



# HERO'S JOURNEY

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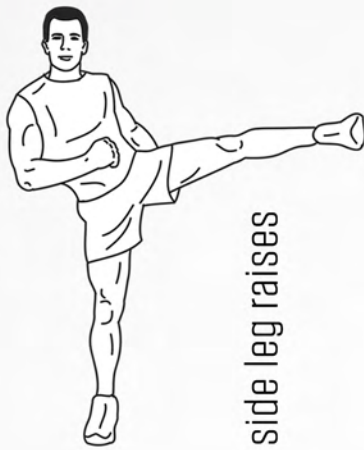
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**Day 1** | Press "START" to play

**LEVEL I** 60 reps

**LEVEL II** 100 reps

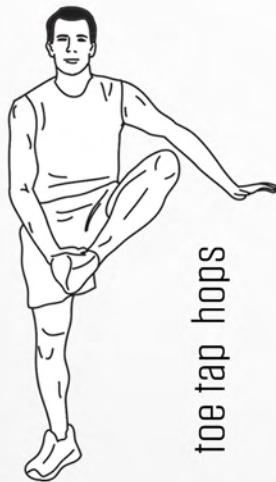
**LEVEL III** 200 reps



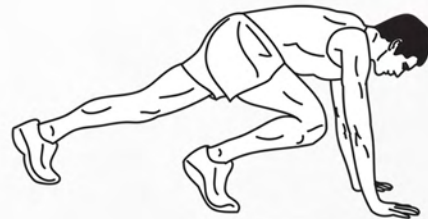
side leg raises



squats



toe tap hops



climbers

**Complete all in one go or split into manageable sets.  
Take as much time as you need.**

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**Day 2** | Stranger at the crossroads

LEVEL I 5 sets

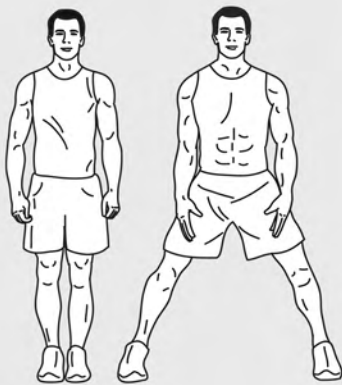
LEVEL II 7 sets

LEVEL III 10 sets

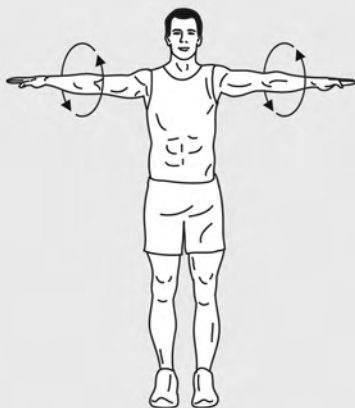


2 minutes rest between sets

OPTION A MIND YOUR OWN BUSINESS



**60** half jacks

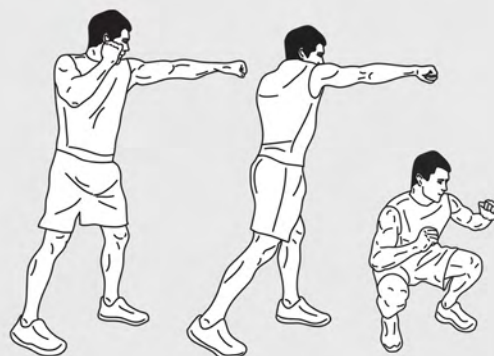


**40** raised arm circles

OPTION B GET INVOLVED



**60** high knees



**20 combo**  
jab + jab + cross + squat

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## Day 3 | Armory

Pick a weapon(s) for your quest.  
Your choice will influence  
character development.

Each item represents additional training and will represent it from here on.  
See charts for each item and training reference for each **weapons' practice** day.

**heavy sword**  
pull-ups  
upper body strength



**hammer**  
free weights  
upper body strength



**bow and arrow**  
running  
speed, agility & endurance



**lasso**  
jump rope  
speed, agility & endurance



**ribbon**  
martial arts  
extra fighting practise




**magic ring**  
elbow planks  
rock hard core



**Body Armor**

wrist weights minimum 0.5 kg / 1 lb  
ankle weight minimum 1kg / 2 lb



You can proceed without an item but you will still have to try at least one on for the day.

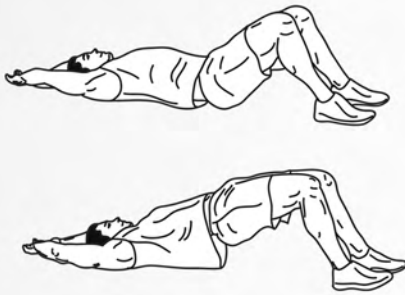
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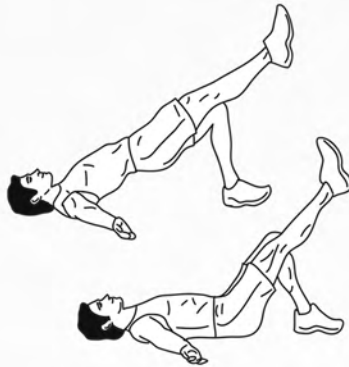
**Day 4** | Under the stars

No time to rest for the wicked. You may not be totally wicked but even your stops have to train your body for the journey ahead.

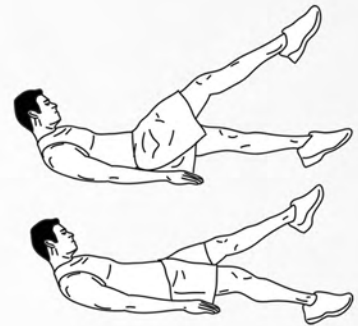
**PART 1** 8 reps each | 3 sets | 2 minutes rest between sets



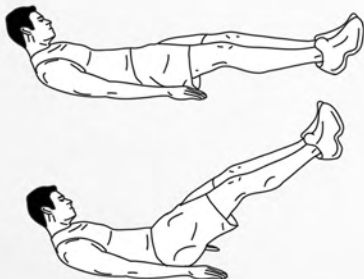
bridges



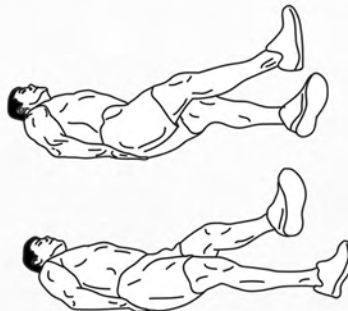
one legged bridges



flutter kicks



leg raises



scissors



sitting twists

## PART 2

superman stretches

10 reps each | 3 sets

60 seconds rest between sets



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**Day 5** | Journey Through The Woods

**LEVEL I** 5 sets

**LEVEL II** 7 sets

**LEVEL III** 10 sets



2 minutes rest between sets

The woods are thick and hard to get through. The path has to be created from scratch. The strength of your legs has to serve you well, here.



**10** lunges



**10** jumping lunges



**20** knee strikes



**10** jumps



**20** side lunges



**You find a dragon egg. Keep the egg YES / NO ?**

If you keep the egg, a baby dragon will hatch and become your side kick. A side kick fights with you, giving you an additional (optional) minute of recovery between each set.



# HERO'S JOURNEY

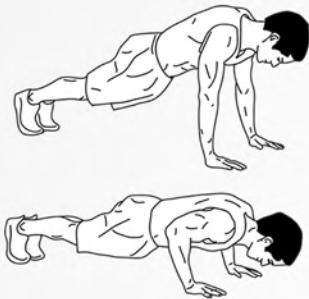
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**Day 6** | Blocked path

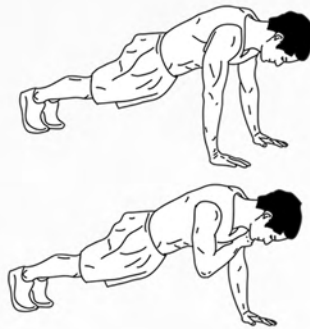
The road ahead is blocked.  
Your upper body strength will help you  
push through.

## PART 1

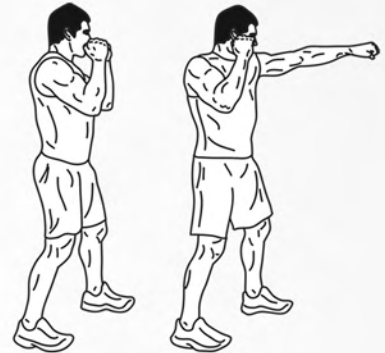
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



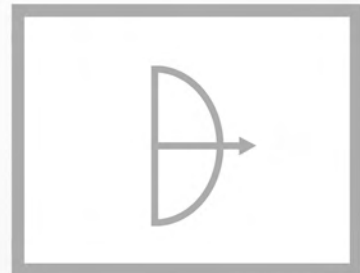
**10** shoulder taps



**20** punches

## PART 2

**Weapons' Practice**



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## Day 7 | The Oracle

LEVEL I 5 sets

LEVEL II 7 sets

LEVEL III 10 sets

2 minutes rest between sets

YOU ARE NOT  
AND WILL NEVER BE  
A HERO.

Prove him wrong.  
No one can tell you  
who you can or cannot be.



20 high knees

2 plank jump-ins

20 high knees

2 plank jump-ins

20 high knees

2 plank jump-ins



20 high knees

2 plank jump-ins



20 high knees

2 plank jump-ins

**BONUS QUEST**

add a push-up



after each high knees exercise



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**Day 8** | A Night to Remember

Your rest time  
is your charge-up time.  
Power up the core.

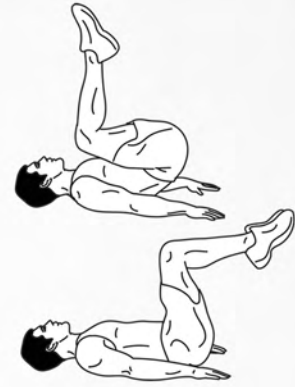
**PART 1** | 10 reps each | 3 sets | 2 minutes rest between sets



sit-ups



sitting twists



reverse crunches



crunch kicks



leg raises



raised leg circles

## PART 2

superman stretches

10 reps each | 3 sets

60 seconds rest between sets



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## Day 9 | Collapsing Bridge

The ground is falling under you. You need to be strong to survive.



CLEAR THE BRIDGE.

**12 reps each**

LEVEL I 5 sets

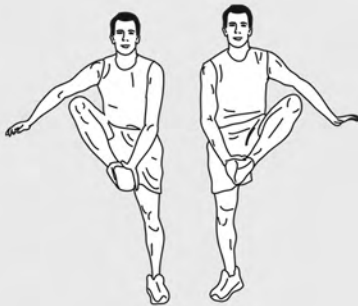
LEVEL II 7 sets

LEVEL III 10 sets

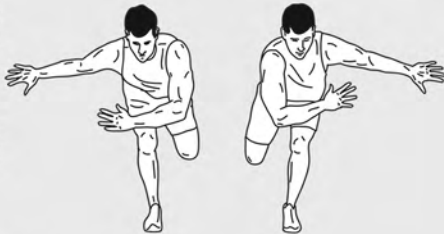
2 minutes rest between sets



toe tap hops



side-to-side jumps



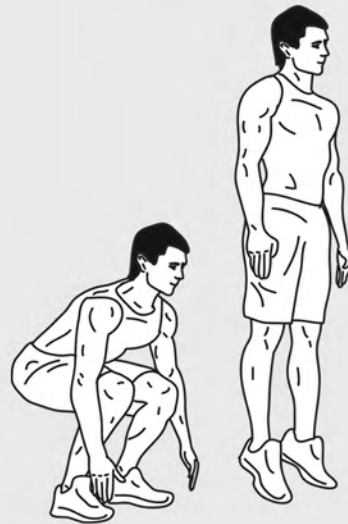
climbers



CLEAR THE BRIDGE WITH A SINGLE JUMP.

# 200

jump squats



in one go  
short breaks  
(under 20 seconds)  
are ok

# HERO'S JOURNEY

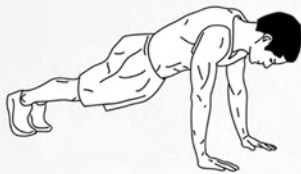
© darebee.com

**Day 10** | Into the Storm

The elements are against you.  
Fight back.

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



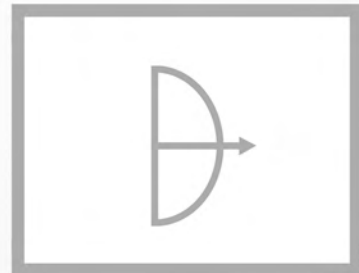
**40** punches



**to failure** wide grip push-ups

## PART 2

### Weapons' Practice



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Day 11 | Close Call



You have been badly wounded in the storm. How badly?

I am gonnie

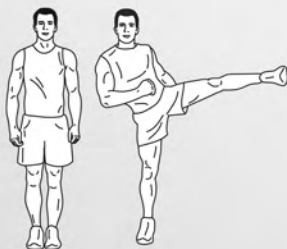
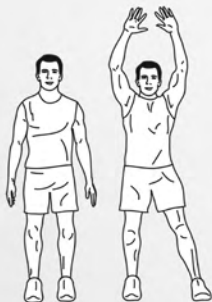
It's bad but not that bad

'Tis but a scratch



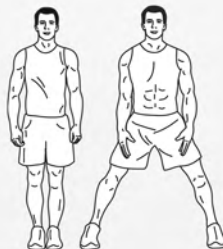
## 5 sets

- 10 knee strikes
- 10 step jacks
- 10 side leg raises
- 20 knee strikes
- 20 step jacks
- 20 side leg raises



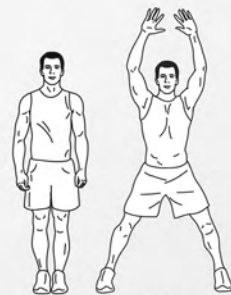
## 7 sets

- 10 high knees
- 10 half jacks
- 10 squats
- 20 high knees
- 20 half jacks
- 20 squats



## 10 sets

- 10 high knees
- 10 jumping jacks
- 10 jump squats
- 20 high knees
- 20 jumping jacks
- 20 jump squats



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## Day 12 | Refuge

Someone found you unconscious and is tending to your wounds. Take it easy, you will need your strength soon enough.

