 REP

10. **PUSH-UPS**
    - B: 10 REP
    - I: 15 REP
    - A: 20 REP
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WORKOUT PLAN

FOR BEGINNER, INTERMEDIATE & ADVANCED

11. ELBOW PLANK
   B: 45 SEC
   I: 1 MIN
   A: 90 SEC

12. SINGLE LEG HIP RAISES
   B: 10 REP
   I: 15 REP
   A: 20 REP

13. DYNAMIC SIT UPS WITH LEG REACH
   B: 10 REP
   I: 15 REP
   A: 20 REP

14. CHAIR
   B: 1 MIN
   I: 3 MIN
   A: 5 MIN

15. GLUTE BRIDGE EXTENSION
   I: 1 MIN
   A: 90 SEC

16. KNEE TUCK CLASSIC PLANK
   B: 4 REP PER SIDE
   I: 6 REP PER SIDE
   A: 10 REP PER SIDE

17. SUPERMAN
   B: 30 SEC
   I: 1 MIN
   A: 90 SEC

18. DYNAMIC FRONTAL
   B: 10 REP
   I: 20 REP
   A: 30 REP

19. BACKWARDS DYNAMIC FRONTAL
   B: 10 REP
   I: 20 REP
   A: 30 REP
For this body exercise you may lie down in exceptional cases— but you should not make it too comfortable for yourself. Head and back are on the ground, the arms you can move laterally away from the body, a little tension should be held between the fingertips and the ground, but sustaining calmness.

Stretch your right leg now straight-upwards, until the foot is, as far as possible, facing the ceiling and then flex both feet as far as possible.

It is important in this Vertical Stretch that you properly create tension in the toes!

Of course, we do not want to neglect the other side. For this reason, and to balance your core training exercise, we want to return your right leg to the ground and place your left leg straight-upwards and stretch your arched-sole to the sky.
#6 SIDE PLANK

To do this, you lie sideways on the ground: the right forearm points forward and holds your bodyweight together with your stretched right foot. Outstretched left arm facing up, you open the chest here, and the left leg rests on the right leg.

Now you are supported only on the right arm and the side of your right foot, and you will bring your body upwards, away from the ground and accordingly keeping your body in the same uniform line.

Fine-tune your position, as always, your coach is all about fine tuning: it is extremely important that you bring the hips upwards – because, here is where the biggest mistake is mostly made. Also, again you squeeze your buttocks and your arched feet.

Now, it is all about keeping the position as long as possible and to look always forward.

Of course, we want to benefit our core body from both sides of the Side Plank. Then switch to your opposite side, and repeat this Side Plank again.
To start this workout, you lie flat on your back and stretch your arms to the sides with the inside of the arms facing and touching the ground. To do this correctly, you’re placing your hands to the ground during this entire exercise. You place the back of your head to the ground - you keep your head always down to the ground. You actively stretch out both legs, pull both feet, flexed, towards you to create tension in the foot; then, this exercise can start properly:

**Stretch your right leg out fully upwards,** until it forms a 90-degree angle at best to your body. Then you turn your hips from this position and touch the floor with your right leg so that it is parallel to the arm on the left side. From there, the hip rotates back to this 90-degree angle and goes slowly back to the starting position. Once there you can immediately start the next repetition with this same sequence of movements.

Don’t forget in this exercise to keep your entire body continuously on the ground, with the exception of your right leg.

The Dynamic L requires balanced agility training on both sides. So we now switch over to the left leg for a perfect warm-up of core and hips.
#30 ACTIVE LEG LOWERING

With this challenging exercise, you continuously are improving your mobility and concentrating more on your muscles around the hip and adductors.

You lie flat on your back and stretch out your hands to the side of the body. The hands should always stay fixed to the ground during this exercise. If you stretch now both legs and flex your feet, the hard part of exercise can begin.

To do this, you move the left leg upwards so that your foot is pointing towards the ceiling. Then you turn your left leg outward. At best, it is then parallel to your arm on this side. You’re trying as much as possible to keep the right leg on the ground, even if you cannot avoid the fact that it may also move a little into the air. As you lower your left leg slowly to the floor, then lift it up again, returning back to the starting position. The next repetition can follow.

