

Apocalypse Tuesday



Fit
for
Survival

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Apocalypse Tuesday:

Fit For Survival

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The Apocalypse Tuesday *modus operandi* is thus: Prior Proper Planning Prevents Piss-poor Performance.

A pivotal factor determining whether one will or will not survive the apocalypse (Tuesday) preparation. This cannot be overstated because we do not know for certain which form the apocalypse will take.

The three most likely end-of-the-world-as-we-know-it scenarios (as our experts predict them) are:

- Nuclear War (and subsequent fall-out and mutant attacks)
- Zombie-producing virus
- The [Google + Apple] Grapple Emergency (Can also fall into the category of “Robot uprising”)

Of course these are crises of apocalyptically cataclysmic proportions, you might also fall victim to any number of other semi-apocalyptic disasters, including (but not limited to):

- Flashfloods
- Wrongful imprisonment in a foreign land
- Hurricanes
- Not-exactly-‘flash’-but-you-ignored-all-the-warnings floods
- Earthquakes
- Riots
- Foreign Invaders
- Plane crashes/Lord of the Flies scenarios

Though only some of these would threaten THE world, all of them can threaten YOUR world...if you become a statistic.

Be inclined to prepare. You downloaded this book: that’s a great first step. There are a handful of other Apocalypse Tuesday manuals also designed to equip you with the tools to survive and thrive. You can check them out here.

So you bought the book, now comes the hard part: preparation. ***Fit To Survive*** is designed to give you the physical fitness tools and know-how to make sure you’re durable in the real world...in the Tuesday world.

Should you encounter any of the aforementioned disasters, it will mean your world has been thrown upside down. You may not only be forced to fight, flee, scavenge, and hide, but you will also face a myriad of other threats that will potentially come your way.

Muscles are defined for more than just movement. Imagine you slip and suffer a fall of about ten feet onto rock, concrete, or some other hard surface. Do you have enough muscle in your back to shield your spine, or were you counting on a thick layer of fat to cushion your fall? In either case, the fat

would hurt, but which person would be down for a week and which one would be back on their feet a day or two?

Keeping fit and staying strong enables you to handle these accidents in a way that will keep you up and fighting zombies or short-circuiting robots in order to protect yourself and your loved ones.

Or

The Importance of Paleo

Make no mistakes, when the end comes, the fatties will go first. Why? Because they can't run very fast or very fast.

I know we all like to believe that "everyone is special" and we should never leave a man behind. But when you're being chased down by someone or something that wants to eat, imprison, rob, or just plain maim you, you will find yourself in quite the moral conundrum as you wonder whether to risk your own hide for a guy who will slow you down.

Conversely: do you really want to be the guy whose uncompromising love for pizza and Twinkies has compromised the group who tried to protect you? Or do you really want to be responsible for the life of someone who died trying to save you? Absolutely not.

So how do we fight the fat?

Diet & Nutrition

Occasionally on TV or websites you see the heroic story of an individual who went from morbidly obese to Chuck-Norris-lean. Usually it's affiliated somehow with P90X, but let's face it—we don't have 1-2 hours, 6 days a week to get our workout on.

The fact is that any of these heroes will confirm: somewhere between 80% and 90% of their success stemmed from what they *didn't do*. More specifically, these people got lean because of what they chose NOT to eat.

Exercise is important, that is best left to another chapter. Right now, you need somewhere between 80% and 90% of your focus on your diet.

The Formula For Fat

If you wish to lose a significant amount of weight, you need to keep in mind a few very basic principles.

The first is a very simple formula:

$$\text{Calories Consumed} - \text{Calories Burnt} = \text{Calories Stored}$$

According to the formula (and any nutritionist will agree), the key to losing weight is simply a matter of burning more calories than you consume. Therefore, when it comes to your diet, your goal should be to consume a satisfying amount of food while ingesting as few calories as possible.

~~There is only one tried-and-true way to accomplish this: the Paleo Diet ****please note that this simply referred to as the Paleo diet for simplicity's sake, the given topic is weight loss for survival not some neurotic debate about the influence of gluten on our diets****.~~

The Paleo Diet, is named as such because it is supposed to resemble the way that hunter/gatherers (cavemen) ate. This means: meat, fish, nuts, leafy greens, regional veggies, and seeds. No pasta, cereals, or candy!

Arguably the most beautiful aspect of the Paleo Diet is that, when properly executed, it requires NO calorie counting. Eat until you're satisfied. Your meals should include a healthy portion of meat and as many vegetables as you like.

