

# The Wild Foods "Build-a-Workout" Template

## 1. Body Temp Warm-up

- Row/Run 500m
  - 50 jumping jacks
  - 50 butt kicks
- (run in place heel to butt)

## 2. Dynamic Warm-up

- Squats
- Lunge
- Arm Slaps
- Arm Circles
- Wrist Rolls
- Neck Rolls
- Side Bend
- Push-ups
- Runner's Lunge
- Burpees

## 3. Strength

Choose 1 main lift (or 2) and follow a program. If you don't have a program, do this: Complete warm-up sets of 5 reps starting with light weight and adding weight each set until you hit a medium to medium-heavy weight. Do sets until you reach failure.

Squat: Front, Back, Overhead, Jumping  
Deadlift and variants: sumo, stiff leg, Romanian  
Press, Jerk, Split Jerk,  
Bench press and variants  
Oly Lifts: Cleans, Snatch, Variants

## 4. Accessory Exercises

(mix up often)

- 5 mins - 10 mins
- Intervals (Tabata)
- 12 mins - 15 mins
- Swimming
- 20 mins - 30 mins
- Biking
- 60 minutes (sometimes)
- Hiking
- Strongman
- Play a sport
- Circuits

## 5. Conditionig

- Back Squat and variants: Front Squat, Overhead Squat, Box Squat
  - Deadlift and variants: sumo, stiff leg, Romanian,
- Press and variants: push press, jerk, split jerk, seated
- Bench Press and variants: floor press, DB press, incline, decline
  - Clean and variants: squat, power
- Snatch and variants: squat, power • GHD situps • Back extensions • Good mornings • Clean • Snatches
- Kettle bell swings • Squats • Deadlifts • Press • Jerk • Push-ups • Dips • Pull-ups

## 6. Cool-down

(move for 3-5 minutes after workout)

- Walking
- Stretching
- Skill work
- Jogging
- Rowing
- Swimming

**Most Important: Get moving every single day!**

### Exercise Resources:

- 5/3/1 by Jim Wendler
- Starting Strength by Mark Rippetoe
- GymnasitcsWOD.com
- MobilityWOD.com
- CrossFit.com



### A Wild Guide by Wild Foods

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