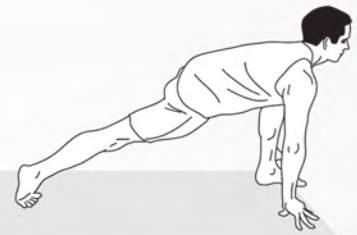
Hold each pose for 10 seconds or count to 10 and repeat the sequence again focusing on the other side.



warrior I pose



warrior II pose



deep lunge



downward dog



pigeon pose



lunge with twist



bow pose



child pose



reclining hero

# HERO'S JOURNEY

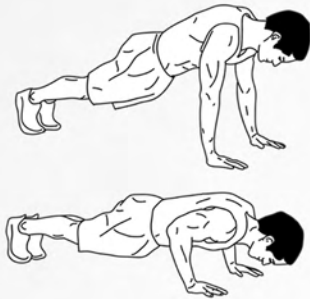
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**Day 13** | New Bonds

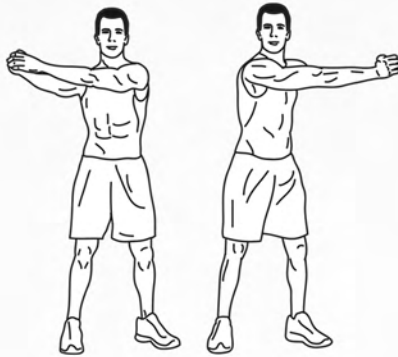
You wake up in a new place.  
No one has attacked you... yet.

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



**20** side chops

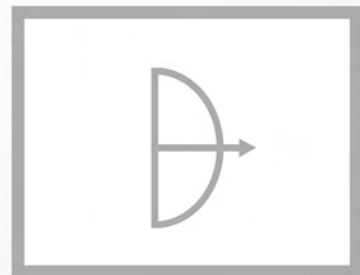


**20** infinity chops

"draw"  $\infty$  symbol in the air

## PART 2

### Weapons' Practice



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**Day 14** | ...and you are cornered

**LEVEL I** 30 combos each fight

**LEVEL II** 50 combos each fight

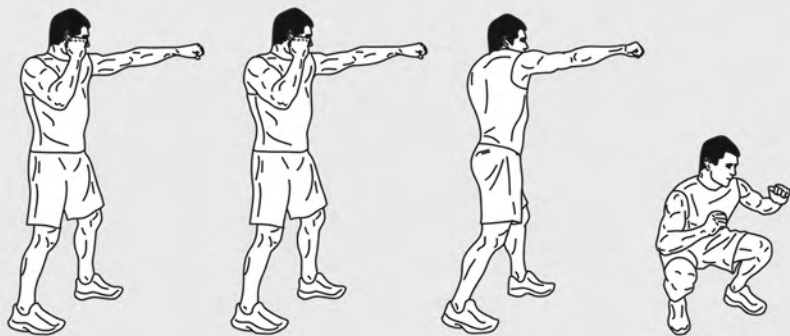
**LEVEL III** 100 combos each fight

3 fights in total | non-stop

**You are surrounded by enemies. Defend yourself!**

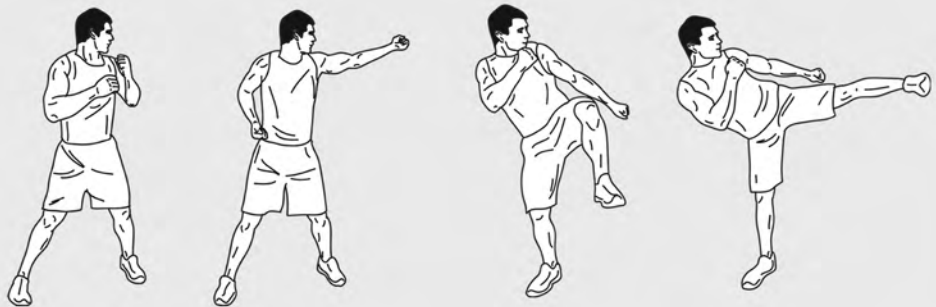
**FIGHT (1)**

jab  
jab  
cross  
squat



**FIGHT (2)**

backfist  
side kick



**FIGHT (3)**

knee strike  
elbow strike



# HERO'S JOURNEY

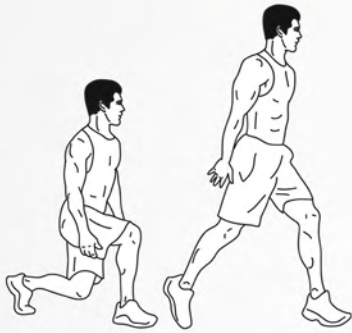
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**Day 15** | There'll be dragons

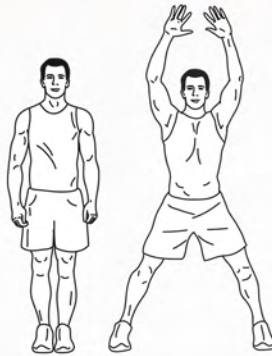
Enemy dragons attack.  
Fight for the innocent,  
protect the weak!



1 bar = 1 set  
2 minutes rest between sets



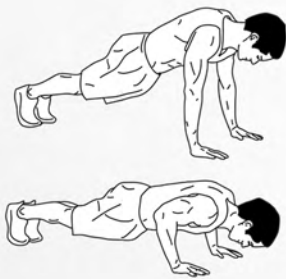
**10** jumping lunges



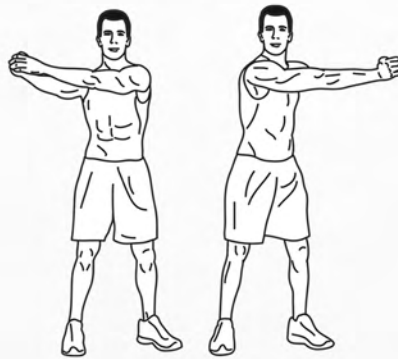
**10** jumping jacks



**10** jump squats



**to failure** push-ups



**20** side chops



**20** infinity chops



**ROAR!** the moment you complete your last set.  
Record and post it online **#hearmeroar**



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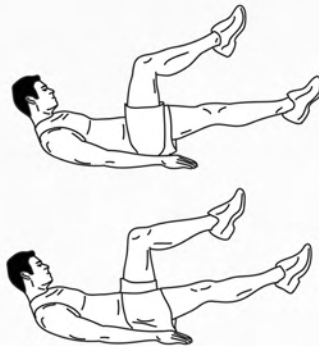
**Day 16** | The sun goes down

Earn your rest by preparing for the new day.

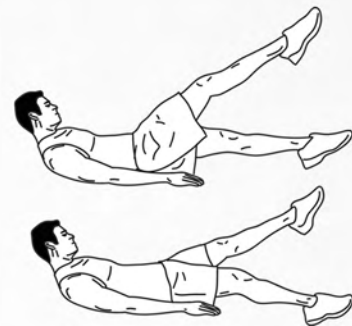
**PART 1** | 12 reps each | 3 sets | 2 minutes rest between sets



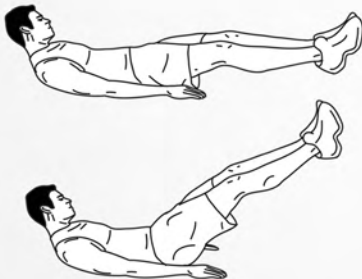
hundreds



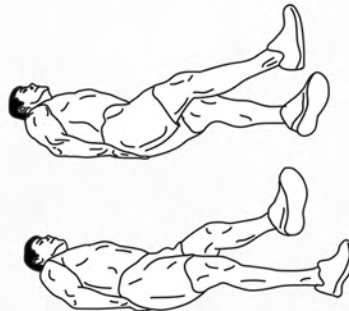
air bike crunches



flutter kicks



leg raises



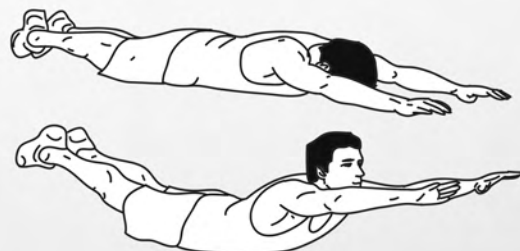
scissors



sitting twists

## PART 2

superman stretches  
10 reps each | 3 sets  
60 seconds rest between sets



# HERO'S JOURNEY

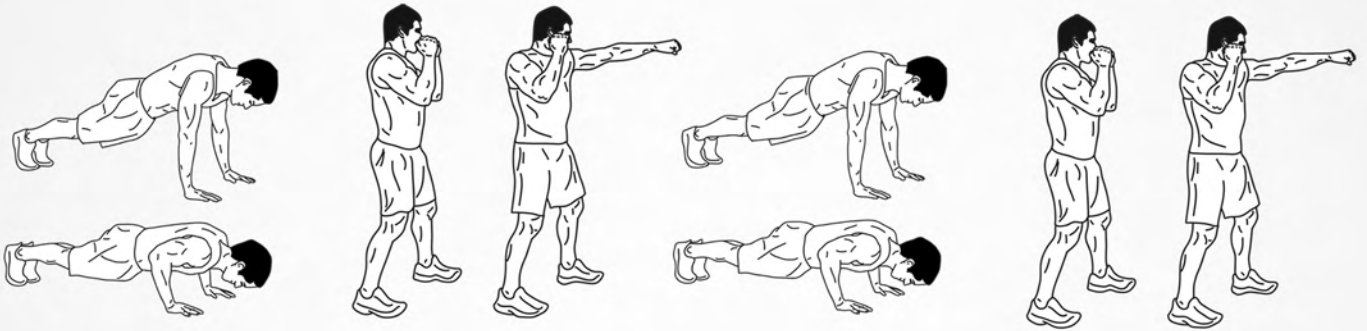
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**Day 17** | Double Trouble

Trouble never comes in single doses.  
Dig deep to survive.

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets

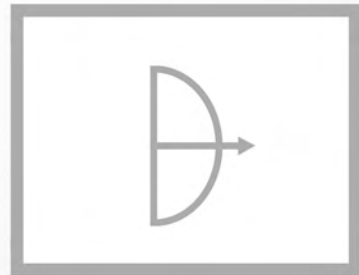
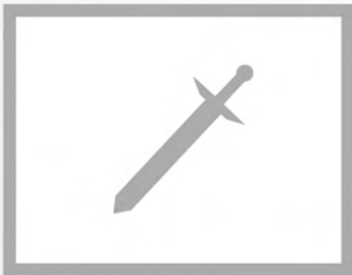


**to failure** push-ups **20** punches

**to failure** push-ups **20** punches

## PART 2

### Weapons' Practice



# HERO'S JOURNEY

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## Day 18 | The Chase

catch one 5 sets  
catch two 7 sets  
catch 'em all 10 sets



2 minutes rest between sets



They are getting away!



20 high knees

6 climbers

20 high knees

6 climbers

20 high knees

6 climbers



20 high knees

6 climbers



20 high knees

6 climbers

**BONUS QUEST**

add a push-up



after each high knees exercise

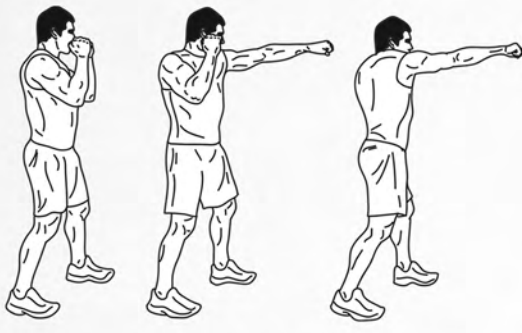
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Day 19 | Ambush

The enemy has surprised you.  
Do not get taken without a fight.

LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
2 minutes rest between sets



20 combos jab + jab + cross



10 squat + side bend



20 combos knee strike + elbow strike

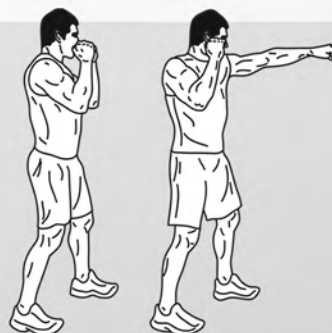


10 side-to-side hops

OPTIONAL SUBQUEST

1000 punches

Inflict some serious damage  
before you are captured



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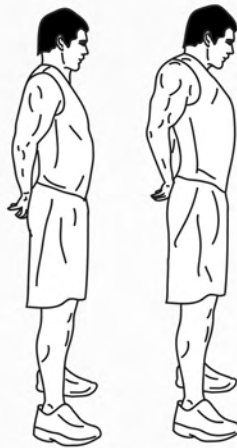
**Day 20** | Escape

**Set yourself free.  
Your hands are tied behind your back.**

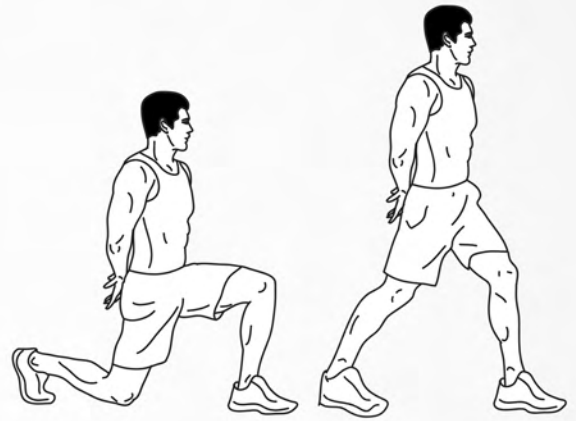
**PART 1** 20 reps each | 5 sets | 2 minutes rest between sets



calf raises



back stretches



split lunges

## PART 2

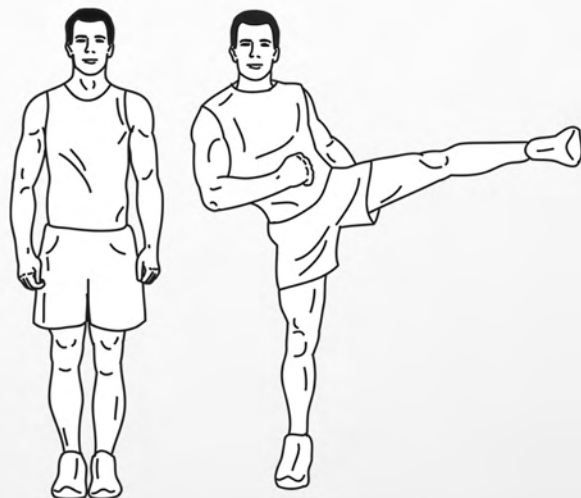
### side leg raises

LEVEL I 200 reps

LEVEL II 300 reps

LEVEL III 400 reps

reps throughout the day



### BONUS QUEST

Perform side leg raises with hands (tied) behind your back

# HERO'S JOURNEY

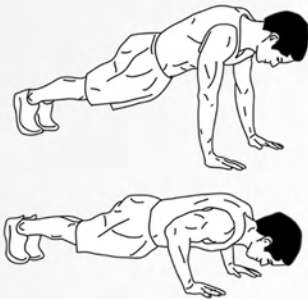
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**Day 21** | The Return