Always pay attention for creating tension while stretching your legs. Except for your left leg, you should keep all other parts of the body touching the ground, as best as possible.

To promote the mobility of your body, in this next step you exclusively use only your right half of the body and bring the right leg into motion. If you did enough repetitions using both sides, then you should not have to perform this difficult exercise again during the same training session.
Initially, the position remains the same: you lie on your back, keep your head lifted upwards supported by your two hands attached at the temples. What does change, however, is the starting position of your legs: Here, too, you stretch both legs and flex your feet. Now, however, both legs point diagonally into the air, the right leg should be a little further upwards than the left leg.

From this position begin to move both legs separately in opposite directions: you stretch your right leg still further until it’s fully upwards, while you simultaneously bring the left leg forward just above the ground and outwards to the side. Subsequently, both legs are moving again together towards each other like scissors, until the right heel is close to your left toes. Here you are back in the starting position and you can proceed with the corresponding repetitions of this “scissors movement”.

To execute this properly, it is crucial that you train with very controlled movements. This also includes that the back must not be arched. So ensure that you do not move it too far up.

To complete the Diagonal Flutter Kicks within your abdominal training, we switch once again to the left side, and thus change the position of the respective legs.
#18 FLUTTER KICKS

In addition to the abdominal muscles, you train here also an area that is always sensitive to athletes - the adductor muscles. And this is how it works:

For this exercise you lie on your back. Your head is brought slightly upward, with your hands attached on both sides of your head for support. For the legs, now it’s all about staying in the air. You stretch out both of them, one of them in a 20-degree angle to the front and the other at least at a 60-degree angle to the top. Never forget to tense and flex your feet!

With slight circular movements to the outside, you now basically only have to change your two legs within these two separate heights. This means that you bring the forward outstretched leg upwards and the other in the reverse direction forward.

Pay attention to the correct movement of your outstretched legs and take as much time as you need. You should be careful, not to arch your back or to move it upwards, in order to avoid unnecessary tensions.
And the name of the exercise, of course, isn’t by chance! You lie with your back on the floor and stretch your legs in the air to the front. Your feet should be flexed, as usual, so they are arched towards you. Your arms are to the side with your fingers firmly connected to your head.

To begin your cycling, you angle back your right leg and lift your left shoulder so that you can touch your bent right knee with your left elbow. Don’t forget to breathe at this point and alternate sides in a fluid, slow motion. For example: as the right leg and the left elbow return to the starting position, you now angle back the left leg and try to touch your knee, this time with the right elbow.

Pay particular attention to the movement: the elbow and the knee should be able to touch on alternating sides without the hip becoming too much involved in this process. So, always keep the hip in the same position, and the whole thing will look like a real cycling exercise!
#35 PULSING LUNGES

At the beginning of this exercise with an upright body you kneel on your right knee, and set your left knee so that it is supported by your left foot and your upper and lower leg form relatively precise right-angles. Bring your arms up to support your head with your hands at both sides of your head, and once again ensure that your entire body is in-line with your right thigh.

As you open your chest, you lift your abdominal muscles and look forward. Keep your left knee in the same position throughout the entire exercise. Lift your right knee off the floor until you can feel that your left knee will move out of its position. Once you feel this, lower your right knee back down to the ground. Concentrate on slow, balanced movements that do not disrupt the stable positioning of your left knee. Do this movement over and over again until you complete your repetitions.

Your main focus in this exercise should be to keep your left knee uninterrupted in the same position and to work with the left thigh muscles only.

Only after you have completed this will you switch the leg, and then you are intensively training and isolating now your right thigh muscles. Look forward; take a look at your coach in the video to see exactly how he does it.
The starting position looks like this: you kneel on the right knee and bring your left leg in the step position, so that your upper and lower leg creates a 90-degree angle. In addition, you bring your right arm into the air and extend the forearm straight up. The left arm, however, hangs loose by your body.

As if you were coming fresh out of the starting blocks, the direction of your body is straight, and you shoot your right knee up into the air so that it is level and at the same height as your hips. At the same time the movements with your arms change their roles: you lower your right arm and bring your left forearm up.

