



THE ALPS METHOD HANDBOOK

**A COMPLETE SYSTEM.
A CLEAR PATH
FOR REAL RESULTS.**

**BY
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01

WELCOME

To the ALPS Method™

My name is Laurent Le Bosse, and I have over 30 years of international experience in strength and conditioning, movement development, and athletic performance.

I created the ALPS Method™ to help individuals move better, build strong foundations, and perform at their highest level for the long term.

This method combines assessment, corrective exercise, conditioning and progressive performance training into one complete system.

*Build a body that moves well first,
Then performs at your best.*

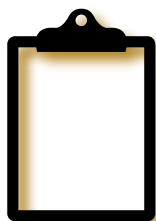
LAURENT LE BOSSE

Strength & Conditioning Coach

02 | WHAT IS THE ALPS METHOD?

The ALPS Method is built on four essential pillars.

A



ASSESSMENT

We identify limitations, imbalances, weaknesses, and compensation patterns through a detailed movement analysis.

L



LONGEVITY

The focus is not only short-term results, but long-term physical health, movement quality, and sustainable performance.

P



PERFORMANCE

Once the body moves correctly, we improve conditioning, strength, endurance, coordination, and athletic performance.

S



SYSTEM

The method follows a progressive and structured system with regular reassessments every 7 weeks to track progress and adjust.

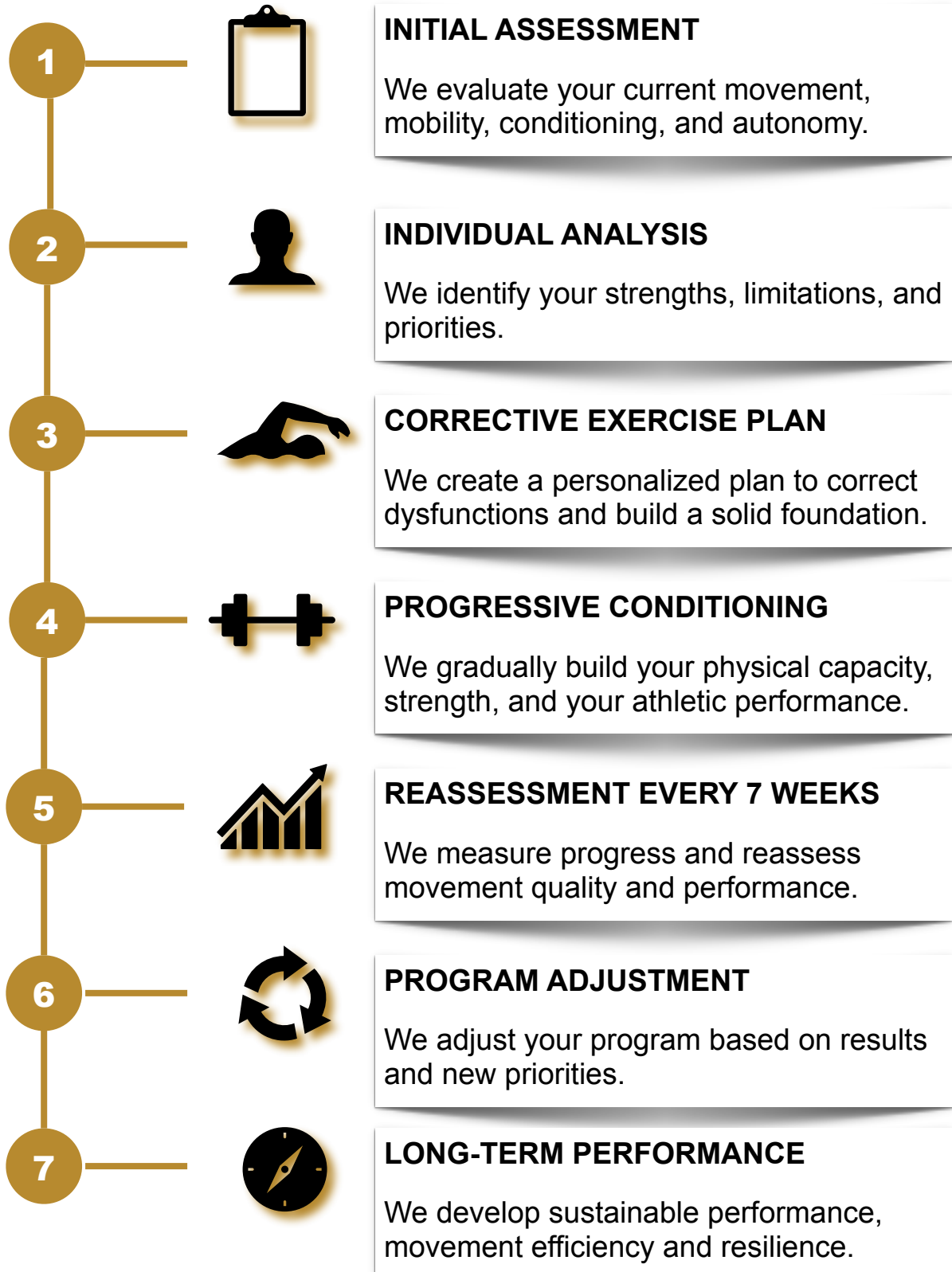
A COMPLETE SYSTEM. A CLEAR PATH. REAL RESULTS.