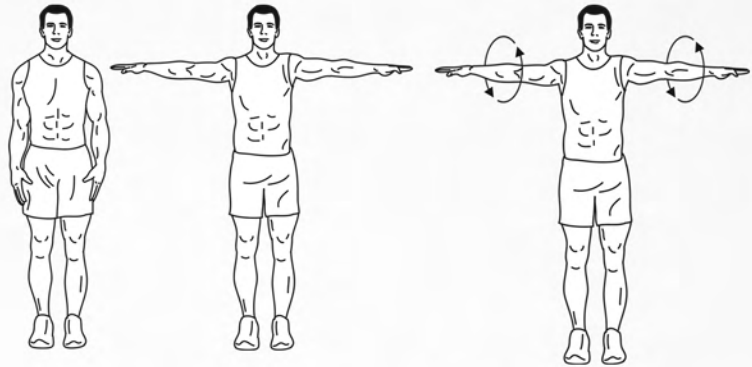
Your quest continues  
and so does your training.

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups

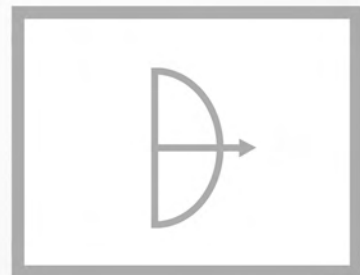


**40** arm raises

**40** raised arm circles

## PART 2

### Weapons' Practice



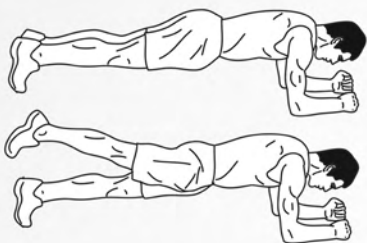
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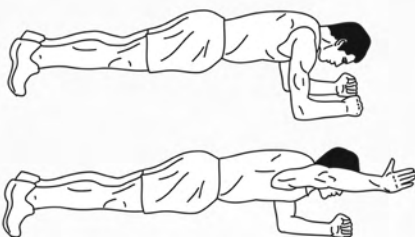
Day 22 | Allies

Prove yourself worthy of the allegiance of others.

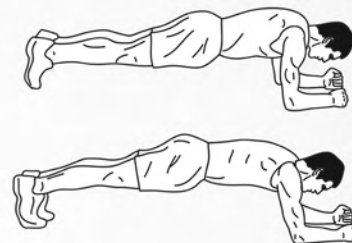
LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
2 minutes rest between sets



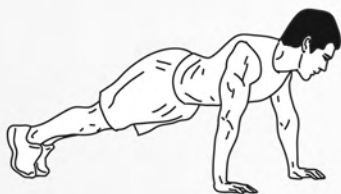
10 plank leg raises



10 plank arm raises



10 body saw

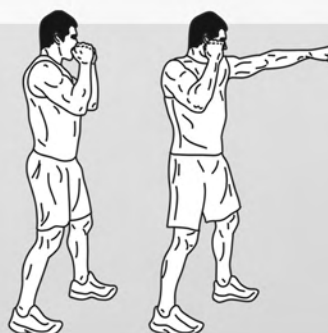


10 up and down planks

OPTIONAL SUBQUEST

2000 punches

Inflict some serious damage before you are captured



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**Day 23** | The Chase, Take Two

got away 3 sets

got away, wounded 4 sets

caught 5 sets

2 minutes rest between sets



Catch the spy before he gets away.  
Go as fast as possible.  
Go for 60 seconds flat out.



**SUB QUEST**

hit a total of **90 high knees** in 60 seconds





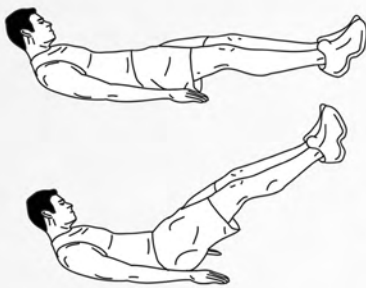
# HERO'S JOURNEY

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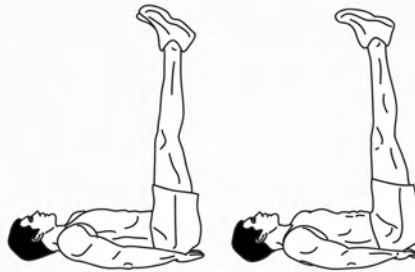
**Day 24** | Core Power

Increase your chances of survival by strengthening your core. Make the arrows bounce off our abs.

**PART 1** | 14 reps each | 3 sets | 2 minutes rest between sets



leg raises



pulse ups



infinity circles



sit-up punches



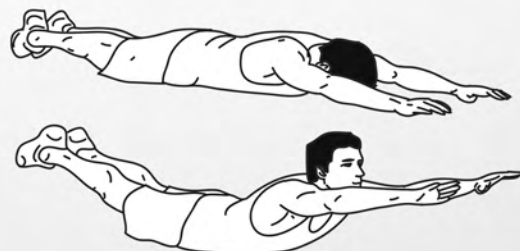
sitting punches



sitting twists

## PART 2

superman stretches  
10 reps each | 3 sets  
60 seconds rest between sets



# HERO'S JOURNEY

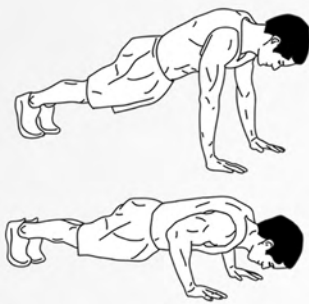
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**Day 25** | Down to business

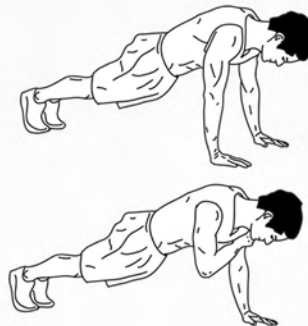
**Weapons need strength.  
Wield yours more powerfully.**

## PART 1

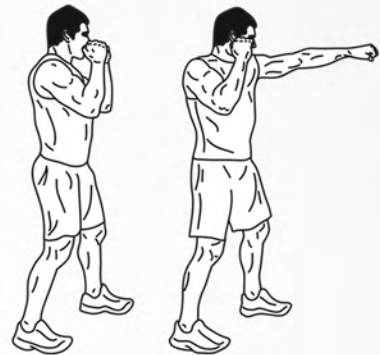
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



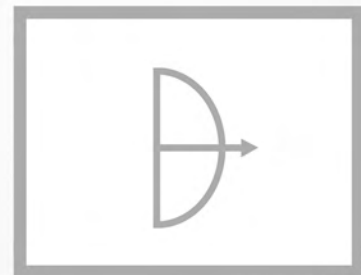
**20** shoulder taps



**40** punches

## PART 2

### Weapons' Practice



# HERO'S JOURNEY

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**Day 26** | Warrior Spirit

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

True warriors never give up. Endure.



**5** burpees

ten second rest

**5** burpees

ten second rest

**10** burpees

ten second rest

**5** burpees

ten second rest

**5** burpees



**Tip** count to 10 for the ten second rest

# HERO'S JOURNEY

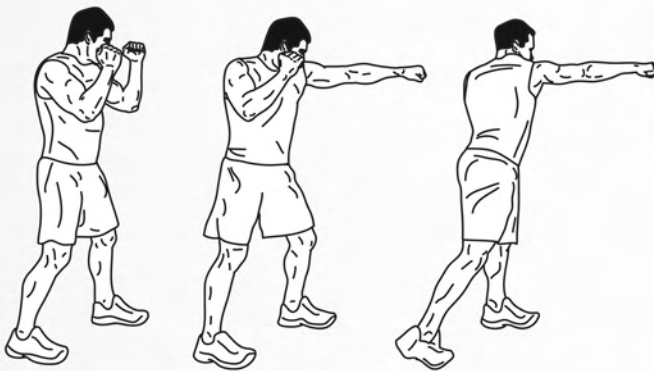
© darebee.com

Day 27 | Seven Assassins

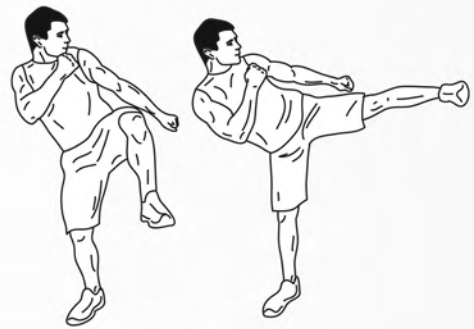
Defeat all seven.  
60 seconds rest  
between each fight.



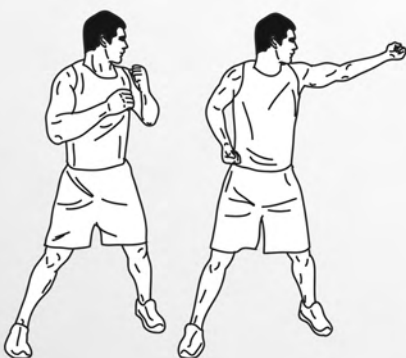
## EACH FIGHT



**40** combos jab + jab + cross



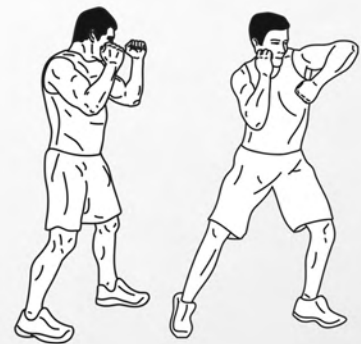
**40** side kicks



**20** backfists



**20** knee strikes



**20** elbow strikes

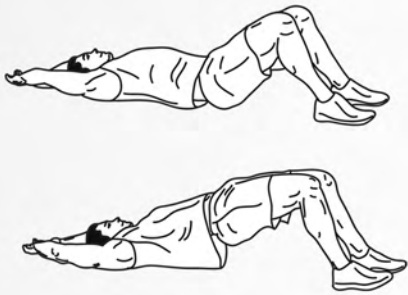
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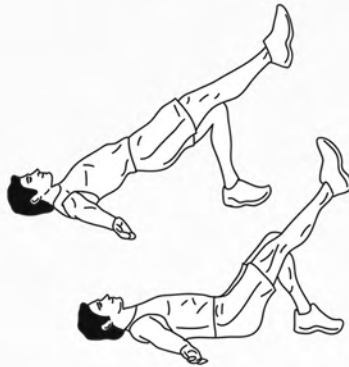
**Day 28** | Under the stars

No time to rest for the wicked. You may not be totally wicked but even your stops have to train your body for the journey ahead.

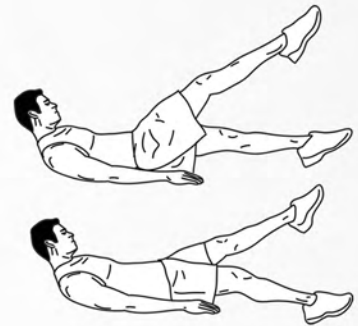
**PART 1** | 14 reps each | 3 sets | 2 minutes rest between sets



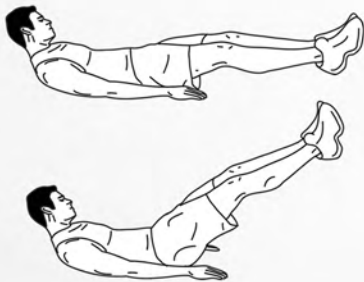
bridges



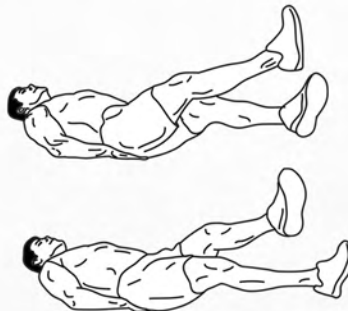
one legged bridges



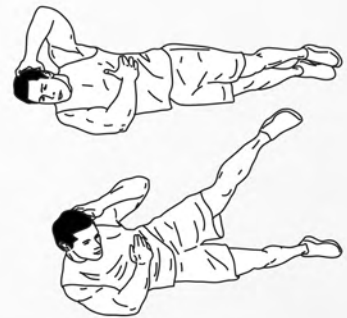
flutter kicks



leg raises



scissors



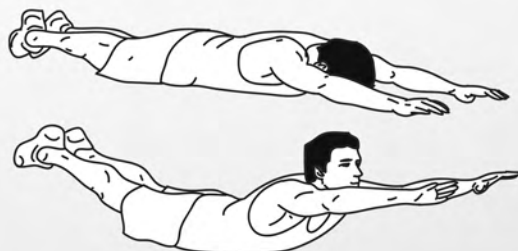
side knifejacks

## PART 2

superman stretches

10 reps each | 3 sets

60 seconds rest between sets



# HERO'S JOURNEY

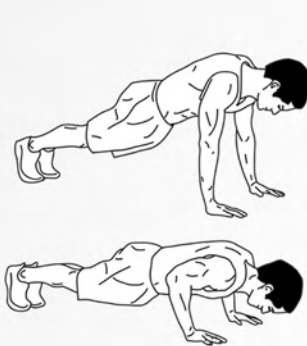
© darebee.com

Day 29 | Power Within

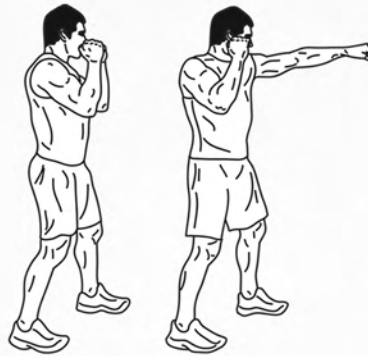
Look inside yourself for the strength to go on.

