



WILDMAN ATHLETICA

CLUB PROGRAM

MILL / SQUAT





INTRO STUFF

Welcome to the Wildman Athletica Mill/Squat program!

You are now part of a premier and exclusive athletic training program. Initially created to train a diverse field of athletes from all walks of life: stunt performers, circus performers, martial artists, and Hollywood actors. This training regimen focuses on differing aspects of strength, skill, and ability in an extremely efficient & effective program, encouraging athletes to develop & utilize proper body mechanics, while maximizing economy of movement.

By focusing your training on Mills & Squats, you will rapidly increase core strength and agility, improve joint function and mobility, and strengthen past injuries and weak points so you can achieve TOTAL BODY INTEGRATION.

Get back to training in accordance with the way the human body was fundamentally designed to function.



HOW TO USE THE PROGRAM

This program is part of a larger overall athletic strategy, and is a piece of a larger training puzzle. This complements activities such as CrossFit, Flow Arts, Martial Arts, BJJ, Judo, Kettlebells, Mace, Running, etc.

This program consists of three levels. Each level is completed six times per weight, per level, in order to advance to the next level, but the user can advance after only four of the six, saving workouts five and six to use as step-down days for when you are tired. There are 18 workouts total per weight for the program. You can repeat this program with as many weights as you have access to. The more times you repeat the program, the better the outcome will be. See the Club Weights section of this booklet for a checklist that helps you track your progress through each weight level.

Training sessions should be performed 2-3 days per week on non-consecutive days.

TRAINING SESSION AND DATA ENTRY

The training session is 20 minutes long. It consists of four rounds, of five exercises, for 30 seconds of work, and 30 seconds of rest.

A Data Entry Form is included for each Level. This form has the exercises for each level. There are three entry tables on the page, so print as many copies as you need.

Enter the *date*, *weight of the club*, and the *number of reps* you perform for each exercise in each round. Add up all the reps logged for a *Total Rep* count. Multiply the Total Reps done by the Weight used to find out the amount of *Work* completed. To see *daily* progress, divide the current session of *Work* by the previous session *Work*, and enter it on the form.

TRACKING YOUR LEVELS

In the Club Weights Level forms provided, enter the date each workout was performed.

TRACKING YOUR PROGRESS

A Progress Form is provided to help you consolidate your information so you can easily track your progress over time. Print as many copies as you need.

2 Hand Club

PROGRAM

Mill/Squat



DATA ENTRY - LEVEL 1

20 MINUTES:

WORK 30 secs REST 30 secs

4 ROUNDS—5 EXERCISES

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Inside Circle						Calculate Your Work Below
2H - Outside Pendulum						
2H - Pullover						Work= Total Reps x Weight
2H - Balance Squat						
2H - Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Inside Circle						Calculate Your Work Below
2H - Outside Pendulum						
2H - Pullover						Work= Total Reps x Weight
2H - Balance Squat						
2H - Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Inside Circle						Calculate Your Work Below
2H - Outside Pendulum						
2H - Pullover						Work= Total Reps x Weight
2H - Balance Squat						
2H - Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

DATA ENTRY - LEVEL 2

20 MINUTES:

WORK 30 secs REST 30 secs

4 ROUNDS—5 EXERCISES

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Outside Circle						Calculate Your Work Below
2H - Inside Pendulum						
2H - Inside Circle Squat						Work= Total Reps x Weight
2H - Outside Pendulum Squat						
2H - Inside Circle + Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Outside Circle						Calculate Your Work Below
2H - Inside Pendulum						
2H - Inside Circle Squat						Work= Total Reps x Weight
2H - Outside Pendulum Squat						
2H - Inside Circle + Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Outside Circle						Calculate Your Work Below
2H - Inside Pendulum						
2H - Pullover						Work= Total Reps x Weight
2H - Outside Pendulum Squat						
2H - Inside Circle + Shield Cast						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