03 | WHO IS THE ALPS METHOD FOR?

- Active adults
- Former athletes
- People rebuilding movement quality
- Adults wanting longevity
- Recreational athletes
- Individuals recovering from poor movement habits
- People wanting sustainable fitness

04 | HOW DOES ALPS METHOD WORK?

A step-by-step process for long-term success.



05

WHAT MAKE ALPS METHOD DIFFERENT?

The ALPS Method is more than a training program. It is a complete system designed to help you move better, train smarter, and perform longer.

What makes the ALPS Method different is its personalized and assessment-driven approach. Every program begins with a detailed evaluation of mobility, posture, movement quality, conditioning, and body awareness to identify limitations, imbalances, and opportunities for improvement.

Rather than focusing only on short-term results, the ALPS Method prioritizes long-term health, movement capability, resilience, and sustainable performance.

The method follows a progressive structure:

Assess → Correct → Build → Perform → Reassess.

Regular reassessments allow the program to evolve with your body, ensuring continuous progress and a fully individualized approach.

The goal is not only to improve performance, but also to help you become more autonomous, aware, and capable for life.

Build strong foundations first.
Then unlock your highest potential.

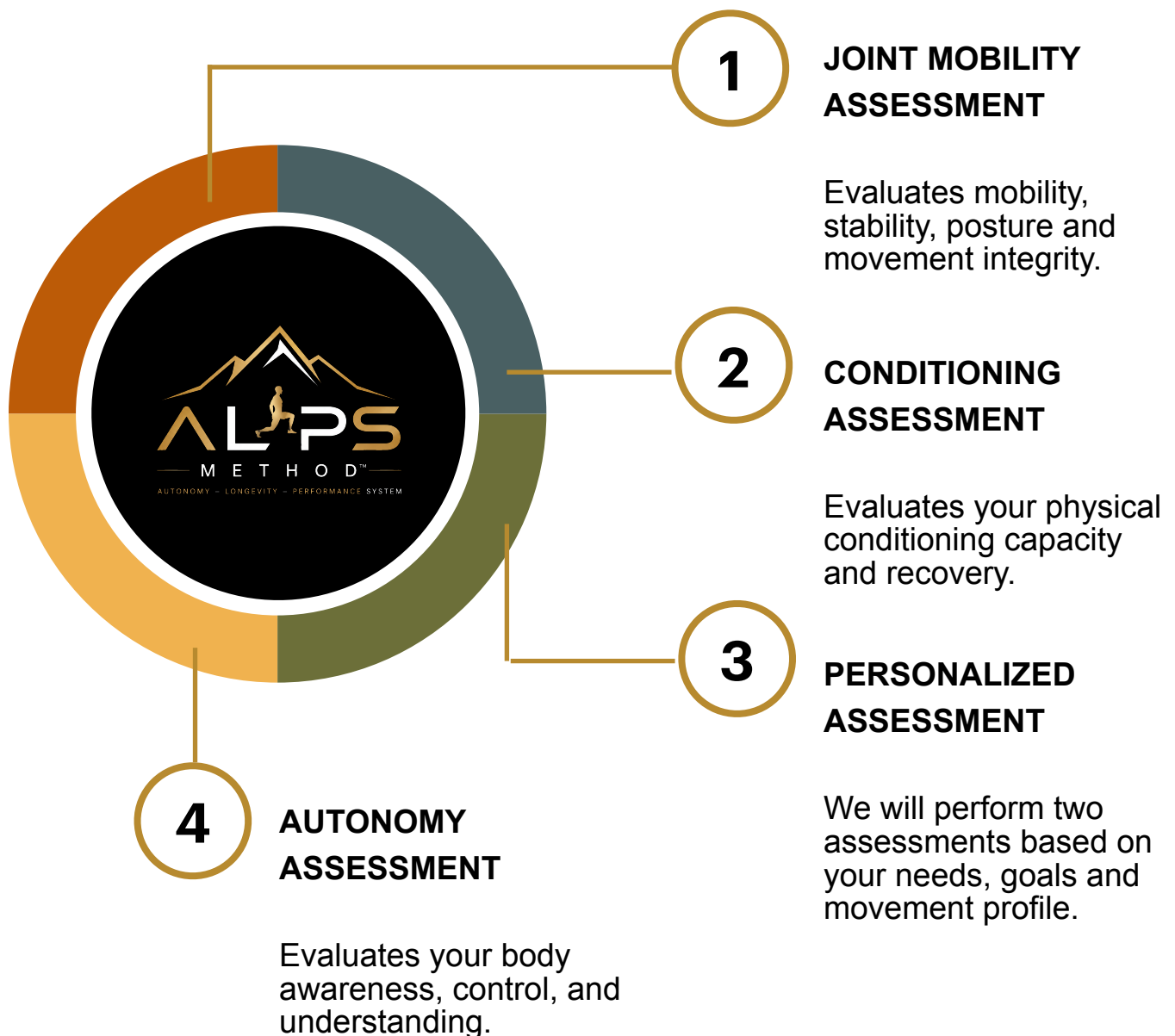
06

THE ALPS ASSESSMENT SYSTEM

The assessment is the foundation of the method.

It gives us a clear picture of how your body moves and performs.

It is divided into four major categories.



The goal is to understand the body.

Correct limitations and build a better you

07 | JOINT MOBILITY ASSESSMENT

This section evaluates mobility, stability, posture, and functional movement.

