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**Comprehensive and considerate** conditioning: Empowering, effective exercise for everybody.

**Thank you for using The Mark Wild Method.** This short guide is a point of reference to help you put my method into practice and get the best results from your sessions.

Section 1 (pages 3-6): How to do sessions and the 3 separate structures you can use.
Section 2 (pages 7-10): Tailoring sessions to suit you.
Section 3 (page 11): Performance principles. Making your sessions most effective.



# How to do sessions and 3 separate structures you can use

- Switch it up: Variety is vital for results so give all 3 a go.
- Remember the R's: Rounds, reps, rest and rate are applied to **all** sessions.

## **1.** Repeating rounds The standard structure for a sesson.

**ROUNDS:** Do the exercises back to back – keep a rhythm throughout.

**REPETITIONS (Reps):** 1 minute per exercise – as many reps as possible.

**Or:** Select number per exercise – start on 8 and see how long a round takes.

- Each round: 8–10mins (including rest).
- **Rep range:** 6 / 8 / 10 / 12 / 14 (adjust reps accordingly).

**Other format:** Start on a low number and **1** by 2 per round.

**Or:** Start high and  $\downarrow$  by 2.

**REST:** 10–30 seconds at the end of every round.

**RATE:** Elevate your effort each round. Start slowly (3–6) and build up (6–10).

Work rate scale: 1 = very easy, 10 = maximum.

**REPEAT:** Full session = 3 or 4 rounds total.

Fire and Free me up! 1 round. A regular morning regimen to boost mood, mobility and metabolism.





20 minutes of cardio, 20 minutes of rounds.

1. Begin with 20 minutes of cardio exercise: Run / Cycle / Row / Cross trainer / Fast walk.

Work rate scale: 6–9.

2. Then go straight into 20 minutes of rounds: Adjust the time or number of reps to fit in 3 or 4 rounds.

Alternative structure: Try your 20/20 session the opposite way round: 20 minutes of rounds, followed by 20 minutes of cardio.







This session divides rounds into groups of exercises called 'Pods'. Pod junctions are indicated in videos.

1. Start session as standard: Perform the initial exercises back to back.

2. When "Pod" appears in video: Rather than going on to the next exercise, return to the first exercise and repeat the same exercises again for a total of 3 or 4 times.

3. On completion of the 1st Pod: Take 30-60s rest. Then move onto the next 'Pod' of exercises and repeat using the same format.

You will either have a total of 2 or 3 Pods per session.









# Tailoring a session to suit you

## Three options for adapting sessions to suit your wants and needs.



## 1. Increasing the intensity

Raise the R's: Increase the amount to any or all of the following:

- Rounds (you can do up to 6).
- Reps (you can do up to 20).
- Rate (do reps quicker see challenge mode below).
- Resistance (if using weights, go heavier).



Add cardio: At the start of each round, add in some cardio:

- 1 2 minutes fast paced: Run/row/cycle/skipping/ run on spot.
- Additional cardio can also be done at a Pod Junction - shown in videos.

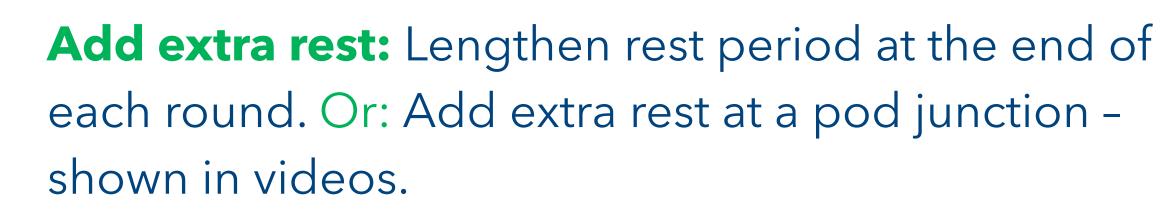




## 2. Reducing the intensity

Lower the R's: Decrease the amount to any or all of the following:

- Rounds
- Reps
- Rate (slower reps see control mode below).
- Resistance (If using weights, go lighter).





## **3.** Challenge or Control mode

Two choices for how to perform sessions. Both equally benefit the body: Whatever your goal, give them a go!

• It's advisable to start sessions in control: You can switch modes at anytime throughout a session to alter intensity.

• Always train to how you feel: Low energy = Control. High energy = Challenge.

**Control mode:** Slower pace, stable level of breathlessness.

• Take a few extra seconds per repetition (think Pilates).

• Work rate scale: 3-6.

**Challenge mode:** Fast pace, high heart rate high. Get a sweat on!

- Get through the repetitions as quickly as possible.
- Work rate scale: 7-10.



# Performance principles

**Recall these principles to achieve a full range of results** and feel great effects from each session.

**Be proud of effort:** Every extra rep adds up to **Focus the mind:** Concentrate on what you are doing better results: Effort = Efficiency = Effective. and focus on your body.

**Control the movements:** Be precise with your technique and stay conscious of connecting your core. Pull your navel (belly button) in toward your spine.







- <u>
   www.markwildhealth.co.uk:</u> Resources for results.
- So Health Woodpecker app: Improve your body, mind and behaviours.
- Solution Instagram: Empowering and effective education.
- SouTube: Expert exercise.

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