

WILDERNESS ATHLETE
28 / DAY
TRAINING LOG

TRAINING LOG

THE FIVE WHYS

The “Five Whys” is an exercise in finding the root motivation for your goals that, when executed honestly, will help you successfully reach that goal.

Our reasons for doing something are often more complicated than they seem at the surface. By executing this simple technique prior to starting your 28 Day Challenge you will have a much higher degree of accountability and clarity on the goals that you set for yourself.

Start by stating your goal - write it down.

Then ask the first **why** – *why do I want to accomplish this?*

Whatever the answer is, **then ask why again**, repeating the process five times total.

These questions must be answered honestly, even if those answers are uncomfortable. Go there. The more personal your answers are, the more insight and accountability you will have to your true motivations and values.

[Example]

Goal: I want to build lean muscle and increase my strength.

Why do you want to build lean muscle and increase your strength?

Because I feel more confident when I am strong and when I see my muscle definition.

Why do you want to feel more confident and see more muscle definition?

Because I want my children to look up to me and my abilities.

Why do you want your children to look up to you?

So they have a positive, healthy, and active role model in their life.

Why do you want those qualities in their role model?

Because I want them to experience life to the fullest and enjoy the outdoors.

Why do you want them to enjoy the outdoors?

Because I see so many kids who stay indoors who grow up sluggish, unhealthy, and afraid of the world.

GIVE IT A TRY: YOUR WHYS

Give this technique a shot and don't be afraid to go through this exercise multiple times.

WHAT IS YOUR GOAL?

WHY?

WHY?

WHY?

WHY?

WHY?



GETTING STARTED

Welcome to the Wilderness Athlete 28 Day Challenge Workout programmed by 3x CrossFit Games Affiliate Cup Champion Matt Hewett. Matt is going to give you a brief description of how each week will be set up.

HOW IT WORKS.

The workouts are set up with a warm up, a main workout, and if you feel like pushing yourself, an optional extra credit section at the end. **Day 4 of each week has a mandatory stretching and recovery finisher.**

This program is set up to be 2 days on, 1 day off, 2 days on and 2 days off. However, the off days are built in for active recovery activities of your choice. I personally like to swim, easy jog, stretch/mobilize, or play some type of pick up sport such as basketball or racquetball. This could easily include hiking or even hunting!

KNOW YOUR LIMITS. THEN PUSH THEM.

I want to stress the importance of technique and staying within your limits during this 28 Day Challenge Workout. I want you to push your limits but I also want you to have a safe and enjoyable experience!

It can be challenging to figure out the appropriate weight to use when starting an exercise. If you know your max for a given exercise, a good place to start would be around the 60-65% range for a squatting or bench exercise, and 70-75% for an olympic exercise (snatch, power clean, deadlift). If you don't know your max for these exercises don't worry! Just start with a weight that you are comfortable with and add weight as the weeks progress.

Just remember to stay safe and have fun!

I know you are going to have a great experience with the 28 Day Challenge Workout and you are going to push yourself to new heights!





WORKOUT VIDEO

PLAYLIST

If you have any questions about the individual exercises in the program, head over to our online video library for the 28 Day Challenge Workout Playlist. You'll find in-depth how-to's on every workout in the training log.



WILDERNESSATHLETE.COM/WORKOUTS

HOW IT WORKS

DAY 2 WK 01

ABBREVIATION KEY:

BB Barbell **DB** Dumbbell **KB** Kettle Bell
AMRAP As Many Rounds As Possible

Each day is broken up into 3 sections:
 Warm Up, Workout, and Extra Credit

Each Workout lists Sets and Reps.

A **Rep** is one complete motion of the exercise.

Ex: 1 Snatch

A **Set** is a full group of consecutive repetitions.

Ex: 4 Snatches = 1 Set

WARM UP - 2 ROUNDS

CHOOSE ONE	BIKE	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	ROW	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	RUN	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

		SETS	REPS		SETS	REPS
1	Snatch or DB Snatch*	4	4	4	Lateral Lunge	2 8
2	Bench	3	10	5	Lying Side Leg Raise	2 8
3	BB Romanian Dead Lift	3	8	6	Ring Rows or Australian Pull Ups	3 8

*1-2 Light Weight Warm Up Sets

Don't forget to warm up first on these designated* lifts.