## PART 1

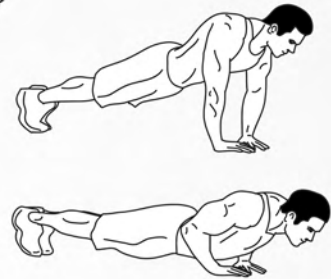
LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
2 minutes rest between sets



to failure push-ups



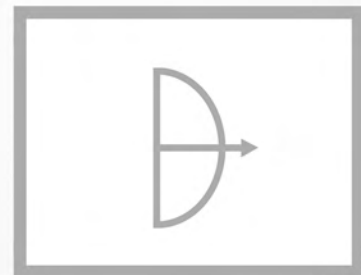
40 punches



to failure close grip push-ups

## PART 2

### Weapons' Practice



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**Day 30** | One Moment More

Heroism is endurance  
for one moment more.

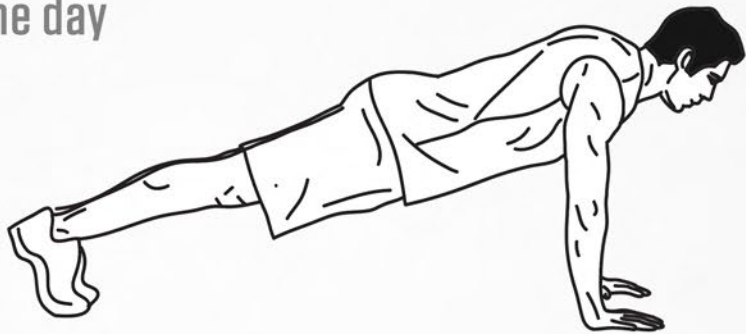
## plank

repeat 3 times during the day

LEVEL I 30 seconds

LEVEL II 2 minutes

LEVEL III 3 minutes



## wall-sit

repeat 3 times during the day

LEVEL I 30 seconds

LEVEL II 2 minutes

LEVEL III 3 minutes



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Day 31 | The Town Burns



How many people can you save?

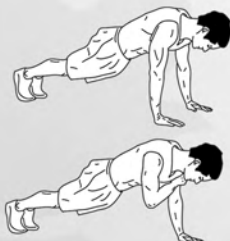
40% saved

60% saved

80% saved

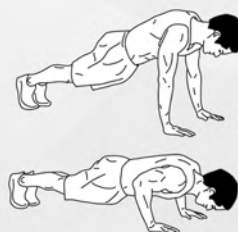
5 sets

20 high knees  
20 squats  
20 shoulder taps



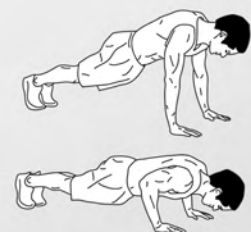
7 sets

20 high knees  
20 squats  
20 push-ups



10 sets

20 high knees  
20 jump squats  
20 push-ups





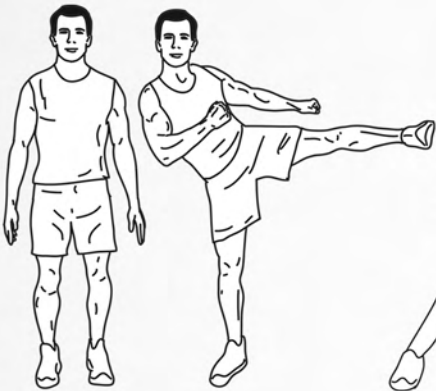
# HERO'S JOURNEY

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**Day 32** | Aftermath

Recover from the disaster.  
Find the strength to go on.

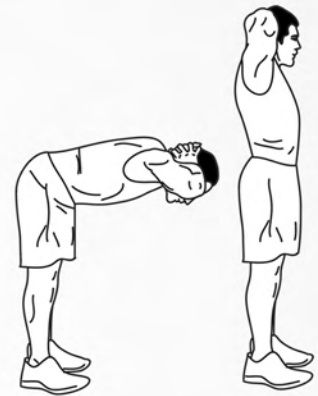
**PART 1** 3 sets | 60 seconds rest between sets



**20** side leg raises



**10** side-to-side lunges



**20** deadlifts

**PART 2**

**3 minutes**

raised arm hold



Stand up and raise your arms in front of you shoulder length height and hold them there for 3 minutes.



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**Day 33** | Journey to the Mountain

A higher destiny awaits you  
but first, you must get there.



## PART 1

**10,000**

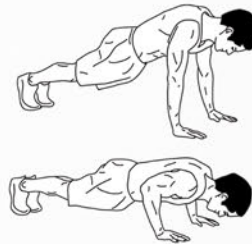
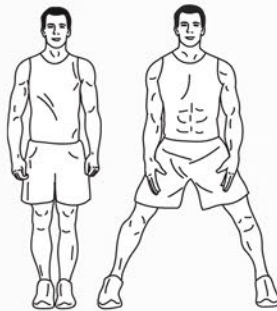
steps walk  
8 km or 5 miles



LEVEL I 80 push-ups  
LEVEL II 100 push-ups  
LEVEL III 150 push-ups  
throughout the day

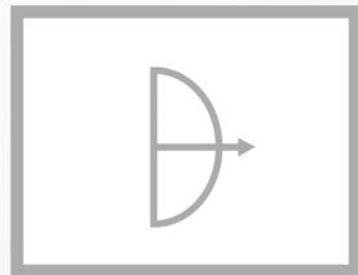
# OR

LEVEL I 5 sets  
LEVEL II 7 sets  
LEVEL III 10 sets  
REST up to 2 minutes



50 half jacks  
5 push-ups  
50 half jacks  
5 push-ups  
50 half jacks  
5 push-ups

## PART 2 Weapons' Practice



# HERO'S JOURNEY

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**Day 34** | The Climb

**Giving up is not an option.**

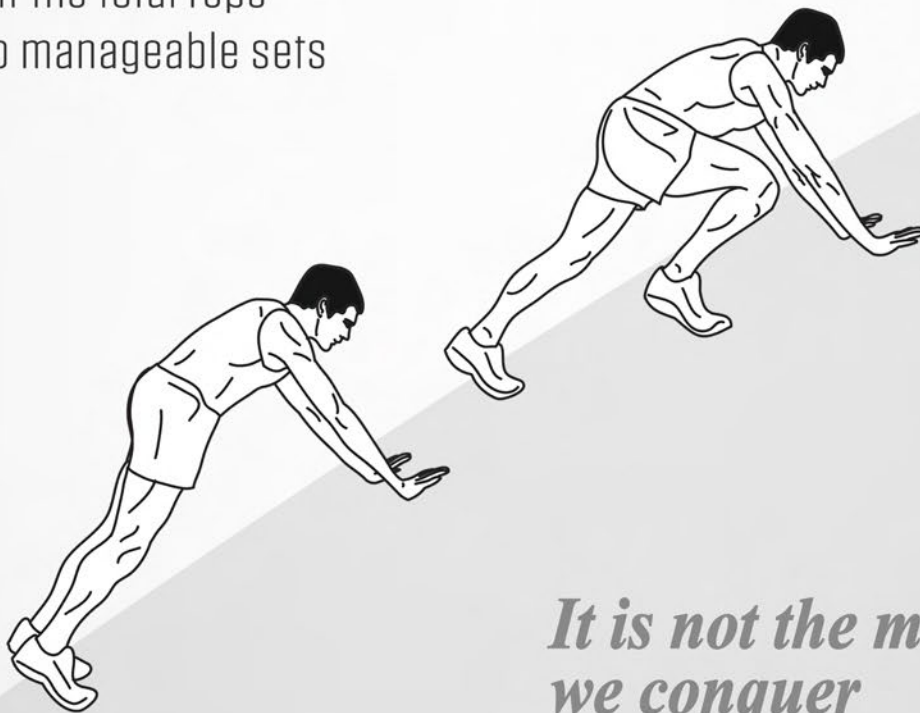
LEVEL I 400 slow climbers

LEVEL II 600 slow climbers

LEVEL III 800 slow climbers



split the total reps  
into manageable sets



*It is not the mountain  
we conquer  
but ourselves.*

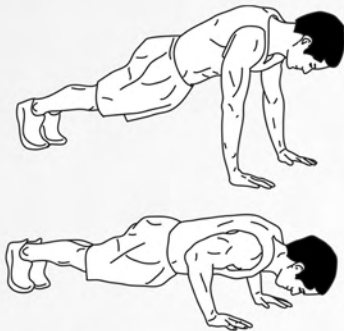
# HERO'S JOURNEY

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**Day 35** | The Trials

The guru at the top of the mountain gives you three trials.

## PART 1



### First Trial

**3 sets** to failure  
push-ups

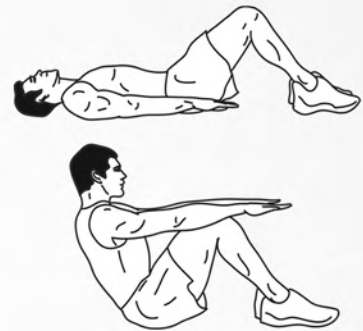
30 seconds  
rest between sets



### Second Trial

**3 sets** to failure  
squats

30 seconds  
rest between sets



### Third Trial

**3 sets** to failure  
sit-ups

30 seconds  
rest between sets

## PART 2

**3 sets** to failure  
wall-sit

30 seconds  
rest between sets



# HERO'S JOURNEY

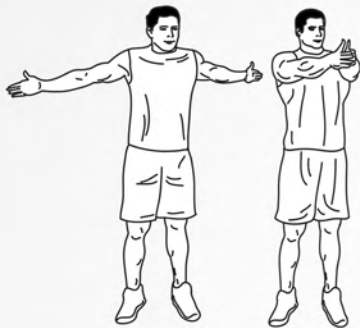
**Day 36**

Peace on top of the mountain

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## PART 1

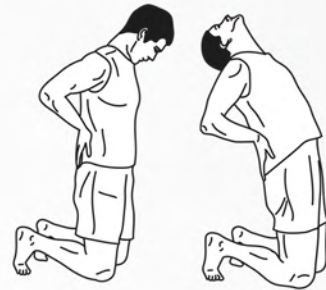
Early morning, pre-breakfast routine **21 reps each**



chest expansions



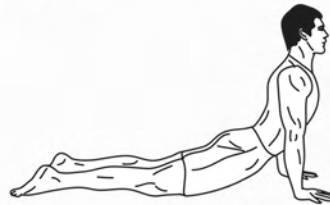
90° leg raises



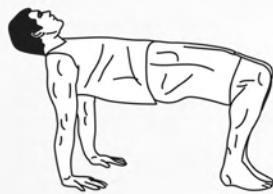
back stretches



table stretch



upward dog stretch



## PART 2

### 10 Minute Meditation

Sit down, close your eyes, relax.



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Day 37 | Lesson #1 Strength

True strength comes from muscle control.

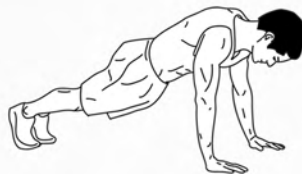
## PART 1

LEVEL I 5 sets   LEVEL II 7 sets   LEVEL III 10 sets  
LEVEL I 4 reps   LEVEL II 6 reps   LEVEL III 8 reps  
up to 60 seconds rest between sets  
Perform each exercise as slowly as possible.

Example: count to 10 as you lower yourself to the floor and count to 10 as you come up - that's one rep.



squat



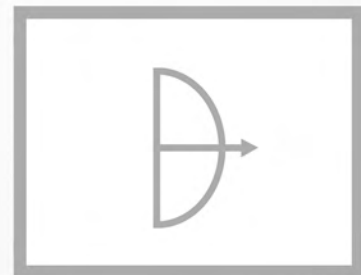
push-up



leg raises

## PART 2

### Weapons' Practice



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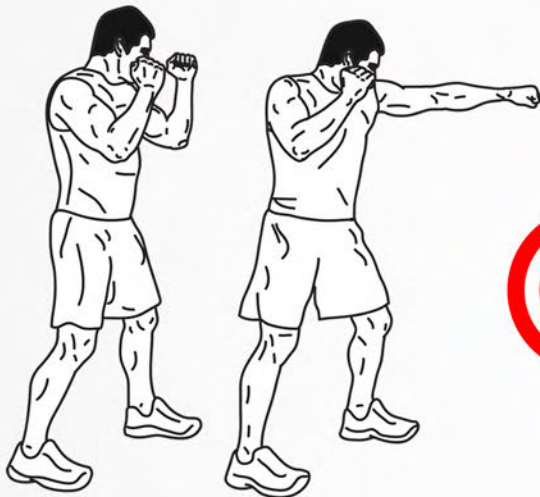
**Day 38** | Lesson #2 Speed

Speed makes you harder to fight,  
difficult to beat.

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets

60 seconds rest between sets

Perform each exercise as fast as you can.



**30 seconds**  
= 60 punches  
in total



**30 seconds**  
= 90 high knees  
in total

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Day 39 | Lesson #3 Control

Control makes you more precise.

