



The Mark Wild Method

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 session.

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 ↑ by 2 per round.

Or: Start high and ↓ 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.

2. 20/20

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**.

3. Pods

**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).

Add extra rest: Lengthen rest period at the end of each round. **Or:** Add extra rest at a pod junction - shown in videos.

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.

Focus the mind: Concentrate on what you are doing 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.

Be proud of effort: Every extra rep adds up to better results: Effort = Efficiency = Effective.



Mark Wild Health: Improving everybody's Quality of Life

- 🔗 www.markwildhealth.co.uk: Resources for results.
- 🔗 [Health Woodpecker app](#): Improve your body, mind and behaviours.
- 🔗 [Instagram](#): Empowering and effective education.
- 🔗 [YouTube](#): Expert exercise.