DATA ENTRY - LEVEL 3

20 MINUTES:

WORK 30 secs REST 30 secs

4 ROUNDS—5 EXERCISES

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Alternating Circle						Calculate Your Work Below
2H - Alternating Pendulum						
2H - Alt 180 Degree Pullover						Work= Total Reps x Weight
2H - Squat Shield Cast						
2H - Alternating Mill						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Alternating Circle						Calculate Your Work Below
2H - Alternating Pendulum						
2H - Alt 180 Degree Pullover						Work= Total Reps x Weight
2H - Squat Shield Cast						
2H - Alternating Mill						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

Date:

Level:

Weight:

Exercise	Round 1	Round 2	Round 3	Round 4	Total Reps	
2H - Alternating Circle						Calculate Your Work Below
2H - Alternating Pendulum						
2H - Alt 180 Degree Pullover						Work= Total Reps x Weight
2H - Squat Shield Cast						
2H - Alternating Mill						↓
Total Reps						

% Increase/Decrease (Work ÷ Previous Day's Work) →

CLUB WEIGHTS - LEVEL 1

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
3.5						
5						
6.25						
7.5						
8.75						
10						
11.25						
12.5						
13.75						
15						
16.25						
17.5						
18.75						
20						
21.25						
22.5						
23.75						
25						
26.25						
27.5						
28.75						
30						
31.25						
32.5						
33.75						
35						
36.25						
37.5						
38.75						

CLUB WEIGHTS - LEVEL 1

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
40						
41.25						
42.5						
43.75						
45						
46.25						
47.5						
48.75						
50						
51.25						
52.5						
53.75						
55						
56.25						
57.5						
58.75						
60						
61.25						
62.5						
63.75						
65						
66.25						
67.5						
68.75						
70						
71.25						
72.5						
73.75						
75						

CLUB WEIGHTS - LEVEL 1

Enter Dates

[illegible]

CLUB WEIGHTS - LEVEL 2

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
3.5						
5						
6.25						
7.5						
8.75						
10						
11.25						
12.5						
13.75						
15						
16.25						
17.5						
18.75						
20						
21.25						
22.5						
23.75						
25						
26.25						
27.5						
28.75						
30						
31.25						
32.5						
33.75						
35						
36.25						
37.5						
38.75						

CLUB WEIGHTS - LEVEL 2

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
40						
41.25						
42.5						
43.75						
45						
46.25						
47.5						
48.75						
50						
51.25						
52.5						
53.75						
55						
56.25						
57.5						
58.75						
60						
61.25						
62.5						
63.75						
65						
66.25						
67.5						
68.75						
70						
71.25						
72.5						
73.75						
75						

CLUB WEIGHTS - LEVEL 2

Enter Dates

[illegible]

CLUB WEIGHTS - LEVEL 3

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
3.5						
5						
6.25						
7.5						
8.75						
10						
11.25						
12.5						
13.75						
15						
16.25						
17.5						
18.75						
20						
21.25						
22.5						
23.75						
25						
26.25						
27.5						
28.75						
30						
31.25						
32.5						
33.75						
35						
36.25						
37.5						
38.75						

CLUB WEIGHTS - LEVEL 3

Enter Dates

	Workout 1/6	Workout 2/6	Workout 3/6	Workout 4/6	Workout 5/6	Workout 6/6
40						
41.25						
42.5						
43.75						
45						
46.25						
47.5						
48.75						
50						
51.25						
52.5						
53.75						
55						
56.25						
57.5						
58.75						
60						
61.25						
62.5						
63.75						
65						
66.25						
67.5						
68.75						
70						
71.25						
72.5						
73.75						
75						

CLUB WEIGHTS - LEVEL 3

Enter Dates

[illegible]

PROGRESS

Enter the workout info in the order in which you complete each session.

[illegible]

Exercises

2 Hand Clubbell



EXERCISE INSTRUCTION - LEVEL 1

Inside Circle



Start in Order Position. Turn and cross center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position.

Outside Pendulum



Start in Order Position. Turn away from center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position.

Pullover



Start in Order Position. Top Hand goes past same-side ear. Thumb touches shirt. Pull back to Order Position.

EXERCISE INSTRUCTION - LEVEL 1

Balance Squat



Start in Order Position. Squat. Arms Parallel to Ground at Bottom Position. Return to Standing Order Position.