The average human being, without intentional exercise, will burn about 1200 calories daily: if all they do is sleep. An adult male, just going about his normal routine, will most likely burn about 2000 calories, give or take a few hundred; a woman: approximately 1600 (figures approximate to help you orient yourself nutritionally).

So your job then, if you wish to get to a low body-fat percentage, is to maximize your nutrient-intake while minimizing calories.

The Paleo Diet, in short, will help you lose weight, build muscle, and quickly prepare you for outrunning hordes of zombies and tackling the minions of the evil Grapple CEO.

So here's how it works:

What you can't consume:

Grain, dairy, all processed foods, refined sugars.

Here's what's on your plate:

- Eggs: those enriched with Omega-3 are ideal.
- Meat: grass-fed, NOT grain-fed.
- Fish: Wild fish. Farmed fish have been known to contain mercury and other toxins.
- Fowl: Chicken, duck, hen, turkey...winged creatures (if you want to try bats, go nuts, though they don't count as fowl), whether they can or can't fly.
- Tubers: yams and sweet potatoes. These are higher in calories and carbs, so they're ideal right after a workout to restore the body's glycogen levels.
- Vegetables: As long as they're not deep-fried, eat them by the truckload.
- Oils: Olive oil, coconut oil, avocado oil – think natural.
- Fruits: Have natural sugar, and can be higher in calories, so limit if you're trying to lose weight.
- Nuts: High in calories, so they're good for a snack, but don't eat bags and bags of them.

A Way Of Life & Thinking Thin

As with any diet, consistency is crucial for success. So it won't help if you treat this as another 'diet' *per se*. In fact, it has to be *your* diet. Attack this with a lifestyle-change mentality. Is there a food you can't live without? Eat it once a week; there is no need to rip simple pleasures from your life before Tuesday dawns. Just remember your goals. Losing weight? Have the pizza, just go for the run later.

BUT

If you really want the fastest results, be strict. Give it a try for thirty days and see how you like it: the Paleo Diet can allow for *fantastic* eating. We're talking steak with asparagus and sweet potato fries, grilled chicken salad, massive omelets, apples dipped in almond butter, and heaps more foods if you get creative. Pick any of the things from the list and eat as much as you please (with the noted exceptions). It will change your life.

Remember: Never let your caloric intake dip below 1500 daily (and this is for an average size human being) to keep your body from preparing for starvation, which would be counterproductive. The taller and bigger you are, the higher that number goes. If you're big because you're fat, don't worry about the number: just eat more vegetables.

When Tuesday dawns, there's a reason the fatties will fail first: because they can't run. But the skinny kids will die with them if they can't run either, which is why you need to build your tolerance now: preparation for the Big Day. Always remember: Prior Proper Planning Prevents Piss-Poor Performance

Speed & Endurance

These are the only two things that matter in running. Coincidentally, they are also the only two things that matter when out-running [zombies/hunters/radioactive mutants/flashfloods, etc].

There is only one way to build speed and endurance in running: progressive workouts. If babies have taught us nothing else, it's that most humans must learn to crawl before they can walk. Likewise, your out-of-shape, couch-potato self needs to learn to run before you can run fast.

A Beginner's Running Plan

The following is an 8-week running plan designed to get you from the point of having never moved faster than a snail's pace to running about two miles in one go. Always have a rest day between each running day, especially in the beginning; giving your muscles a chance to restore themselves will make you stronger. It doesn't matter which days of the week you choose to do these, just make sure you get all three workout days completed during the week:

	Day 1	Day 2	Day 3
Week 1	Run 1 min/Walk 2 min /Repeat 10x	Run 1 min /Walk 2 min /Repeat 10x	Run 1 min /Walk 2 min /Repeat 10x
Week 2	Run 2 min/Walk 1 min/Repeat 10x	Run 3 min/Walk 1 min/Repeat 7x. Run 2 min	Run 4 min/Walk 1 min/Repeat 6x
Week 3	Run 5 min/Walk 1 min/Repeat 5x	Run 7 min/Walk 1 min/Repeat 4x	Run 9 min/Walk 1 min/Repeat 3x---Run 2 min
Week 4	Run 12 min/Walk 2 min/Repeat 2x-----Run 4 min	Run 15 min/Walk 2 min/Repeat 2X-----Run 2 min	Run 17 min/Walk 2 min/Repeat 2x
Week 5	Run 19 min/Walk 2 min/Run 13 min	Run 20 min/Walk 2 min/Run 12 min	Run 22 min/Walk 1 min/Run 11 min
Week 6	Run 24 min/Walk 1 min/Run 9 min	Run 27 min/Walk 1 min/Run 7 min	Run 30 min/Walk 1 min/Run 5 min