Each test is scored and areas of improvement are identified.



MOBILITY



STABILITY



CONTROL



BALANCE

POSTURE ASSESSMENT



SCREEN PICTURE POSTURE ASSESSMENT

The Screen Picture Posture Assessment with the PostureScreen app is a digital posture evaluation used to analyze body alignment from photos.

JOINT MOBILITY ASSESSMENT



OVERHEAD SQUAT

During the test, a person performs a squat while holding their arms fully extended overhead, allowing the practitioner to observe alignment and control of the ankles, knees, hips, spine, and shoulders.



ANKLE DORSIFLEXION

Evaluates ankle mobility, movement efficiency, and lower-body mechanics to identify restrictions that may affect balance, squat mechanics, and overall movement quality.



ACTIVE STRAIGHT LEG RAISE

Evaluates hamstring mobility, hip flexibility, core stability, and the ability to move the lower body efficiently without compensation.



THOMAS TEST

Evaluates hip flexibility, hip flexor tightness, and lower-body mobility to identify movement restrictions and muscular imbalances.



SHOULDER FLEXION TEST

Evaluates shoulder mobility, overhead movement capacity, and upper-body control to identify movement restrictions and postural limitations.



SHOULDER ROTATION

Evaluates shoulder internal and external rotation, joint mobility, and movement control to identify restrictions, imbalances, and potential compensation patterns.

IF RESTRICTION IS FOUND, EXERCISE S MAY INCLUDE



MOBILITY DRILLS



POSTURAL CORRECTION



CONTROL EXERCISES



ACTIVATION WORK



FLEXIBILITY TRAINING



STABILITY EXERCISES



**Exercises are always individualized based on
assessment results.**

08 | **CONDITIONING ASSESSMENT**

This section evaluates your physical conditioning, and recovery capacity.