You then return to your original starting position in the same manner. The right arm then exchanges with the left arm and your right knee briefly returns to the ground before you start from there to do the next repetition.

In this exercise, it is required that the upward movements of your right knee be as controlled as possible; first, controlled, but foremost explosive in the start. In addition you should, as usual, flex your right foot during the entire time.

We of course do not want to leave out the left leg, so change sides: now your left knee is on the ground at the start, on the right foot you support yourself and the left forearm is pointing up.
To find the optimum position, first, you kneel down and support yourself in-front with your arms slightly bent. Your arms should be further than shoulder width apart. You can now begin your push-ups. If you wish to challenge yourself further, stretch out your legs behind you. You are now in the more advanced push-up position. Make sure that your entire body, including up to your head, is in a straight line.

Now you can lower your body down by bending your arms, and your goal here is to touch the ground with your chin. Only then do you push your arms to bring your body up again to stop and hold, before your arms are fully extended. Maintain at least a minimal bend in your elbows during every phase of this exercise. To save your back, you should also never let your back concave and instead you can prevent this by tightening the gluteal muscles (buttocks).

You should strive to make every downward movement as slowly as possible. By doing this, you achieve greater muscle growth. The upward push-ups, however, must be a bit faster in comparison.
#4 ELBOW PLANK

For this Elbow Plank you support your body solely with the forearms while facing the floor. To do this, your hands and forearms remain flat on the floor, while the upper arms point to the elbows at a 90-degree angle. The legs are fully extended, the back is straightened and the head must be level with the torso. Are you in the correct position? It’s basically about keeping and holding your whole body correctly.

Try your best to tightly squeeze the buttocks, and stretch the rest of the body during this whole exercise. In doing this, you additionally protect your back from possible injuries.

This exercise is one of the most popular core exercises - so you should not miss it!
As promised, the Glute Bridge serves as your starting position: first you lie on your back and bend your legs so that they correspond to the leg position from that of your coach’s. This is shown by the fact that the lower legs are not yet completely perpendicular to the floor while lying down. Then you go now to the promised bridge by raising your hips as far up as possible to its maximum height.

From this starting position, this exercise can finally start. For now you bring your right leg off the ground, extending it in the air so that the sole points to the sky and additionally flex your foot towards yourself. The next goal is to move your hips up and down with your leg stretched upward. So, you lower your hips then towards the direction of the ground, briefly touch the ground with your buttocks and immediately lift them back up until you reach the end position.

During this exercise don’t forget to squeeze your glutes (buttocks) and hold your right leg always extended. If you want to train as intensively as possible, you should also keep your right foot flexed.

After that, the focus is, of course, once again on the rear thigh muscles of your right leg, and this time you extend up and out your left leg in the Glute Bridge.
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#32 DYNAMIC SIT UPS WITH LEG REACH

Within your mobility training you have previously completed a back training with this exercise. Right now, it primarily involves using the muscles on your opposite side: the abdominal muscles.

Ideally you lie on the ground on your back. Your right leg is bent, however the left leg is stretched just like your arms are, away from the body. Don’t forget, as usual, flex your feet towards you.

Using a fluid motion, and at the same time, you are bringing your extended left leg to meet with your sweeping arms at the upwards position. At this meeting point, your leg and arms should be perpendicular to the ceiling and it is mandatory that this meeting should be above the middle of your body. So, you should try to touch your toes with your fingertips - without bending the knee.

Through proper execution you can benefit greatly with this exercise, because it is an all-rounder: in addition to the abdominal muscles, you are also working out your hips and thighs, so this greatly improves the mobility of several body parts.

Then, the sides are switched and your aim is now to touch the toes of your right foot with your fingertips.
Leon against the wall with your entire back, then go into the squat. Your legs should now form a 90 degree angle, as if you were sitting in the air.

Place your arms diagonally out next to you, with your palms facing away from the wall. Open your chest wide and look forward during the entire exercise.

By exercising the Chair you train and strengthen the endurance of your thigh muscles.

This exercise is at an intermediate difficulty level and will be felt first and foremost in your thigh muscles. For this, you need a wall which you can lean on.