EXTRA CREDIT

EXTRA CREDIT	21 Thrusters + 21 Pull-Ups* 15 Thrusters + 15 Pull-Ups* 9 Thrusters + 9 Pull-Ups* *Assisted if Needed.
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NOTES

Make sure you utilize this space to take notes about your workouts. You'll want to record the weight you used and how many sets you were able to complete. When striving to achieve your goals - it will be important to be able to measure your results over time so you can see how far you've come.

Don't forget! Video Tutorials: wildernessathlete.com/workouts

Chris Denham of The Western Hunter decided in his forties that it was time to get serious about his training. He realized that if you're going to hunt the rugged mountains of the west, every pound of extra fat will hold you back and every pound of muscle will propel you forward. Now, at 56, Chris leaves younger guys in the dust and makes no excuses about his diet and exercise. He completes two or three 28 Day Challenges every year, just to reset his habits, jumpstart his training and keep his head in the game.

WORKOUTS

WEEK 01



DAY 1 WK 01

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	5-8 Reps of 15 Calorie Sprints
	ROW	5-8 Reps of 15 Calorie Sprints
	RUN	5-8 100m Sprint

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	KB Swings	SETS	REPS	4	DB Lateral Raise	SETS	REPS
		2	10			2	8
2	Front Squat or Goblet Squat (DB/KB)	SETS	REPS	5	Band Pull-Aparts or Bent Over DB Lateral Raise	SETS	REPS
		3	10			2	10
3	Pull-Ups Assisted if Needed	SETS	REPS	6	Stability Ball Leg Curls	SETS	REPS
		3	8			2	8

EXTRA CREDIT

EXTRA CREDIT	15 Min AMRAP:
	5 Pull-Ups / Assisted Pull-Ups
	10 Push-Ups / Modified Push-Ups
	15 Squats / Air Squats

NOTES

DAY 2 WK 01

WARM UP - 2 ROUNDS

CHOOSE ONE	BIKE	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	ROW	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	RUN	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Snatch or DB Snatch*	SETS	REPS	4	Lateral Lunge	SETS	REPS
		4	4			2	8
2	Bench Press	SETS	REPS	5	Lying Side Leg Raise	SETS	REPS
		3	10			2	8
3	BB Romanian Dead Lift	SETS	REPS	6	Ring Rows or Australian Pull Ups	SETS	REPS
		3	8			3	8

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	21 Thrusters + 21 Pull-Ups*
	15 Thrusters + 15 Pull-Ups*
	9 Thrusters + 9 Pull-Ups*
	*Assisted if Needed.

NOTES

DAY 3 WK 01

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	3 x 30 Calorie Bike Sprint / Rest 2:30 Min Between Reps
	ROW	3 x 30 Calorie Row Sprint / Rest 2:30 Min Between Reps
	RUN	3 x 400 Meter Sprint / Rest 2:30 Min Between Reps

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Dead Lift* (BB/DB)	SETS	REPS	4	DB Single Arm Rows	SETS	REPS
		4	4			2	8
2	Split Squat (DB/KB)	SETS	REPS	5	Chin-Ups Assisted if Needed	SETS	REPS
		3	10			3	8
3	Strict Press (DB/BB)	SETS	REPS	6	DB Bent-Over Raises	SETS	REPS
		4	8			2	8

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	5 Rounds:
	15 Hand Stand Push-Ups or Bodyweight Shoulder Press 10 Power Cleans (KB, DB)

NOTES

DAY 4 WK 01

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	15 Min Easy / Moderate Bike
	ROW	15 Min Easy / Moderate Row
	RUN	15 Min Easy / Moderate Run

