



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



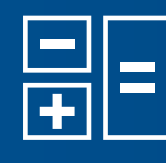
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SURVIVING THE ZOMBIE APOCALYPSE: A STRENGTH & CONDITIONING GUIDE

The zombies are coming, so what are you going to do about it? This workout helps you to survive in the wild, escape nefarious situations, and avoid the walking dead.

Link to Workout: <https://www.muscleandstrength.com/workouts/zombie-apocalypse-strength-conditioning-guide>

Main Goal: Increase Endurance

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 2-4 Days

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Medicine Ball, Other

Author: Andrew Pardue

Weeks 1 - 4

Exercise	Sets	Reps
Deadlifts	6	3 - 5
Car Pushes	5	25 - 50 Yards
Dumbbell Lunges	3	5 - 10
Superset		
Box Jump	4	5 - 10
Wide Grip Pull Ups	4	5 - 10
Side Medicine Ball Throw	4	5 - 10 Each Side
Intervals: 8 - 10 Mins HIIT Cardio; RPE 9 - 10. To be performed twice every week.		
Intervals: 20 - 30 Mins MIIS Cardio; RPE 6 - 8. To be performed twice every week.		
RPE: Rated Perceived Exertion- This is a scale of 0 - 10 (0 being "No Effort" and 10 being "Maximal Exertion") used to measure the intensity level of your exercise.		

Weeks 5 - 8

Exercise	Sets	Reps
Deadlifts	4	10 - 15
Car Pushes	5	50 - 75 Yards
Dumbbell Lunges	3	15 - 20
Superset		
Box Jump	4	10 - 15
Rock Grip Pull Ups	4	10 - 15
Russian Twist	4	15 - 20
Intervals: 8 - 10 Mins HIIT Cardio; RPE 9 - 10. To be performed twice every week.		
Intervals: 20 - 30 Mins MIIS Cardio; RPE 6 - 8. To be performed twice every week.		