

## @dimeberacky erome@ Summary of Knees Over Toes Exercises from Ben Patrick's Books Review of Knee Ability Zero and ATG.

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Jun 28 2023 As an ex gymnast with a history of knee issues I found Ben Patrick's Knees Over Toes exercises from Knee Ability Zero and ATG for Life to be a game changer for my knee pain Feb 6 2022 Hey all! I posted a question about the contents of the two books Knee Ability Zero and ATG for Life and many others has the same questions so I wanted to post a review that hopefully answers some of the questions I had if anyone else has them now

Knee Ability Zero Its a very straightforward book that goes over 9 exercises in detail and explains how they can help with knee pain and The workouts were somewhat lengthy. ATG Zero isn't tough like many traditional workouts but is quite tedious with many sets of the main exercises

I had to supplement the program with exercises to target the posterior chain

I didn't lose any fitness because I was sprint training and working a physical job at the time Mar 10 2022 An ATG missile can preserve its damage by finding some other unlucky beetle wisp or stone titan to murder instead and continue a proc chain from there

In this way the classic missile items can sort of work like a ghetto Ceremonial Dagger

Of course this doesn't mean that the ATG is better than the Shrimp outright Jul 25 2023 The ATG philosophy of moving through the whole range of motion but adjusting the exercise in other ways has been helpful to me though not yet enough to eliminate my pain entirely or return me back to full functionality

I haven't performed their specific programs but I've incorporated their methodologies into my routine exercises I can't imagine any of the ATG products to be anything less than superior to any other products on the market. if you can afford his equipment it'll last a lifetime

buy within your budget but cheaping out on something is rarely worth it. people hate on Ben cuz they don't understand him and his values Ok you pretty much answered. So you are crushing ATG but have a good bit of other stuff going on too

I think it seems a little misleading to think you could only follow the ATG courses strictly for a year and go through the transformation you are demonstrating

Reply reply calistrotic22 Reply reply More repliesMore repliesMore replies Mar 16 2022 The atg system is not a sport training protocol in itself and essentially a templated warm up system for the athlete to understand and experience strengthening through lengthening Mar 2 2023 The d series is to make

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