TRAINING: QUADRICEPS MUSCLES
DIFFICULTY: INTERMEDIATE

BEGINNER: 1MIN
INTERMEDIATE: 3MIN
ADVANCED: 5MIN
You begin this exercise on the ground: lie down relaxed on your back and keep your arms loosely to your sides. You don’t quite stretch out your legs – instead you angle them slightly, so that your knees are a good bit in the air. Only your heels should be anchored to the ground.

From this position, you are now going into the bridge: you are leaning exclusively on your heels and a small part of your shoulders while keeping tension in your legs. Head and arms remain on the ground. The remaining part of your body is located, however, arched in the air and therefore is what creates your own bridge.

It is of vital importance, for this exercise, that you maximize the tension in your leg muscles for this bridge. This also includes that you flex your feet upwards and bring tension into your glutes (buttocks).
#9 KNEE TUCK CLASSIC PLANK

The classic plank can always be adjusted, and accordingly it demands more from certain muscle groups than from others. Here, your coach shows you a plank, which you’re supposed to feel... especially in the belly.

For the Knee Tuck Classic Plank, you begin in the push-up position. If you want to do it like a real Pro, you are bringing in your upper body from this original position. From this push-up position you are supported by your hands, and then slowly bring your entire body down forward towards the floor. In the starting position your elbows are slightly bent, the direction you are looking is down.

Once there, you now stretch your right leg in connection with your head. What you’re after is a fluid movement, while bringing your right knee forward; bring your head down at the same time, connecting head to the knee. Set the goal of bringing knees and head as close as possible together at this point.

Willingly, you only have to hold this position briefly, because it’s very important at this point: to exhale! Concentrate during this exercise on breathing and keeping the right stability, so that you are balanced. Of course, the abdominal muscles should be properly tensed during this entire exercise.

In order to tense the abdominal muscles on both sides evenly, of course the left side should not be missed - to do this you will move your left knee and head simultaneously towards each other.
So with this Superman exercise, you’ll be getting your mid-section into shape, by first kneeling on the ground. Extend your arms with your toes, knees and hands touching the ground.

Now stretch your right leg straight backwards, keeping in line with your body. Note that at this point, you bend your foot inward as far as possible. At the same time, you are stretching out your left arm at a 90-degree angle so that only the forearm is pointing straight ahead.

Since we are here to ultimately train the torso, you of course can’t forget the upper-body. Pull your shoulders as far back as they will go, opening-up your chest. When you found the correct position, keep your concentration focused while maintaining a stable position.

After you have done this, then, do the opposite side.
#33 DYNAMIC FRONTAL

You lie on your back and lift all other body parts off the ground; it really should be just your back on the ground. Support your head in the air by using both hands on the sides. Then, there will be three levels on which you can work your legs.

During this entire exercise your flexed-feet are upwards, and keep your legs in the air only slightly lifted above the rest of your body for this first stage. Your task is to spring apart your fully stretched legs from their starting position to the sides and return, again and again. Once you complete your repetitions, then you go on to the second stage, and keep both legs in the air while positioning them diagonally to the body. Here, too, it is about your legs repeatedly springing wide to the sides then bringing your legs back together again. For level three, lift your legs completely vertically in the air, so that your soles face upwards perpendicularly to the ceiling; then you do this last set of repetitions with your legs, at this height, again springing your legs out towards the sides.

The exercise will be especially beneficial if you can hold your stretched legs at each stage while keeping your feet flexed upwards. Also pay particular attention to hold your back on the ground and try not to arch it.
This exercise supports you in training your hip mobility. It is similar to the Dynamic Frontal, however, this exercise is on the reverse side.

This means that you lie down on your stomach and you have to bring all your other body parts off the ground and into the air. You have to loosely bend and raise your front arms, open the chest, and slightly lift your stretched legs. Make sure that your toes also do not touch the ground, they should be straight down. The feet are, as usual, flexed.

During this exercise, it comes to tighten the glutes (buttocks) and, like the Dynamic Frontal, control your legs as you spread them upwards and then back to the starting position.

In contrast to the exercise you do on your back, there is only one level here. So if you can keep your chest and legs up during this entire time in this position while you do your repetitions, then your hips should be well prepared for all the challenges which wait you in the next training exercises.