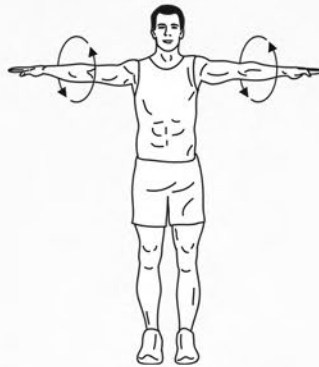
## PART 1

LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets

60 seconds rest between sets | keep your arms up between #2 and #3



60 arm raises



60 raised arm circles



20-count raised arm hold

## PART 2

20 minutes non-stop movement

e.g., punches, kicks, half jacks, hop on the spot, push-ups, high knees, crunches, arm raises no breaks





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**Day 40** | Time to move on

You've learned all there is here.  
Time to move on.

**PART 1** 18 reps each | 3 sets | 2 minutes rest between sets



hundreds



air bike crunches



flutter kicks



leg raises



scissors



sitting twists



**PART 2**

**blindfold**

stand on one leg, arms out to sides – then close your eyes (or use blindfold)

**60 seconds**



# HERO'S JOURNEY

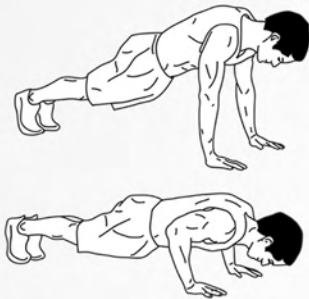
© darebee.com

**Day 41** | The Return. Take Two.

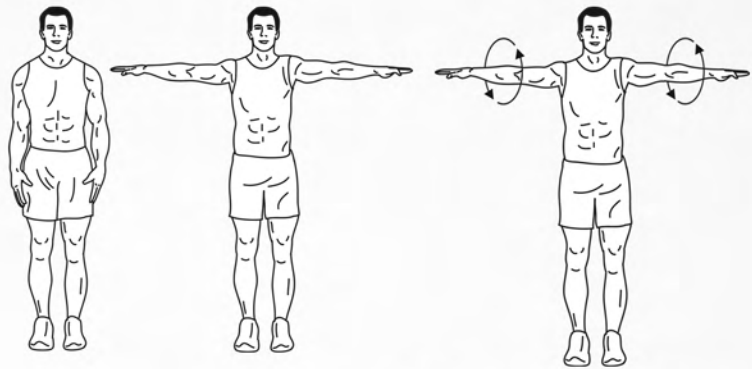
And you are back again.  
Your quest continues  
and so does your training.

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups

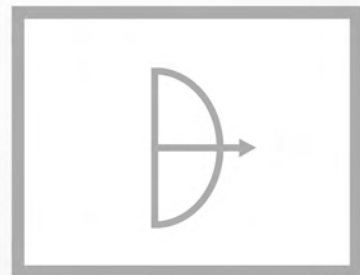


**50** arm raises

**50** raised arm circles

## PART 2

### Weapons' Practice



# HERO'S JOURNEY

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**Day 42** | Battle Plans

Be clever or be strong. Fight, either way.

LEVEL I 5 sets

LEVEL II 7 sets

LEVEL III 10 sets



2 minutes rest between sets

OPTION A ATTACK HEAD ON

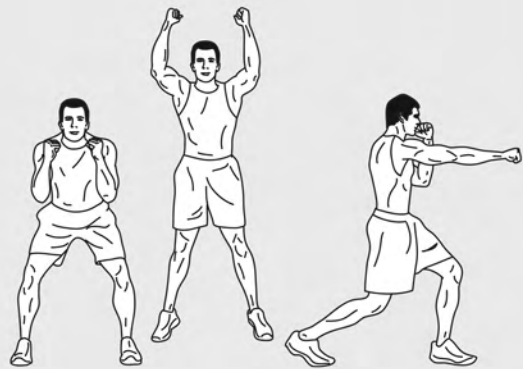


**60** jumps

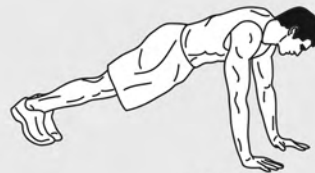


**40** climbers

OPTION B SPLIT THE FORCES



**40** jump cross punches



**20** climber taps

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## Day 43 | The Betrayal

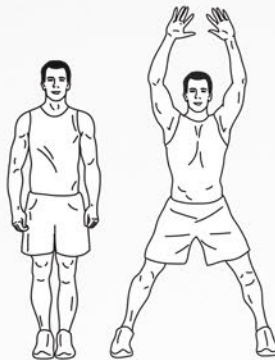
Nothing ever goes according to plan.

Step 1) Go through the sequence as fast as you can.

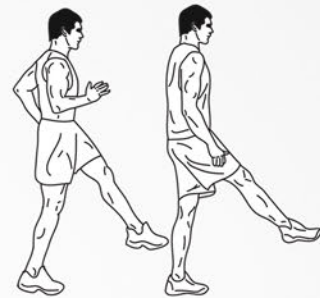
Step 2) Pass out.



100 high knees



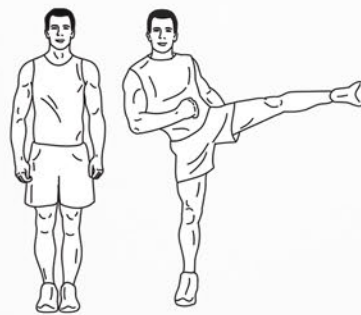
90 jumping jacks



80 straight leg bounds



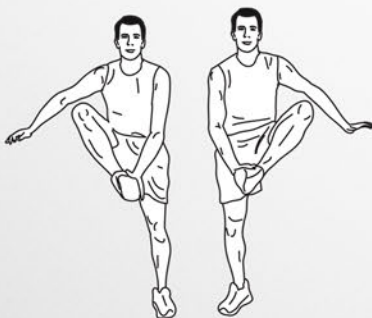
70 side-to-side hops



60 side leg raises



50 jumps



40 toe tap hops



30 squats



20 jump squats

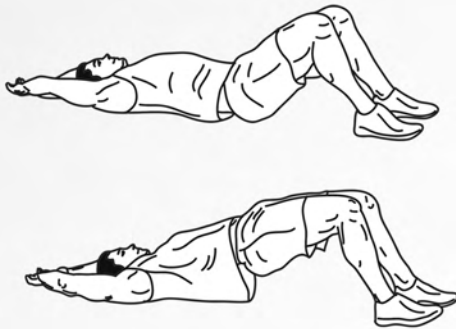
# HERO'S JOURNEY

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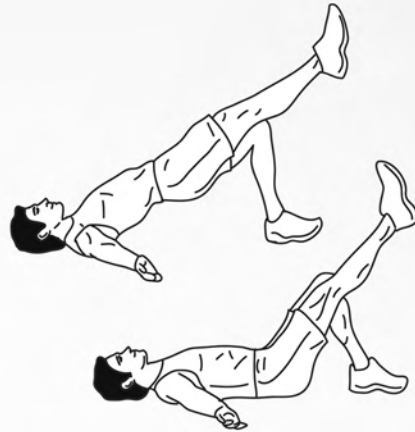
**Day 44** | Bed Rest & Recovery

**20 reps each** | **3 sets**

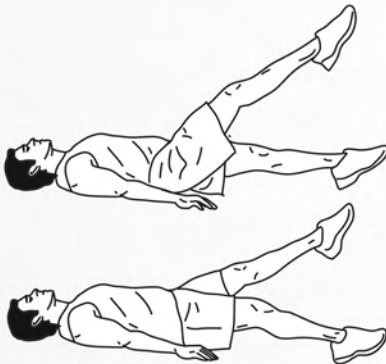
60 seconds rest between sets



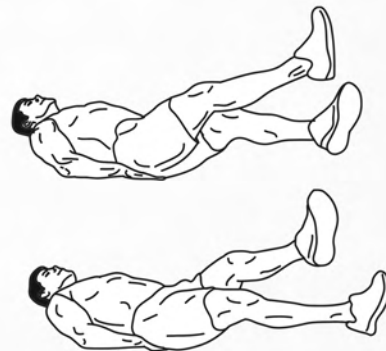
bridges



one legged bridges



flutter kicks



scissors



knee rolls



# HERO'S JOURNEY

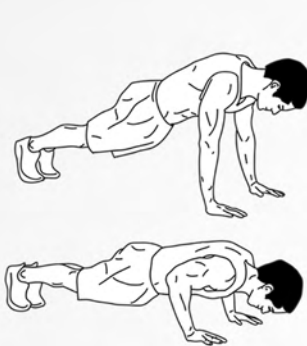
© darebee.com

**Day 45** | Getting Stronger

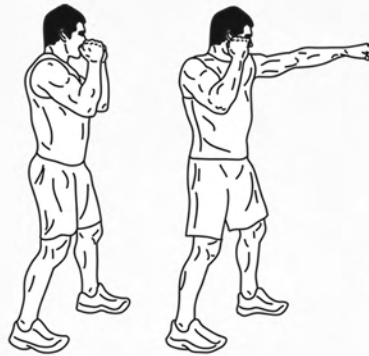
Level up  
and face your enemies.

## PART 1

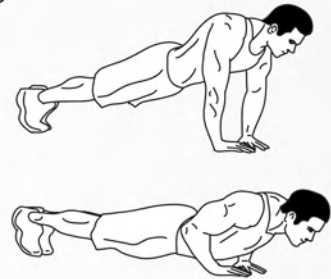
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



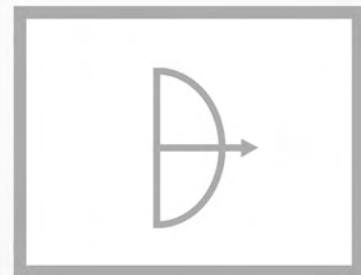
**60** punches



**to failure** close grip push-ups

## PART 2

### Weapons' Practice



# HERO'S JOURNEY

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**Day 46** | Getting Faster

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

**Build your speed  
and become formidable.  
Go for 60 seconds flat out.**



**SUB QUEST**

hit a total of **120 high knees** in 60 seconds



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**Day 47** | Ultimate Control

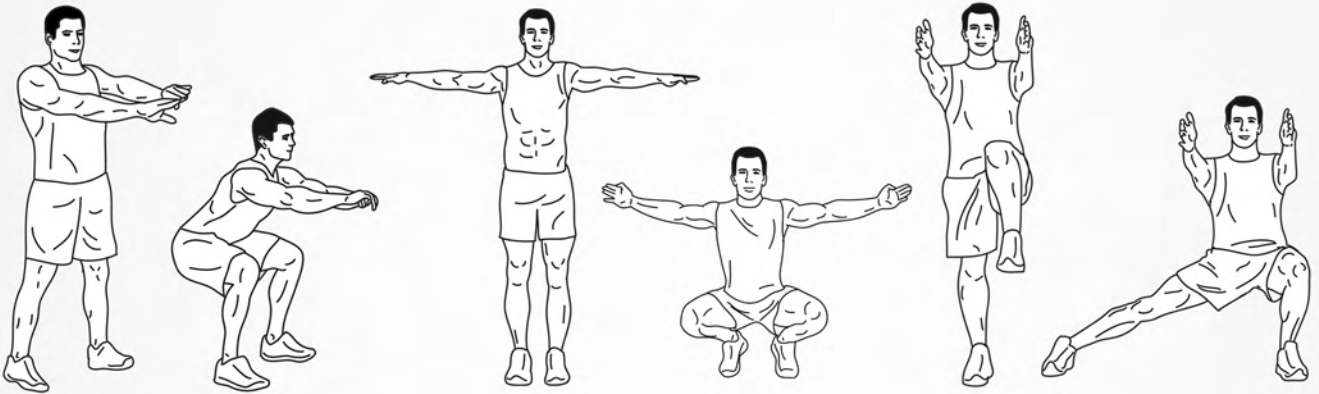
**Level I** 5 sets

**Level II** 7 sets

**Level III** 10 sets

2 minutes rest between sets

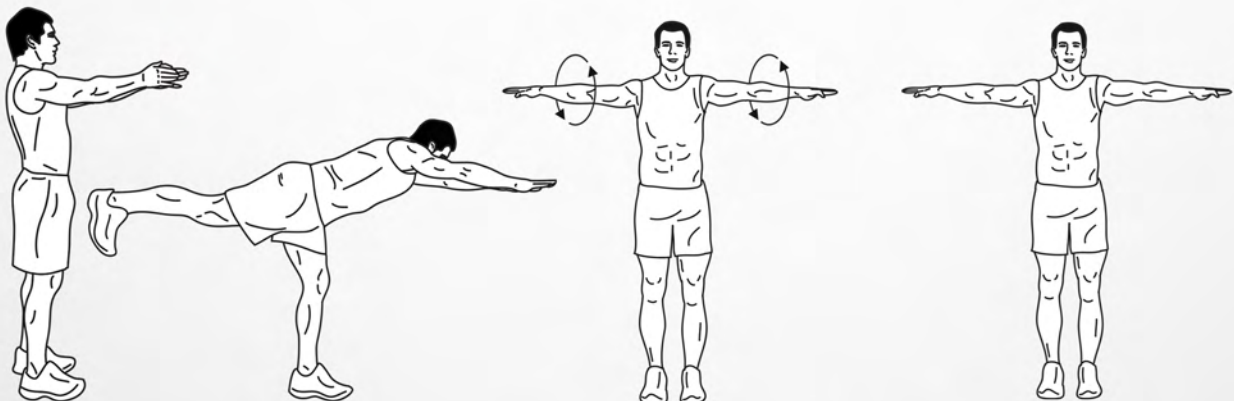
**Achieve control over who you are. Keep your arms up at all times**



**10** squats

**10** sumo squats

**10** side lunges



**10** balance stretch

**10** raised arm circles

**10-count** arm hold



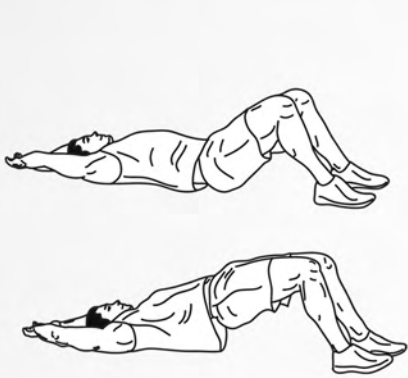
# HERO'S JOURNEY

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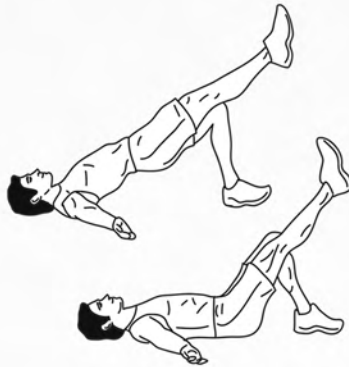
**Day 48** | Under the stars

The final battle approaches.  
Every day counts now.

