

## **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

**Jin-Ying Zhang**



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