**** Before and after running, ALWAYS stretch thoroughly AND have a 3 minute warm-up/cool-down walk. You may not feel like you need to do this, but it is extremely important. It will keep your muscles limber so you don't get injured and you can stay on track. There will be plenty of opportunity to get hurt on Tuesday.****

Intervals

Once you have mastered the running plan above, you will need to begin working on speed and resistance. To build speed, you will need to run intervals of running, sprinting, and walking.

As you run, pick a target in close proximity to you where you will begin your sprint. Likewise, pick an object yet further in the distance where you will finish your sprint. Once you pass the first object, begin sprinting until the second object. After you spring, don't stop, but return to a jogging pace. It will be difficult at first and your lungs may feel tight. Endure: after about twenty seconds of running

your heart rate will again slow and your breathing will catch up. Do these intervals 3 to 4 times during a twenty-minute run.

Resistance

Change your route frequently. Add obstacles: jump over trash cans, swing around telephone poles, and hop over rails. But most importantly, run *uphill*. This is the best way to build lung capacity, and when you do find yourself having to outrun a gang of bloodthirsty lunatics, you'll be ready.

Additional Running Tips:

- Keep your arms relaxed and your shoulders back/chest open; don't hunch forward.
- If you're tired, try to push through it, if you're really getting winded, slow down.
- If you need a break: take it for 30 seconds to 1 minute, but WALK: don't stop.
- Try to land toward the middle of your foot, avoid a heel-to-toe motion as you run.
- Stay hydrated and have a piece of fruit or a LIGHT snack about 10 minutes before your run; will give you the energy you need to conquer your run.

Chapter 4: The Importance of Parkour

Parkour is the ability to get from point A to point B as efficiently as possible. Essentially, Parkour is simply a matter of cutting corners in the distance you travel—to put as much space between you and your enemy as you can. Then you make a clean getaway.

You come to a wall: leap over or climb? You lose two seconds. A ledge: jump, tuck and roll at a sprint, or stop and lower yourself? Another five seconds. Learning the basics of Parkour and practicing them will iron out the wrinkles in the way you travel by foot.

There is a great section about Parkour in Apocalypse Tuesday's: [Epic Survival Skills](#). There you can learn the basics of how to run, jump, and fall properly, as well as a host of other great skills.

Unlike long distance running, Parkour is based on sprints and jumps. You're literally using your muscles to spring from place to place. When running long distances, you're using the same muscles over and over again with a steady and gradual increase in difficulty. Parkour, however, is like giving your muscles a power up and maxing out in speed and intensity with every move. Therefore you need to train your muscles in a specific way.

Here is a brilliant beginner's routine to get you started turning your body into a Parkour body:

- ☐ 10 [squats](#) (building up to plyometric [box jumps](#))
- ☐ 10 [push-ups](#)
- ☐ 10 [leg lifts](#) on your back with both legs
- ☐ 10 [pull-ups](#)

****click on the exercise to be taken to learn proper execution.****

Do two sets of this list, every other day. If some (or all) of this list is too hard, reduce your reps per set for the hard exercise(s) until you can do two sets. If you can only do 1 pull-up per set, don't sweat it. Just strive for 1.5 pull-ups, and then 2, etc. Or just hang and flex if that's all you can do. The most important thing is to do at least 10% more next week than you can this week. Always progress.

Here's how:

Every week, add 1 or 2 reps to each exercise set (2×12, 2×14, 2×15, etc.)

After doubling the reps for each exercise (2×20), add another full set to your workout (3×20; you may have to temporarily reduce reps on that final set back down to 10 or less). When you're finally able to complete a 4×20 routine, strive to do each rep a little faster with slightly more explosion. This will make your workout more plyometric and aerobic, and build your body for Parkour.

When Tuesday comes and Wednesday dawns before you, not only will you need to be strong to survive, you'll have to *stay* strong as well. Here is a great list of workouts you can do on the run when you're cooped up in a storage shed for three days.

Beginner Body Weight Workout

Body weight circuits are a phenomenal way to get stronger and leaner. Every exercise involved utilizes multiple muscle groups, gets your heart rate pumping, and burns tons of calories. This workout can be done almost anywhere: your backyard, kitchen, a park, etc.