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Power Clean or MedBall Clean*	SETS	REPS	4	Push-Ups	SETS	REPS
		4	4			4	8
2	Weighted Hip Bridge	SETS	REPS	5	Triceps Pressdown or Dips	SETS	REPS
		3	6			2	8
3	DB Box Step Up	SETS	REPS	6	BB or DB Curls	SETS	REPS
		3	8			2	8

*1-2 Light Weight Warm Up Sets

STRETCHING

STRETCHING	5-10 Min of Stretching & Foam Rolling
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NOTES

A woman with a prosthetic left leg is climbing a steep, snowy mountain slope. She is wearing a light blue jacket, black pants, a yellow backpack, and a blue and white patterned cap. She is using a black rope for safety and a black ice axe for stability. The background shows a vast, snow-covered mountain range under a clear blue sky.

WORKOUTS

WEEK 02

Kirstie Ennis, a medically retired veteran of the United States Marine Corps, lives with a mindset that doesn't include failure as an option. Sustaining a cascade of traumatic injuries from a helicopter crash in Afghanistan that resulted in an above the knee amputation - Kirstie has relied on her dedication to fitness and well rounded nutrition to keep her on the mountain. Kirstie sees challenges as opportunities and excuses as cancer.

DAY 1 WK 02

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	7-10 Reps of 15 Calorie Sprints
	ROW	7-10 Reps of 15 Calorie Sprints
	RUN	7-10 100m Sprint

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	KB Swings	SETS	REPS	4	DB Lateral Raise	SETS	REPS
		3	8			2	10
2	Front Squat or Goblet Squat (DB/KB)	SETS	REPS	5	Band Pull-Aparts or Bent Over DB Lateral Raise	SETS	REPS
		4	8			3	8
3	Pull-Ups Assisted if Needed	SETS	REPS	6	Stability Ball Leg Curls	SETS	REPS
		3	10			2	10

EXTRA CREDIT

EXTRA CREDIT	18 Min AMRAP:
	10 Dumbbell Snatch
	15 Burpee Box Jumps
	5 Toes to Bar (or) 10 Knees to Bar

NOTES

DAY 2 WK 02

WARM UP - 3 ROUNDS

CHOOSE ONE	BIKE	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	ROW	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	RUN	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Snatch or DB Snatch	SETS	REPS	4	Lateral Lunge	SETS	REPS
		4	3			3	8
2	Bench Press	SETS	REPS	5	Lying Side Leg Raise	SETS	REPS
		4	8			2	10
3	BB Romanian Dead Lifts	SETS	REPS	6	Ring Rows or Australian Pull Ups	SETS	REPS
		4	8			3	10

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	12 Hand Stand Push-Ups or Bodyweight Shoulder Press + 12 Pull-Ups*
	9 Hand Stand Push-Ups or Bodyweight Shoulder Press + 9 Pull-Ups*
	6 Hand Stand Push-Ups or Bodyweight Shoulder Press + 6 Pull-Ups*
	3 Hand Stand Push-Ups or Bodyweight Shoulder Press + 3 Pull-Ups*
	*Assisted if Needed

NOTES

DAY 3 WK 02

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	4 x 30 Calorie Bike Sprint / Rest 2:30 Min Between Reps
	ROW	4 x 30 Calorie Row Sprint / Rest 2:30 Min Between Reps
	RUN	4 x 400 Meter Sprint / Rest 2:30 Min Between Reps

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Dead Lift* (BB/DB)	SETS	REPS	4	DB Single Arm Rows	SETS	REPS
		4	3			3	8
2	Split Squat (DB/KB)	SETS	REPS	5	Chin-Ups Assisted if Needed	SETS	REPS
		4	8			4	8
3	Strict Press (DB/BB)	SETS	REPS	6	DB Bent-Over Raises	SETS	REPS
		4	6			2	10

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	14 Min AMRAP:
	25 Wall Balls
	25 Sit-Ups
	25 Lunges

NOTES

DAY 4 WK 02

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	18 Min Easy / Moderate Bike
	ROW	18 Min Easy / Moderate Row
	RUN	18 Min Easy / Moderate Run