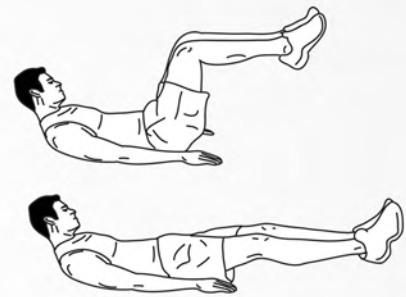
**PART 1** 20 reps each | 3 sets | 2 minutes rest between sets



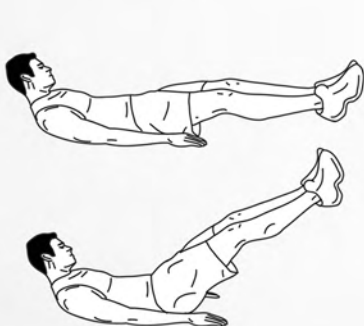
bridges



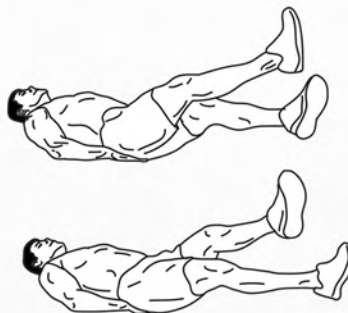
one legged bridges



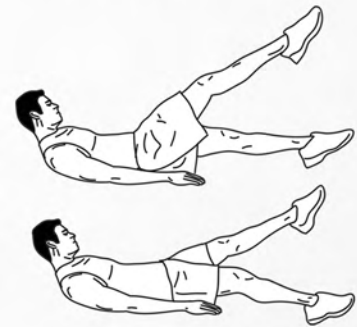
crunch kicks



leg raises



scissors



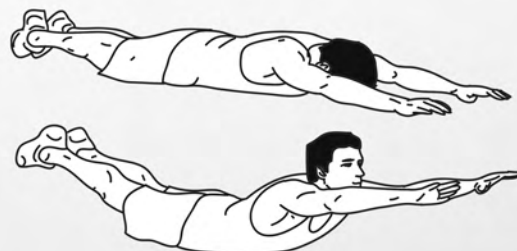
flutter kicks

## PART 2

superman stretches

10 reps each | 3 sets

60 seconds rest between sets



# HERO'S JOURNEY

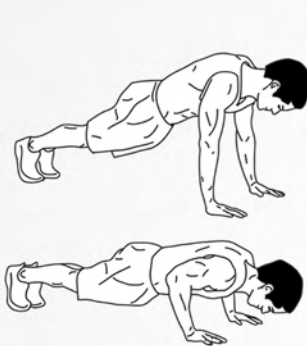
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Day 49 | Power Up

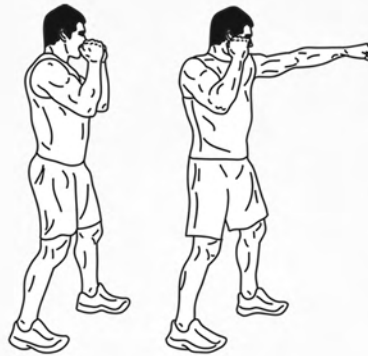
Go past every limit.  
Know no boundary.

## PART 1

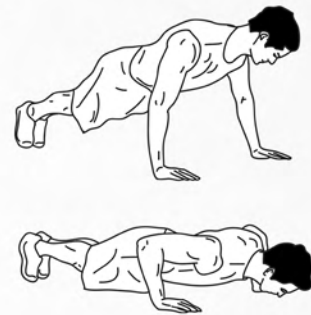
LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
2 minutes rest between sets



to failure push-ups



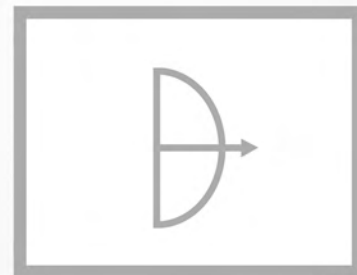
60 punches



to failure wide grip push-ups

## PART 2

### Weapons' Practice



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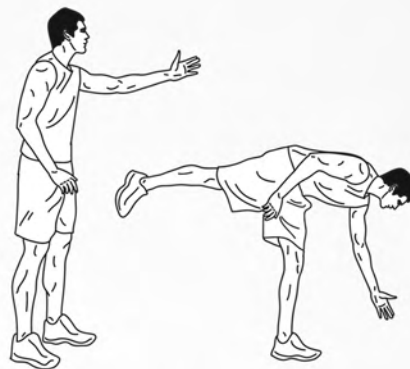
**Day 50** | Coordination & Conditioning

Pull everything you know together.

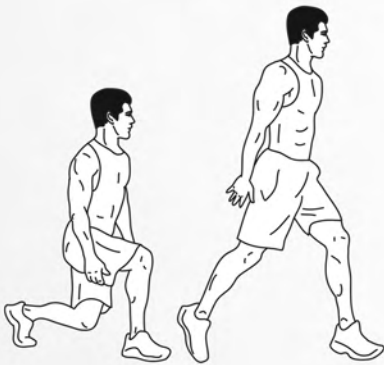
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**20** step-ups



**20** single leg bends



**10** jumping lunges



**10** alt arm / leg raises

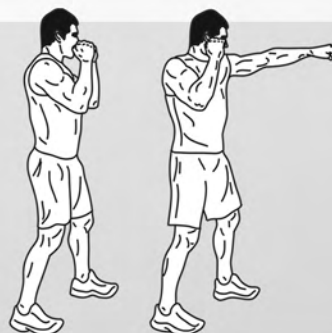


**10** plank rotations

OPTIONAL SUBQUEST

**3000 punches**

Inflict some serious damage before you are captured



# HERO'S JOURNEY

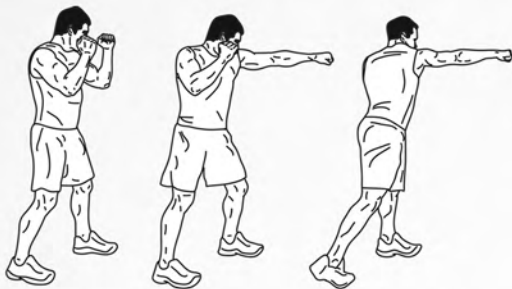
© darebee.com

Day 51 | Final Transformation

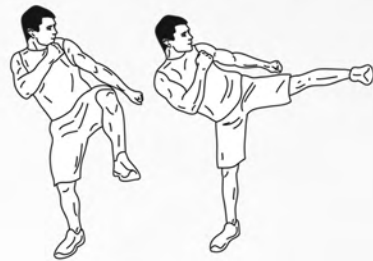
Let the true hero be born inside yourself.

PART 1

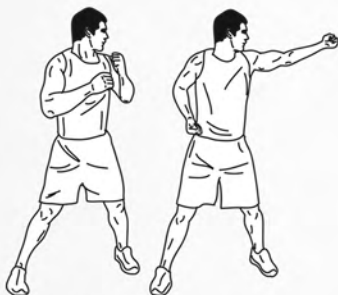
LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
60 seconds rest between sets



60 combos jab + jab + cross



60 side kicks



40 backfists



40 knee strikes



40 elbow strikes

PART 2

20 minutes non-stop movement

e.g., punches, kicks, half jacks, hop on the spot, push-ups, high knees, crunches, arm raises no breaks



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Day 52 | Balance

Find your inner balance.

## PART 1

### blindfold

stand on one leg, arms out to sides – then close your eyes (or use blindfold)

60 seconds



## PART 2

10 reps each | 3 sets | 60 seconds rest between sets



bridges



superman stretches



reverse flutter kicks



OPTIONAL SUBQUEST

### 10 Minute Meditation

Sit down, close your eyes, relax.



# HERO'S JOURNEY

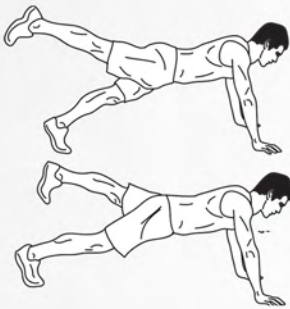
© darebee.com

**Day 53** | The Final Test

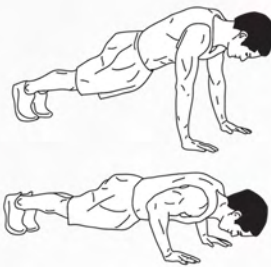
Your upper body strength will help you push through.

## PART 1

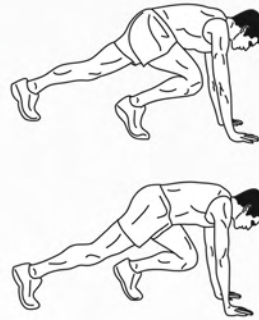
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets - Hands never off the floor



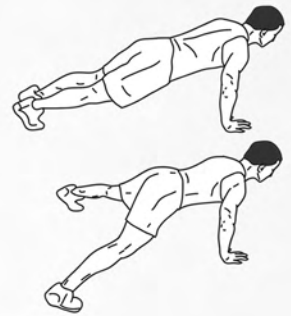
**10** plank leg raises



**to failure** push-ups



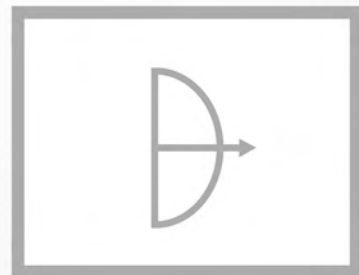
**10** climbers



**10** plank jacks

## PART 2

### Weapons' Practice



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**Day 54** | The Final Skill "Stealth"

Be silent. Be deadly.

**PART 1**

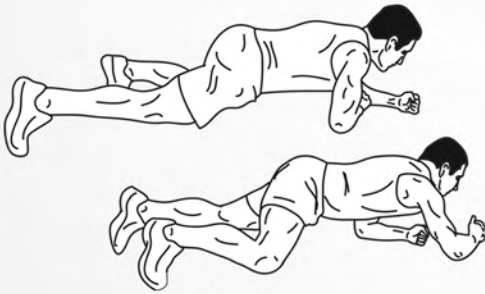
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets - Don't make a sound.



**20steps** half squat walk



**20steps** duck walk



**20** army crawl



**20-count** elbow plank

**PART 2**

**20 minutes** of Pure Stealth  
Stay still for 20 minutes.



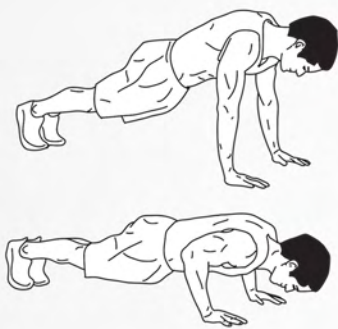
# HERO'S JOURNEY

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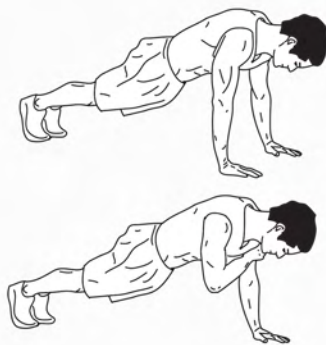
**Day 55** | The Final Challenge "100"

A true hero never gives up.

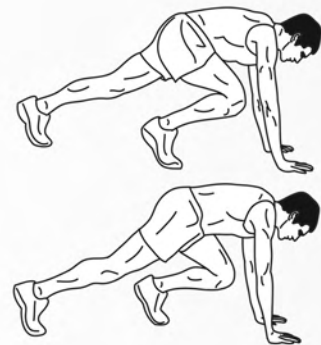
**100 reps** in total each exercise | split into manageable sets  
**Level I** throughout the day **Level II** repeat once **Level III** twice in one day



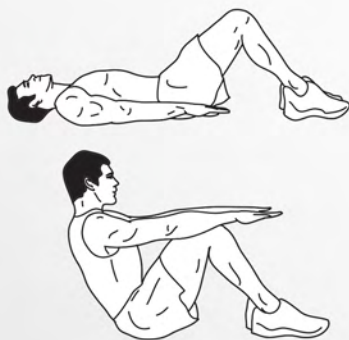
push-ups



shoulder taps



climbers



sit-ups



squats



lunges

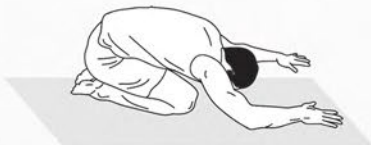
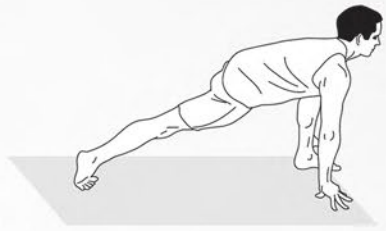
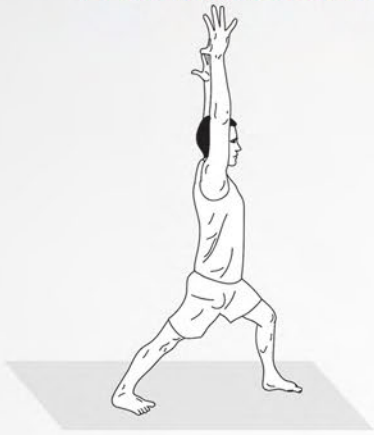


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## Day 56 | The Awakening

Hold each pose for 20 seconds (count to 20) and repeat the routine again focusing on the other side.



OPTIONAL SUBQUEST

### 10 Minute Meditation

Sit down, close your eyes, relax.