Shield Cast



Start in Order Position. Top Hand goes past Opposite Ear. Swing through. Return to Order Position with Arms at 90 degrees Parallel to Ground.

EXERCISE INSTRUCTION - LEVEL 2

Outside Circle



Start in Order Position. Turn away from center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position.

Inside Pendulum



Start in Order Position. Turn and cross center line. Push, Two Arms Lockout, Swing, Pull Back the way you came, Snap Hips, Catch. Return to Order Position.

EXERCISE INSTRUCTION - LEVEL 2

Inside Circle Squat



Start in Order Position. Turn and cross center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position. Squat. Return to Standing Order Position.

Outside Pendulum Squat



Start in Order Position. Turn away from center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position. Squat. Return to Standing Order Position.

EXERCISE INSTRUCTION - LEVEL 2

Inside Circle Shield Cast



Start in Order Position. Turn and cross center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position. Cast club over opposite shoulder. Swing through. Return to Order Position.

EXERCISE INSTRUCTION - LEVEL 3

Alternating Circle



Start in Order Position. Turn **toward** center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position. Turn **away** from center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position.

Alternating Pendulum



Start in Order Position. Turn **toward** center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position. Turn **away** from center line. Push, Two Arms Lockout, Swing, Pull, Catch. Return to Order Position.

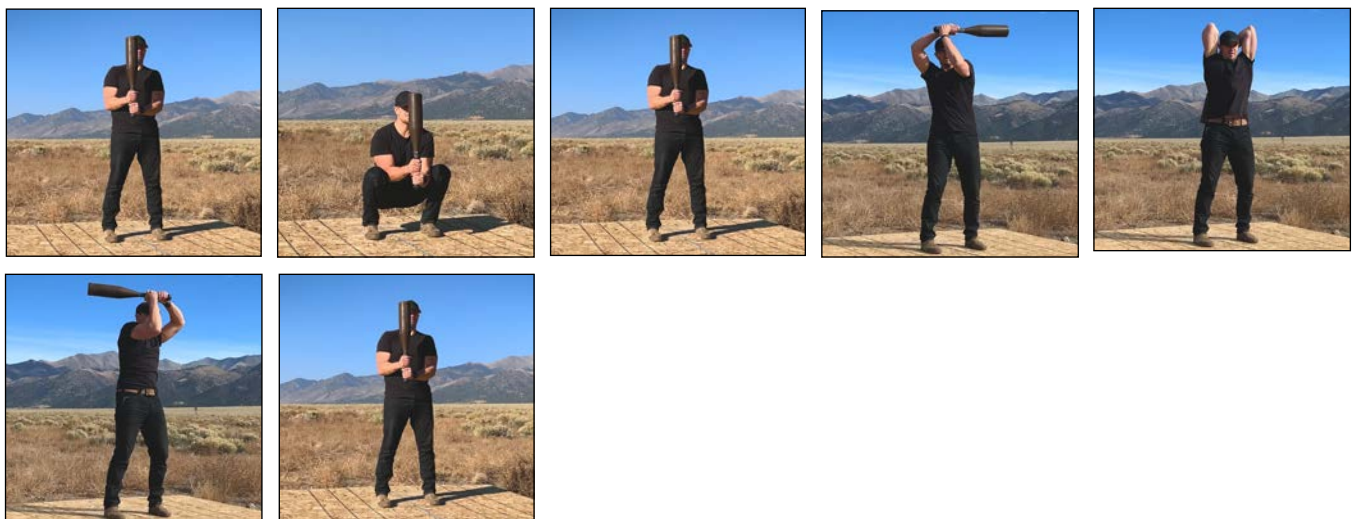
EXERCISE INSTRUCTION - LEVEL 3

Alternating 180 Degree Pullover



Start in Order Position. Turn **away** from center. Push up and swing behind back and catch. Swing back to other side. Return to Order Position at finish.