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Power Clean or MedBall Clean*	SETS	REPS	4	Push-Ups	SETS	REPS
		4	3			4	10
2	Weighted Hip Bridge	SETS	REPS	5	Triceps Pressdown or Dips	SETS	REPS
		3	8			2	10
3	DB Box Step Up	SETS	REPS	6	BB or DB Curls	SETS	REPS
		4	6			2	10

*1-2 Light Weight Warm Up Sets

STRETCHING

STRETCHING	5-10 Min of Stretching & Foam Rolling

NOTES

WORKOUTS

WEEK 03

Patrick Scrogin - 4 years ago on a mission to prepare his body and mind for the mountain, Patrick Scrogin took his first 28 Day Challenge. Sheep country was his destination, recovering from a crushed pelvis, nine fractured vertebra, and an above the knee amputation was his hurdle. As a medically retired United States Army combat helicopter pilot, Patrick reinvested in his quality of life and has continued to lose fat and build muscle with an unrelenting approach to the gym and his diet.



DAY 1 WK 03

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	9-12 Reps of 15 Calorie Sprints
	ROW	9-12 Reps of 15 Calorie Sprints
	RUN	9-12 100m Sprint

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	KB Swings	SETS	REPS	4	DB Lateral Raise	SETS	REPS
		3	10			3	8
2	Front Squat or Goblet Squat (DB/KB)	SETS	REPS	5	Band Pull-Aparts or Bent Over DB Lateral Raise	SETS	REPS
		5	6			3	10
3	Pull-Ups Assisted if Needed	SETS	REPS	6	Stability Ball Leg Curls	SETS	REPS
		4	8			3	8

EXTRA CREDIT

EXTRA CREDIT	5 Rounds:
	5 Dead Lifts
	10 Box Jumps
	15 Wall Balls

NOTES

DAY 2 WK 03

WARM UP - 4 ROUNDS

CHOOSE ONE	BIKE	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	ROW	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	RUN	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Snatch or DB Snatch*	SETS	REPS	4	Lateral Lunge	SETS	REPS
		5	3			3	10
2	Bench Press	SETS	REPS	5	Lying Side Leg Raise	SETS	REPS
		5	6			3	8
3	BB Romanian Dead Lifts	SETS	REPS	6	Ring Rows or Australian Pull Ups	SETS	REPS
		4	10			4	8

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	30 GHD* Sit-Ups or Regular Sit Up + 30 Hang Cleans (BB, DB, or MedBall)
	20 GHD* Sit-Ups or Regular Sit Up + 20 Hang Cleans (BB, DB, or MedBall)
	10 GHD* Sit-Ups or Regular Sit Up + 10 Hang Cleans (BB, DB, or MedBall)
	*Glute-Ham Developer Machine

NOTES

DAY 3 WK 03

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	5 x 30 Calorie Bike Sprint / Rest 2:30 Min Between Reps
	ROW	5 x 30 Calorie Row Sprint / Rest 2:30 Min Between Reps
	RUN	5 x 400 Meter Sprint / Rest 2:30 Min Between Reps

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Dead Lift* (BB/DB)	SETS	REPS	4	DB Single Arm Rows	SETS	REPS
		5	3			3	10
2	Split Squat (DB/KB)	SETS	REPS	5	Chin-Ups Assisted if Needed	SETS	REPS
		4	10			4	10
3	Strict Press (DB/BB)	SETS	REPS	6	DB Bent-Over Raises	SETS	REPS
		5	6			3	8

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	18 Min AMRAP:
	30 KB Swings
	20 Weighted Sit-Ups
	10 Snatch (BB/ KB/ DB)

NOTES

DAY 4 WK 03

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	20 Min Easy / Moderate Bike
	ROW	20 Min Easy / Moderate Row
	RUN	20 Min Easy / Moderate Run

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Power Clean or MedBall Clean*	SETS	REPS	4	Push-Ups	SETS	REPS
		5	3			5	8
2	Weighted Hip Bridge	SETS	REPS	5	Triceps Pressdown or Dips	SETS	REPS
		4	6			3	8
3	DB Box Step Up	SETS	REPS	6	BB or DB Curls	SETS	REPS
		4	8			3	8

*1-2 Light Weight Warm Up Sets

STRETCHING

STRETCHING	5-10 Min of Stretching & Foam Rolling

NOTES

Life ain't easy and nobody ever said it was meant to be. We're challenged constantly throughout our lives and every challenge presents you with an option to either lay down, or to push back. How hard you push back and how vigorously you respond to these challenges defines you, like it or not. If you're reading this, you aren't the type who lays down. You're ready for change and the tools to get you there are right in front of you. Embrace it.