In a circuit routine, you'll do each exercise in succession without stopping in between. Once you've finished all exercises in the circuit, you do it again. If you're still feeling good after a second full run, go for a third.

Since all of the exercises come one after another, you're going to get tired sooner or later. Remember that it's better to stop and rest than to do a rep half-heartedly (and therefore incorrectly). If you're unable to do all three circuits without stopping, that gives you a concrete goal towards which to work.

ALWAYS warm up. Get your heart rate pumping and get your muscles warm (and more flexible) before you're going to find yourself in a world of hurt—probably sooner than later. If time is short, trim your workout down, leave your warm up as it is.

There are a variety of options for warming up: You can run in place, jump rope, do a few push-ups, jog up and down the stairs, etc. Don't exhaust yourself, just aim to get your heart moving and maybe sweat a little. After the warm up, here is exactly what you need to do:

- 20 [body weight squats](#)
- 10 [push ups](#)
- 20 [walking lunges](#)
- 10 [dumbbell rows](#) (using a gallon milk jug)
- 15 [second plank](#)
- 30 Jumping Jacks

Useful Tips:

- Always stretch after your workout. All the lifting has contracted your muscles and in order to rebuild, they need to be stretched back out.
- If you're not yet a master of any of the exercises (like squats or lunges), it's okay to use something to steady yourself (chair, balance beam, whatever).
- For the body weight squats, imagine you're sitting back into a chair. Aim to sit down and immediately stand up again, the goal is to achieve balance by getting back up without having

lean forward.

□ For the lunges, keep your eyes ahead and your upper body completely vertical.

□ Regarding rows: If you don't have dumbbells, think milk jugs, buckets of stones, etc. Essentially anything heavy (with a handle) will do. Find something that is challenging to lift 10-15 times in a row.

□ This routine is meant to be done 2-3 times a week, but never on consecutive days. Remember that muscle is built during rest periods, not during workouts.

Advanced Body Weight Workout

Are you ready to take it up a notch? Remember to always work out progressively. This will keep your body from staying on a plateau and you'll continue to make gains in strength!

****Remember: ALWAYS warm up.****

WARNING: This is advanced. Progress **ONLY** after you have mastered the beginner's body weight workout.

- 10 one legged [squats](#): each side (this is an extremely advanced move, only attempt it you're good enough shape).
- 20 body weight [squats](#)
- 20 walking [lunges](#) (10 each leg)
- 20 jump [step-ups](#) (10 each leg)
- 10 [pull ups](#)
- 10 [dips](#) – bar stools
- 10 chin ups
- 10 [push ups](#)
- 30 [second plank](#)

The exercises outlined above create one complete circuit. If you can, go for 3 complete circuits. Stop when you need to, get water when necessary, but try to finish it as quickly as possible while still practicing ***perfect form***.

In any particular set, you can always cut short the number of repetitions, but never slack off on a rep. Always strive to keep perfect form.

For example: if you can only do five or six pull ups, bring a chair over to the bar, hop up above the bar and lower yourself down in a controlled manner. Or if you can't hold your plank for the entire 30 seconds, hold it for 15, and gradually build up until you can complete the set.

~~You're Being Held in Grapple Prison Workout~~

There may come a day where the minions of the overlord have captured you and left you to rot in a dungeon somewhere. Remember, you don't have to give up, and certainly don't have to get weak.

Here is a two day workout that, when done consistently, will get you super-hero strong—even though you've been confined to a small space:

Day 1: Level 1

- ☐ [Squat](#)
- ☐ [Push-Ups](#)
- ☐ [Aided Pull-ups](#)
- ☐ [Handstand](#)

Day 2: Level 1

- ☐ [180 Degree Jump](#)
- ☐ [Front Lever](#)
- ☐ [Back Lever](#)
- ☐ [Elbow-Knee Plank](#)

Day 1: Level 2

- ☐ [Squat Jump](#)
- ☐ [Push-Ups](#)
- ☐ [Push-ups on incline](#)
- ☐ [Pull-ups](#)
- ☐ [Handstand](#)

Day 2: Level 2

- ☐ [180 Degree Jump](#)
- ☐ [Front Lever](#)
- ☐ [Back Lever](#)
- ☐ [Elbow-Toe Plank](#)