Each area is scored to identify strength, endurance, and areas for improvement.



ENDURANCE



STRENGTH



RECOVERY



MUSCULAR ENDURANCE

Muscular endurance testing evaluates the ability of a muscle or muscle group to perform repeated contractions over time without excessive fatigue.



GENERAL ENDURANCE

Measures cardiovascular endurance and the ability to sustain muscular effort over time.



RECOVERY

Measures the body's ability to recover between efforts.



RESTING HEART RATE

Resting heart rate should be measured immediately after waking up and before getting out of bed, as this is when the body is the most rested and the heart rate is naturally at its lowest.



**Conditioning is the engine that drives performance.
We build it progressively and intelligently.**

09 | PERSONALIZED ASSESSMENT

BASED ON ASSESSMENT, QUESTIONNAIRE, AND HISTORY

We will perform two personalized assessments based on your needs, goals and movement profile.

Assessments may include:

- Shoulder assessment.
- Knee stability assessment.
- Gait analysis.
- Balance evaluation.
- Grip strength testing.
- Sport - specific movement analysis.
- And more, depending on your profile and objectives

10 | AUTONOMY ASSESSMENT



BODY AWARENESS

Evaluates your ability to feel, understand, and recognize body positions and movement patterns.

SCORE

0 - 5



MOVEMENT CONTROL

Evaluates your ability to move efficiently without compensation or excessive effort.

SCORE

0 - 5



EXERCISE UNDERSTANDING

Evaluates your ability to perform exercises correctly and apply the right intensity.

SCORE

0 - 5

TOTAL AUTONOMY SCORE __ / 15



The ultimate goal of the ALPS Method is to help you understand your body, train smarter, and stay autonomous for life.

11 REASSESSMENT EVERY 7 WEEKS

Your body evolves, your program must evolve with it.

We reassess to track your progress,

Redefine priorities, and adjust your training for

Maximal results.

THE 7 WEEKS CYCLE



ASSESS

We evaluate your mobility, conditioning, and autonomy.



ANALYZE

We identify ,strength and priorities.



PROGRAM

We adjust your workouts and conditioning plan.



PROGRESS

You train with purpose and consistency.



REASSESS

We measure progress and start a new cycle.

WHY IT MATTERS

Keep your program 100% personalized

Ensures continuous improvement

Prevents plateaux and compensations

Builds long-term commitment.

Reduces injury risk

ASSESS. ADJUST. ADVANCE



12 | THE REBUILD PHASE

Before maximizing performance, we must rebuild the foundations.