WORKOUTS

WEEK 04



WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	11-14 Reps of 15 Calorie Sprints
	ROW	11-14 Reps of 15 Calorie Sprints
	RUN	11-14 100m Sprint

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	KB Swings	SETS	REPS	4	DB Lateral Raise	SETS	REPS
		4	10			3	10
2	Front Squat or Goblet Squat (DB/KB)	SETS	REPS	5	Band Pull-Aparts or Bent Over DB Lateral Raise	SETS	REPS
		5	5			4	8
3	Pull-Ups Assisted if Needed	SETS	REPS	6	Stability Ball Leg Curls	SETS	REPS
		4	10			3	10

EXTRA CREDIT

EXTRA CREDIT	20 Min AMRAP:
	400m Run or 60 Calorie Row or 60 Calorie Bike
	20 Push-Ups or Modified Push-Ups
	10 DB Snatch (5 Each Arm)

NOTES

WARM UP - 5 ROUNDS

CHOOSE ONE	BIKE	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	ROW	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between
	RUN	2:00 Min Easy, 1:30 Min Moderate, 1:00 Min Fast / Rest 1:00 Min Between

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Snatch or DB Snatch	SETS	REPS	4	Lateral Lunge	SETS	REPS
		6	2			4	8
2	Bench Press	SETS	REPS	5	Lying Side Leg Raise	SETS	REPS
		5	5			3	10
3	BB Romanian Dead Lifts	SETS	REPS	6	Ring Rows or Australian Pull Ups	SETS	REPS
		5	8			4	10

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	30 DB Snatch + 20 Burpees
	20 DB Snatch + 20 Burpees
	10 DB Snatch + 10 Burpees

NOTES

DAY 3 WK 04

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	6 x 30 Calorie Bike Sprint / Rest 2:30 Min Between Reps
	ROW	6 x 30 Calorie Row Sprint / Rest 2:30 Min Between Reps
	RUN	6 x 400 Meter Sprint / Rest 2:30 Min Between Reps

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Dead Lift* (BB/DB)	SETS	REPS	4	DB Single Arm Rows	SETS	REPS
		6	2			4	8
2	Split Squat (DB/KB)	SETS	REPS	5	Chin-Ups Assisted if Needed	SETS	REPS
		5	8			5	8
3	Strict Press (DB/BB)	SETS	REPS	6	DB Bent-Over Raises	SETS	REPS
		5	5			3	10

*1-2 Light Weight Warm Up Sets

EXTRA CREDIT

EXTRA CREDIT	5 Rounds:
	12 Dead Lifts
	9 Hang Cleans
	6 Shoulder to Overhead

NOTES

DAY 4 WK 04

WARM UP - Make sure to stretch prior to your warm up.

CHOOSE ONE	BIKE	22 Min Easy / Moderate Bike
	ROW	22 Min Easy / Moderate Row
	RUN	22 Min Easy / Moderate Run

WORKOUT

Video Tutorials: wildernessathlete.com/workouts

1	Power Clean or MedBall Clean*	SETS	REPS	4	Push-Ups	SETS	REPS
		6	2			5	10
2	Weighted Hip Bridge	SETS	REPS	5	Triceps Pressdown or Dips	SETS	REPS
		4	5			3	10
3	DB Box Step Up	SETS	REPS	6	BB or DB Curls	SETS	REPS
		4	10			3	10

*1-2 Light Weight Warm Up Sets

STRETCHING

STRETCHING	5-10 Min Stretching & Foam Rolling

NOTES