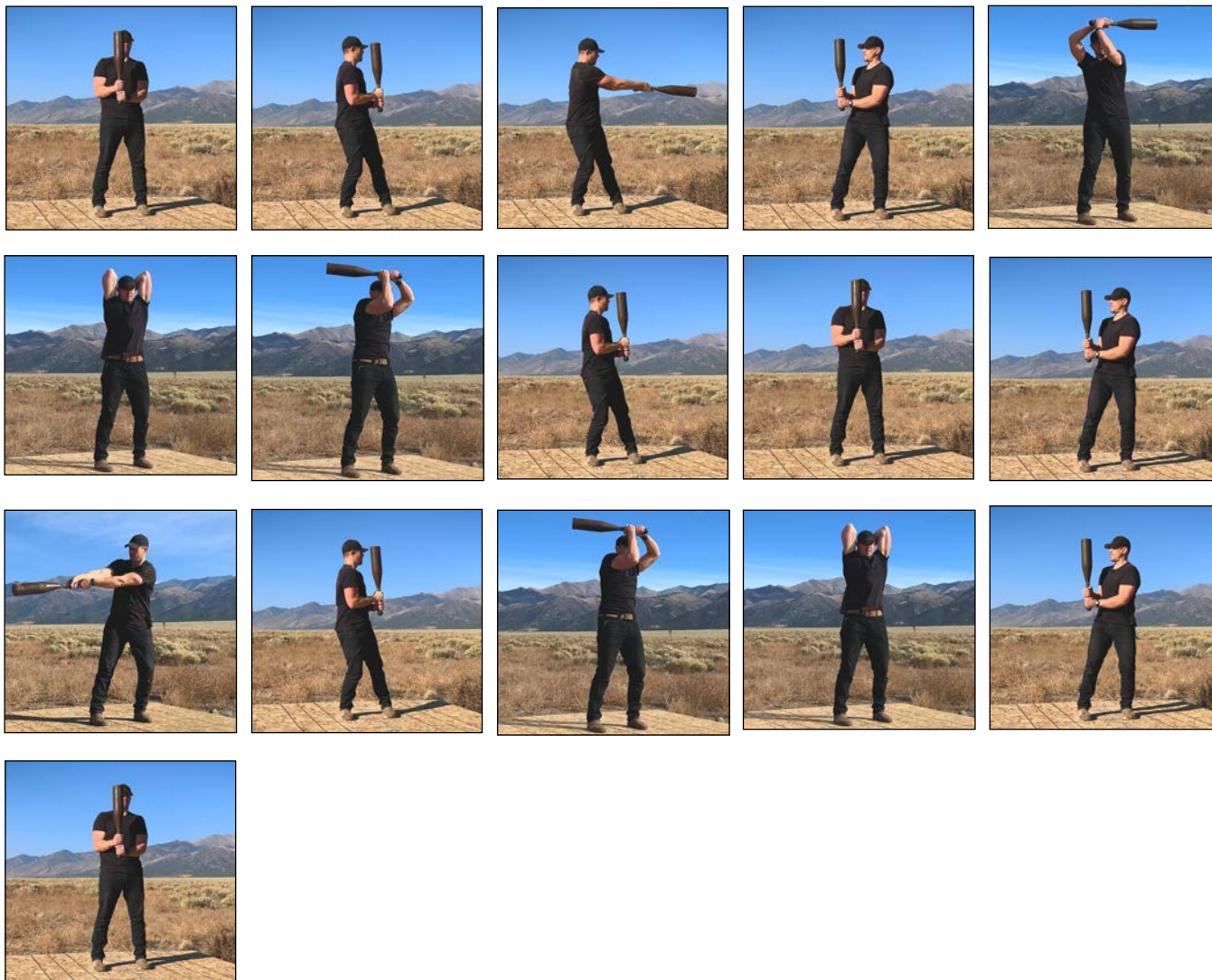
Squat Shield Cast



Start in Order Position. Squat. Return to Standing Order Position. Cast club over opposite shoulder. Swing through. Return to Order Position.

EXERCISE INSTRUCTION - LEVEL 3

Alternating Mill



Start in Order Position. Turn and cross center line. Push, Swing, Pull, Catch. Cast club over opposite shoulder. Swing through. Catch. Return to Order Position. Turn away from center line. Push, Swing, Pull, Catch. Cast club over same shoulder. Swing through. Catch.

Coaching tip:

Go across the top. STOP. Change directions. Go across the top. Circle. Repeat.