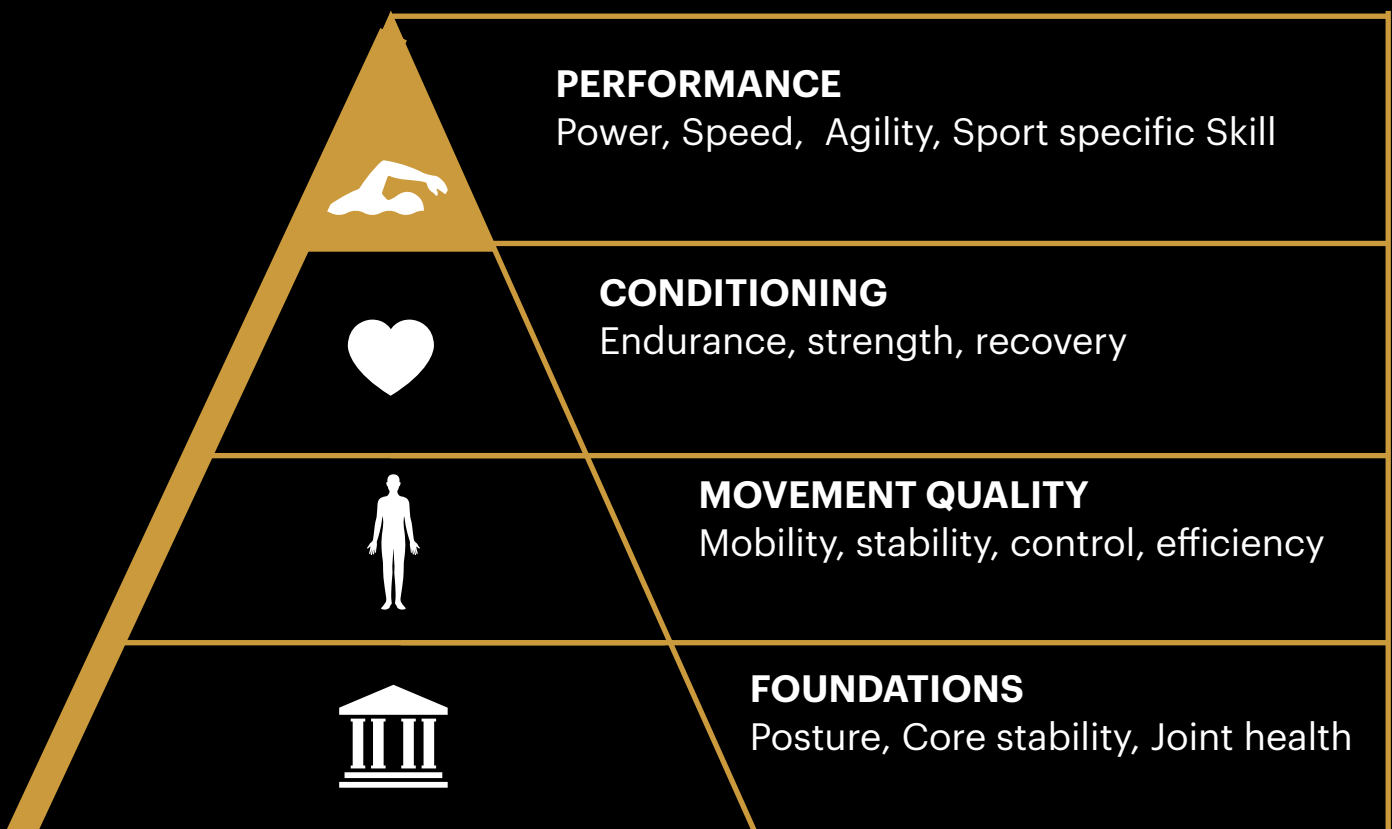
The rebuild phase focuses on restoring quality of movement, stability, and resilience.

We follow a progressive approach to build a body that is strong, efficient and ready to perform



THE GOAL

Build a body
that moves well first,
then performs
at its best,
for many years
to come



13 SERVICES OFFERED



ON-SITE COACHING

Personalized on-site coaching with assessments, Custom program, and continuous support.



ONLINE COACHING

Personalized remote coaching with assessments, customized programming, video guidance, and ongoing support.



ASSESSMENTS

Detailed evaluations of mobility, posture, better movement patterns, conditioning.



CORRECTIVE EXERCISE PROGRAMS

Targeted programs designed to improve mobility, posture, stability, and movement quality.



ATHLETIC CONDITIONING

Performance based training programs for recreational and competitive athletes.



ASSISTED STRETCH

A guided one-on-one session designed to improve mobility, reduce tension, enhance recovery, and help your body move with greater ease and efficiency.



LONG-TERM PERFORMANCE DEVELOPMENT

Structured programming focused on longevity, efficiency and sustainable performance.

14 | FINAL MESSAGE

The ALPS Method is more than a training system, it is a long-term approach to movement, health and performance.

By understanding how your body moves, correcting limitations, and building strong foundations, you can train smarter, move better and perform at your highest level for years to come.

BUILD A BODY THAT PERFORMS.

LIVE A LIFE WITHOUT LIMITS.

Laurent Le Bosse

LAURENT LE BOSSE

Strength and Conditioning Coach



**MOVE
BETTER**



**TRAIN
SMARTER**



**PERFORM
LONGER**



**STAY
HEALTHY**



**LIVE
STRONGER**



THANK YOU FOR TRUSTING THE PROCESS.
I'M HERE TO HELP YOU REACH YOUR BEST.

LAURENT LE BOSSE
Strength and Conditioning Coach