

## **1.00 How To Use This Manual**

### **1.10 The Four Steps To Training In Survival Fitness**

#### **Step 1. Find The Time**

On an average day, how much time can you spare to train?

You need **AT LEAST** 20 minutes, preferably 45 to an hour. Make the effort to find the time e.g. wake up earlier, skip T.V. etc. If you can not find 20 minutes in your day then you are living an extremely unhealthy lifestyle.

Whatever this time is, train until you have ten minutes left. Use the last 10 minutes for your cool down.

**Note:** Not everyone has access to rock-climbing or a swimming pool etc. Just do these things when you get the opportunity.

#### **If It Isn't An Average Day**

If you are short on time one day, then doing something is better than doing nothing! Even if you only have time to stretch, do it.

#### **Step 2. Get To Routine X**

Routine X is the recommended minimum fitness level required before continuing other [survival fitness](#) training. It combines exercises from the superior stretch routine and the strength routine.

#### **Step 3. Learn The Activities With Proper Form**

Take the time to learn proper technique of each activity before increasing your fitness and speed.

#### **Step 4. Increase Your Fitness**

Once you can do the activities properly, increase your endurance and speed. Depending factors are how much time you have and how fit you want to become. Obviously, the more you train, the fitter and more skilled you will become.

#### **Obstacle Courses**

Obstacle courses are a great way to combine a number (or all) of the activities. If you have the time, space and money you can build your ideal one. If not, use your imagination. Parks, urban areas and bushland have much to offer.

### **1.20 Sets and Reps**

A rep is one repetition of an exercise. e.g. a pullup (up and back down) is one rep.

# Fitness Training Manual Step By Step

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## **Fitness Training Manual Step By Step:**

The Top Books of the Year Fitness Training Manual Step By Step The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Fitness Training Manual Step By Step : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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