Day 1: Level 3

- ☐ [Squat Jump](#)--single leg
- ☐ [Push-Ups](#)
- ☐ [Headstand Push-ups](#)
- ☐ [Pull-ups](#)
- ☐ Handstand (w/out push-ups)

Day 2: Level 3

- ☐ [180 Degree Jump](#)

- ☐ [Front Lever](#)
 - ☐ [Back Lever](#)
 - ☐ [Walking Plank](#)
-

Tips:

- ☐ Once you get proficient at a level, go up one level for that exercise and work on mastering the move within the workout.
- ☐ Don't try and jump up to the next progression too quickly. Focus on your form. Performing each rep properly is what will get you strong and help you master the moves.
- ☐ Perform no more than 5 reps per movement for up to 3 sets.
- ☐ Strive toward performing the holds for 5 to 8 seconds per set.
- ☐ Perform all sets of one exercise before moving on to the next exercise.
- ☐ Always take at least one day of rest between workouts. This will get you strong and you will see amazing progress.

~~Hiding in Your Safe House Workout~~

Four Types of Exercises:

- ☐ Legs – working both the front and back of your legs
- ☐ Push - chest, shoulders, triceps
- ☐ Pull – back, biceps, forearms
- ☐ Core – abs and lower back

That means that you can work out almost every muscle in your body with just four exercises.

Begin with this 3-4 minute warm up:

- ☐ 25 jumping jacks
- ☐ 15 [body weight squats](#)
- ☐ 10 [push-ups](#)
- ☐ 10 [lunges](#) (each leg)
- ☐ 10 [hip raises](#)
- ☐ 25 jumping jacks

After completing each exercise, move on to the next without stopping.

Once warmed up, begin your workout: Set a stop watch for 15 minutes and try to complete as many circuits as possible within that period of time.

LEVEL 1

- ☐ 20 [Body Weight Squats](#)
- ☐ 15 [Incline Push Ups](#)
- ☐ 10 [One-Arm Rows](#)
- ☐ 10 [Reverse Crunches](#)

LEVEL 2

- ☐ 25 [Squats](#) [with barbell]
- ☐ 20 [Push Ups](#)
- ☐ 10 [Inverted Rows](#)
- ☐ 15 [Reverse Crunches](#)

LEVEL 3

- ☐ 25 [Jumping Squats](#)
- ☐ 20 [Decline Push-ups](#) (feet up on bed or desk chair)
- ☐ 10 [Inverted Rows](#) (with feet elevated onto desk chair)
- ☐ 15 [Reverse Crunches](#)

****Beginners should start at level 1 until they feel comfortable enough to advance to levels 2 and 3.****

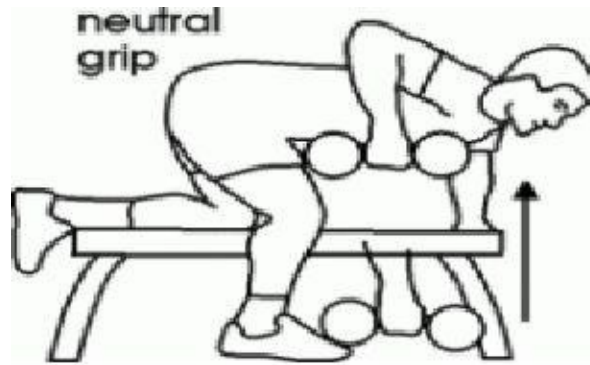
The key with these circuit workouts is to move from exercise to exercise without stopping. If you need

to stop between exercises or even in the middle of the set, do what you need to do. But always keep your ~~15 minute time-frame in perspective. Concentrate on as many circuits as possible in that time~~ period ***without losing form.***

Only advance at a pace at which you're comfortable, and adjust the exercises (number of reps) to suit your level of experience: just make sure you are getting stronger and challenging yourself with each additional workout.

Index of Exercises

1-armed Row:



Dips:



Hip Raise:



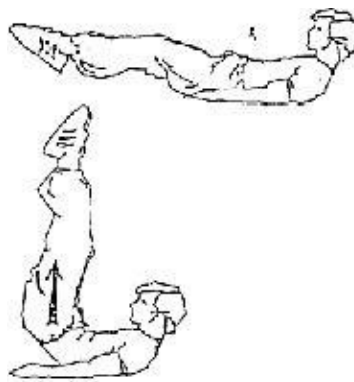
Inverted [bodyweight] Row:



Jump [Box] Step-Up:



Leg Lift:



Front Lever:



Back Lever:



Walking Lunge:



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