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Day 57 | Fight the Army

Hand-to-Hand Combat

## PART 1

**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets whole combo = 1 set  
**LEVEL I** 60 reps **LEVEL II** 80 reps **LEVEL III** 100 reps  
2 minutes rest between sets



jab + jab + cross



squat



knee strike

## PART 2

### Weapons' Practice



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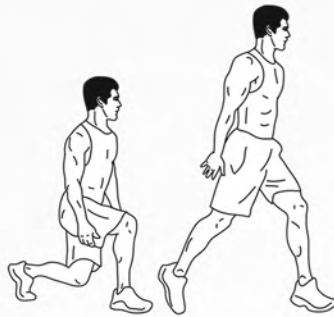
Day 58 | Supercharged!

You are unstoppable!

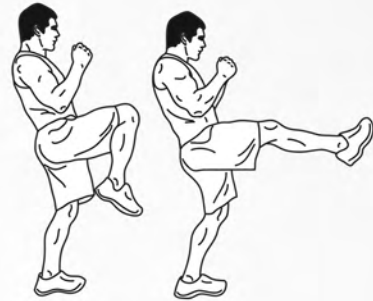
LEVEL I 5 sets LEVEL II 7 sets LEVEL III 10 sets  
2 minutes rest between sets



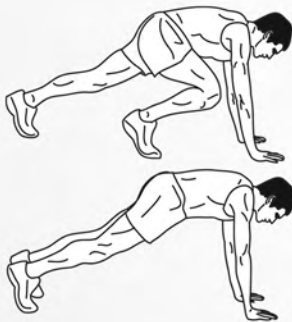
20 high knees



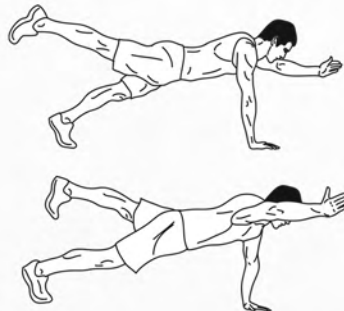
20 jumping lunges



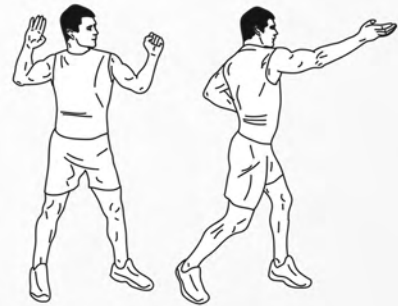
40 front kicks



20 slow climbers



20 alt arm / leg raises

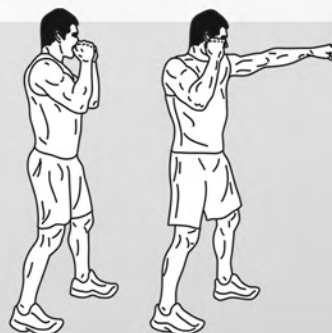


20 knife hand strikes

OPTIONAL SUBQUEST

3,000 punches

Inflict some serious damage before you are captured



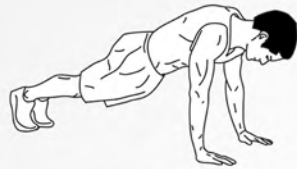
# HERO'S JOURNEY

**Day 59** | Bodyguard Fight

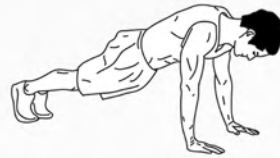
Strip the Boss of his protection.

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**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets  
2 minutes rest between sets



**to failure** push-ups



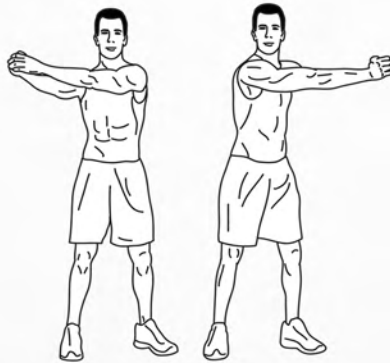
**20** shoulder taps



**20** thigh taps



**20** squats



**20** side chops

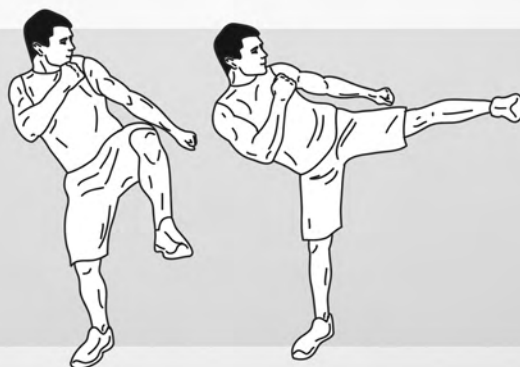


**20** jump squats

OPTIONAL SUBQUEST

**400 Side Kicks**

Inflict extra damage



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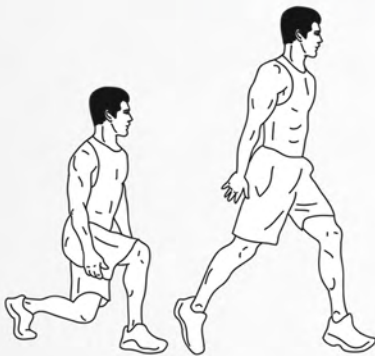
**Day 60** | Boss Fight

Polish your armor and braid your hair. You are ready. You have been training for this moment.

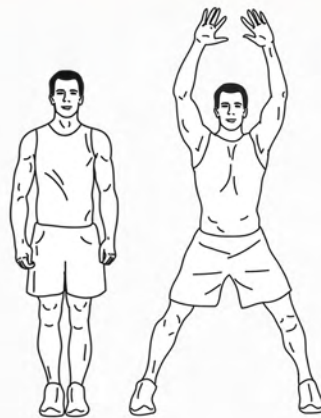
Charge ahead and give it your all!



1 bar = 1 set  
2 minutes rest between sets



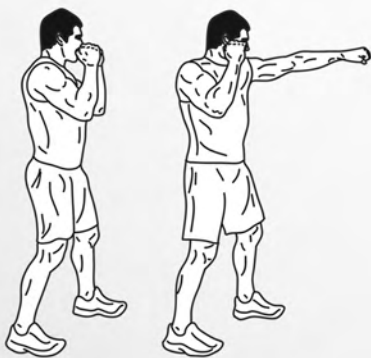
**20** jumping lunges



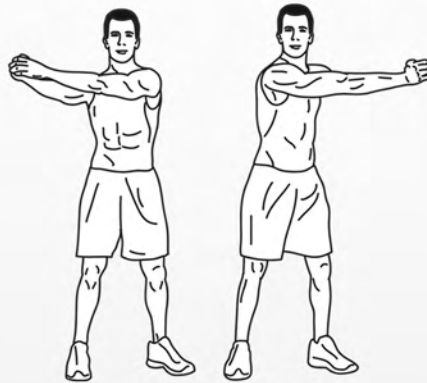
**40** jumping jacks



**20** jump squats



**40** punches



**40** side chops



**20** infinity chops

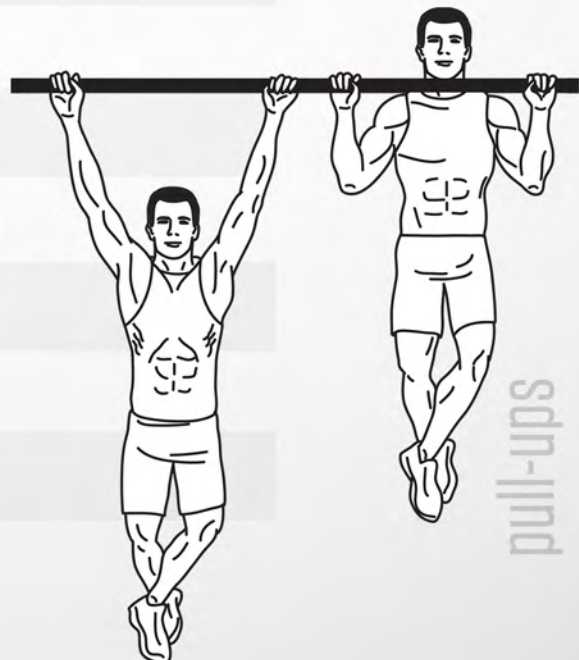
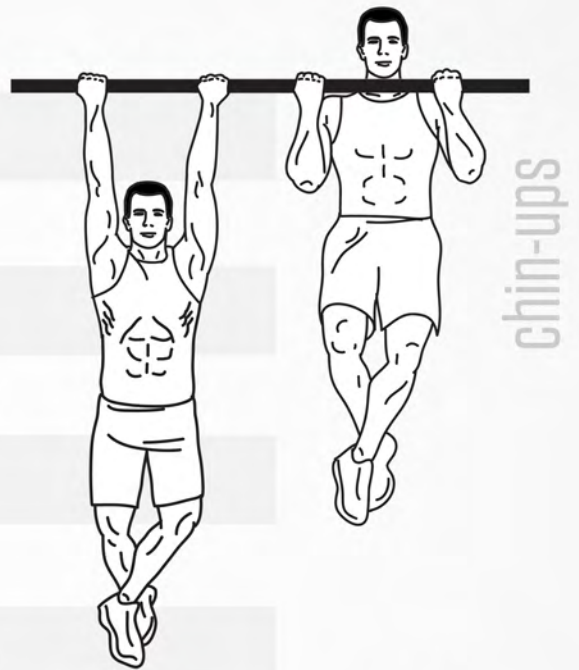
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Take as much time to recover between sets as you need. Alternatively to pull-ups: you can do negative pull-ups or chin-ups. Chin-ups will focus more on your biceps rather than back.

- Day 3 3 sets pull-ups to failure
- Day 6 10 pull-ups in total for the day
- Day 10 3 sets pull-ups to failure
- Day 13 3 sets pull-ups to failure
- Day 17 15 pull-ups in total for the day
- Day 21 4 sets pull-ups to failure
- Day 25 4 sets pull-ups to failure
- Day 29 20 pull-ups in total for the day
- Day 33 4 sets pull-ups to failure
- Day 37 4 sets pull-ups to failure
- Day 41 25 pull-ups in total for the day
- Day 45 5 sets pull-ups to failure
- Day 49 5 sets pull-ups to failure
- Day 53 30 pull-ups in total for the day
- Day 57 5 sets pull-ups to failure

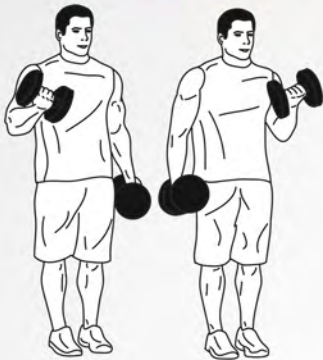


# HERO'S JOURNEY

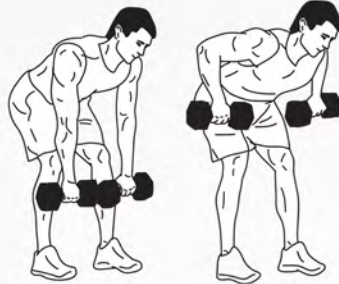
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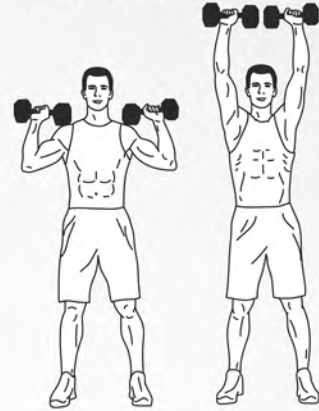
## Weapon Practice Hammer



alternating bicep curls



bent over rows



shoulder press

Perform each exercise slowly minding your form, keep your core tight. Take 2 full minutes rest after each exercise and each set. All reps are given in total e.g., 10 biceps curls = 5 each arm.

### DAY 3

8 bicep curls  
5 bent over rows  
5 shoulder press  
3 sets of each

### DAY 6



40 bicep curls  
20 bent over rows  
20 shoulder press  
**in total for the day**

### DAY 10

8 bicep curls  
5 bent over rows  
5 shoulder press  
3 sets of each

### DAY 13

8 bicep curls  
5 bent over rows  
5 shoulder press  
3 sets of each

### DAY 17



50 bicep curls  
30 bent over rows  
30 shoulder press  
**in total for the day**

### DAY 21

10 bicep curls  
6 bent over rows  
6 shoulder press  
3 sets of each

### DAY 25



60 bicep curls  
40 bent over rows  
40 shoulder press  
**in total for the day**

### DAY 29

10 bicep curls  
6 bent over rows  
6 shoulder press  
3 sets of each

### DAY 33

10 bicep curls  
6 bent over rows  
6 shoulder press  
3 sets of each

### DAY 37



60 bicep curls  
40 bent over rows  
40 shoulder press  
**in total for the day**

### DAY 41

12 bicep curls  
8 bent over rows  
8 shoulder press  
3 sets of each

### DAY 45



70 bicep curls  
50 bent over rows  
50 shoulder press  
**in total for the day**

### DAY 49

12 bicep curls  
8 bent over rows  
8 shoulder press  
3 sets of each

### DAY 53

12 bicep curls  
8 bent over rows  
8 shoulder press  
3 sets of each

### DAY 57



80 bicep curls  
60 bent over rows  
60 shoulder press  
**in total for the day**

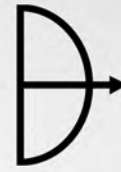
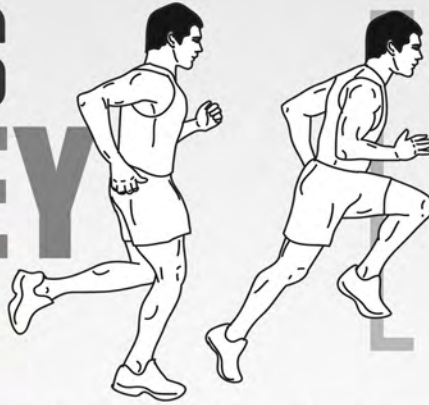


Pick the kind of free weights you can do 8 reps with. Continue to increase the weight as it gets easier.

★ use lighter dumbbells

# HERO'S JOURNEY

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Weapon Practice  
Bow And Arrow

Train yourself to successfully scout the territory. You will need speed as well as endurance.

DAY 3

Map of the Land

**30 minutes  
in total**

run, jog, walk  
cycle or row

DAY 6

1 minute walk  
30 second sprint  
1 minute walk  
30 second sprint  
1 minute walk  
1 minute sprint  
**5 sets in total**

DAY 10

Endurance

**60 minutes  
in total**

run, jog, walk  
cycle or row  
**throughout  
the day**

DAY 13

1 minute run  
1 minute rest  
**5 sets in total**

DAY 17

**20 minutes**  
walk, jog or run

**10 second sprints**  
**5 sprints in total**  
2 minute rest  
between sprints

DAY 21

**From A to B & back**  
50 meters + touchdown  
**5 sprints non-stop**  
up to 2 minutes rest  
**10 sprints non-stop**  
up to 2 minutes rest  
**5 sprints non-stop**

DAY 25

Endurance

**60 minutes  
in total**

run, jog, walk  
cycle or row  
**throughout  
the day**

DAY 29



20 second walk  
20 second run  
**20 second sprint**  
**5 sets in total**

DAY 33

**20 minutes**  
walk, jog or run

**10 second sprints**  
**5 sprints in total**  
2 minute rest  
between sprints

DAY 37

Endurance

**60 minutes  
in total**

run, jog, walk  
cycle or row  
**throughout  
the day**

DAY 41

Scout the Territory

**30 minutes  
in total**

run, jog, walk  
cycle or row

DAY 45



20 second walk  
20 second run  
**20 second sprint**  
**5 sets in total**

DAY 49

Endurance

**60 minutes  
in total**

run, jog, walk  
cycle or row  
**throughout  
the day**

DAY 53

**20 minutes**  
walk, jog or run

**10 second sprints**  
**5 sprints in total**  
2 minute rest  
between sprints

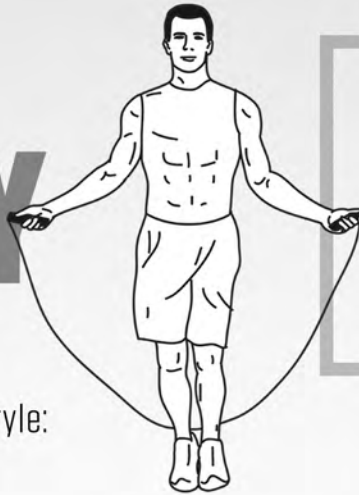
DAY 57

**From A to B & back**  
50 meters + touchdown  
**5 sprints non-stop**  
up to 2 minutes rest  
**10 sprints non-stop**  
up to 2 minutes rest  
**5 sprints non-stop**



# HERO'S JOURNEY

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Training for speed and agility. Free-style:  
You can vary styles or stick to one.

DAY 3

**5 minutes**  
jump rope  
any rest time

**FINISH**  
**10 lasso twists**  
3 sets in total  
2 min rest

DAY 6

**60 skips**  
30 second rest  
**60 skips**  
30 second rest  
**60 skips**  
2 min rest  
**5 sets in total**

DAY 10

**10 minutes**  
jump rope  
**in total**  
**throughout**  
**the day**

DAY 13

**30 skips**  
30 second rest  
**60 skips**  
30 second rest  
**120 skips**  
2 min rest  
**5 sets in total**

DAY 17

**1 min skips**  
1 min rest  
**5 sets in total**  
**FINISH**  
**10 lasso twists**  
3 sets in total  
2 min rest

DAY 21

**10 minutes**  
jump rope  
**in total**  
**throughout**  
**the day**

DAY 25

**60 skips**  
30 second rest  
**60 skips**  
30 second rest  
**60 skips**  
2 min rest  
**5 sets in total**

DAY 29

**5 minutes**  
jump rope  
any rest time  
**FINISH**  
**15 lasso twists**  
3 sets in total  
2 min rest

DAY 33

**30 skips**  
30 second rest  
**60 skips**  
30 second rest  
**120 skips**  
2 min rest  
**5 sets in total**

DAY 37

**1 min skips**  
1 min rest  
**5 sets in total**  
**FINISH**  
**20 lasso twists**  
3 sets in total  
2 min rest

DAY 41

**10 minutes**  
jump rope  
any rest time  
**FINISH**  
**25 lasso twists**  
3 sets in total  
2 min rest

DAY 45

**30 skips**  
30 second rest  
**60 skips**  
30 second rest  
**120 skips**  
2 min rest  
**5 sets in total**

DAY 49

**1 min skips**  
1 min rest  
**5 sets in total**  
**FINISH**  
**30 lasso twists**  
3 sets in total  
2 min rest

DAY 53

**10 minutes**  
jump rope  
**in total**  
**throughout**  
**the day**

DAY 57

**60 skips**  
30 second rest  
**60 skips**  
30 second rest  
**60 skips**  
2 min rest  
**5 sets in total**

# HERO'S JOURNEY

@ darebee.com



Weapon Practice  
Red Ribbon



Be more than "Enough". Turn your own body into a weapon.

## DAY 3

100 turning kicks  
100 side kicks  
100 front snap kicks  
**in total for the day**

## DAY 6

40 slow side kicks  
60 sec rest (optional)  
40 fast side kicks  
2 minutes rest  
**5 sets in total**

## DAY 10

**100**  
double turning kicks  
low / mid  
**in total for the day**

## DAY 13

40 front snap kicks  
switch leg  
40 front snap kicks  
2 minutes rest  
**5 sets in total**

## DAY 17

20 turning kicks  
20 side kicks  
20 front snap kicks  
2 minute rest  
**10 sets in total**

## DAY 21

**100**  
double side kicks  
low / mid  
**in total for the day**

## DAY 25

20 turning kicks  
20 side kicks  
20 front snap kicks  
2 minute rest  
**10 sets in total**

## DAY 29

100 turning kicks  
100 side kicks  
100 front snap kicks  
**in total for the day**

## DAY 33

60 slow side kicks  
60 sec rest (optional)  
60 fast side kicks  
2 minutes rest  
**5 sets in total**

## DAY 37

**100**  
double turning kicks  
low / mid  
**in total for the day**

## DAY 41

20 turning kicks  
20 side kicks  
20 front snap kicks  
2 minute rest  
**10 sets in total**

## DAY 45

80 slow side kicks  
60 sec rest (optional)  
80 fast side kicks  
2 minutes rest  
**5 sets in total**

## DAY 49

**100**  
double turning kicks  
low / mid  
**in total for the day**

## DAY 53

40 front snap kicks  
switch side  
40 front snap kicks  
2 minutes rest  
**5 sets in total**

## DAY 57

100 turning kicks  
100 side kicks  
100 front snap kicks  
**in total for the day**

# HERO'S JOURNEY

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Weapon Practice  
Magic Ring



Turn yourself invisible by blending with the environment. Sometimes it's stealth that can save your life.

DAY 3

20 sec plank  
20 sec elbow plank  
20 sec side plank  
2 minute rest  
**3 sets in total**

DAY 6

**5 minutes**  
plank or elbow plank  
**in total**  
**throughout the day**

DAY 10

60 sec plank  
2 minute rest  
60 sec elbow plank  
2 minute rest  
60 sec plank done

DAY 13

**2 minutes**  
plank  
or elbow plank  
**3 times in total**  
**during the day**

DAY 17

30 sec plank  
30 sec elbow plank  
60 sec side plank  
2 minute rest  
**3 sets in total**

DAY 21

**5 minutes**  
plank or elbow plank  
**in total**  
**throughout the day**

DAY 25

60 sec elbow plank  
2 min side plank  
2 minute rest  
**3 sets in total**

DAY 29

**2 minutes**  
plank  
or elbow plank  
**3 times in total**  
**during the day**

DAY 33

60 sec plank  
2 minute rest  
60 sec elbow plank  
2 minute rest  
60 sec plank done

DAY 37

**3 minutes**  
plank  
or elbow plank  
**2 times in total**  
**during the day**

DAY 41

30 sec plank  
30 sec elbow plank  
60 sec side plank  
2 minute rest  
**3 sets in total**

DAY 45

60 sec elbow plank  
2 min side plank  
2 minute rest  
**3 sets in total**

DAY 49

**3 minutes**  
plank  
or elbow plank  
**2 times in total**  
**during the day**

DAY 53

**5 minutes**  
plank or elbow plank  
**in total**  
**throughout the day**

DAY 57

60 sec plank  
2 minute rest  
60 sec elbow plank  
2 minute rest  
60 sec plank done

# HERO'S JOURNEY

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Use the chart below to work out how many points you have earned.

|        |                                   |        |  |
|--------|-----------------------------------|--------|--|
| DAY 1  | I +100 II +200 III +300           | DAY 16 | Part 1 +100 Part 2 +50                           |
| DAY 2  | I +100 II +200 III +300           | DAY 17 | I +100 II +200 III +300 <b>WP</b>                |
| DAY 3  | See the weapons' charts           | DAY 18 | I +100 II +200 III +300 BQ +100                  |
| DAY 4  | Part 1 +100 Part 2 +50            | DAY 19 | I +100 II +200 III +300 OS +200                  |
| DAY 5  | I +100 II +200 III +300           | DAY 20 | P1 +100 P2 I +50 II +100 III +150 BQ +50         |
| DAY 6  | I +100 II +200 III +300 <b>WP</b> | DAY 21 | I +100 II +200 III +300 <b>WP</b>                |
| DAY 7  | I +100 II +200 III +300 BQ +100   | DAY 22 | I +100 II +200 III +300 OS +200                  |
| DAY 8  | Part 1 +100 Part 2 +50            | DAY 23 | I +100 II +200 III +300 BQ +200                  |
| DAY 9  | I +100 II +200 III +300 JUMP +300 | DAY 24 | Part 1 +100 Part 2 +50                           |
| DAY 10 | I +100 II +200 III +300 <b>WP</b> | DAY 25 | I +100 II +200 III +300 <b>WP</b>                |
| DAY 11 | I +100 II +200 III +300           | DAY 26 | I +100 II +200 III +300                          |
| DAY 12 | +100 points                       | DAY 27 | +100 per assassin ( 700 for all seven )          |
| DAY 13 | I +100 II +200 III +300 <b>WP</b> | DAY 28 | Part 1 +100 Part 2 +50                           |
| DAY 14 | I +100 II +200 III +300           | DAY 29 | I +100 II +200 III +300 <b>WP</b>                |
| DAY 15 | +50 points per charge             | DAY 30 | I +50 II +100 III +150<br>I +50 II +100 III +150 |

I = Level I II = Level II III = Level III OS - optional subquest BQ - bonus quest **WP** weapons practice

# HERO'S JOURNEY

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Use the chart below to work out how many points you have earned.

|        |                                    |        |                                     |
|--------|------------------------------------|--------|-------------------------------------|
| DAY 31 | I +100 II +200 III +300            | DAY 46 | I +100 II +200 III +300 BQ +200     |
| DAY 32 | Part1 +100 Part2 +100              | DAY 47 | I +100 II +200 III +300             |
| DAY 33 | I +100 II +200 III +300 WP         | DAY 48 | Part1 +100 Part2 +50                |
| DAY 34 | I +100 II +200 III +300            | DAY 49 | I +100 II +200 III +300 WP          |
| DAY 35 | Part1 +200 Part2 +100              | DAY 50 | I +100 II +200 III +300 OS +400     |
| DAY 36 | Part1 +100 Part2 +50               | DAY 51 | P1 I +100 II +200 III +300 P2 +200  |
| DAY 37 | I +100 II +200 III +300 WP         | DAY 52 | Part1 +100 Part2 +50 OS +50         |
| DAY 38 | I +100 II +200 III +300            | DAY 53 | I +100 II +200 III +300 WP          |
| DAY 39 | P1 I +100 II +200 III +300 P2 +200 | DAY 54 | P1 I +100 II +200 III +300 P2 +200  |
| DAY 40 | Part1 +100 Part2 +50               | DAY 55 | I +100 II +200 III +300             |
| DAY 41 | I +100 II +200 III +300 WP         | DAY 56 | +100 points OS +50                  |
| DAY 42 | I +100 II +200 III +300            | DAY 57 | I +100 II +200 III +300 WP          |
| DAY 43 | +300 points                        | DAY 58 | I +100 II +200 III +300 OS +400     |
| DAY 44 | +100 points                        | DAY 59 | I +100 II +200 III +300 OS +400     |
| DAY 45 | I +100 II +200 III +300 WP         | DAY 60 | +100 points for every set completed |

I = Level I II = Level II III = Level III OS - optional subquest BQ - bonus quest WP weapons practice



1 PULL-UP +20

1 CHIN-UP +10

1 NEGATIVE PULL-UP +5



**+ 50**

for every day  
you wear  
the armor



DAY 3 + 50

DAY 6 + 100

DAY 10 + 50

DAY 13 + 50

DAY 17 + 100

DAY 21 + 50

DAY 25 + 150

DAY 29 + 50

DAY 33 + 50

DAY 37 + 150

DAY 41 + 50

DAY 45 + 200

DAY 49 + 50

DAY 53 + 50

DAY 57 + 200



DAY 3 + 200

DAY 6 + 100

DAY 10 + 400

DAY 13 + 100

DAY 17 + 300

DAY 21 + 200

DAY 25 + 400

DAY 29 + 100

DAY 33 + 300

DAY 37 + 400

DAY 41 + 200

DAY 45 + 100

DAY 49 + 400

DAY 53 + 300

DAY 57 + 200



|        |             |               |
|--------|-------------|---------------|
| DAY 3  | <b>+100</b> | LT <b>+50</b> |
| DAY 6  | <b>+200</b> |               |
| DAY 10 | <b>+300</b> |               |
| DAY 13 | <b>+200</b> |               |
| DAY 17 | <b>+100</b> | LT <b>+50</b> |
| DAY 21 | <b>+300</b> |               |
| DAY 25 | <b>+200</b> |               |
| DAY 29 | <b>+100</b> | LT <b>+50</b> |
| DAY 33 | <b>+200</b> |               |
| DAY 37 | <b>+100</b> | LT <b>+50</b> |
| DAY 41 | <b>+100</b> | LT <b>+50</b> |
| DAY 45 | <b>+200</b> |               |
| DAY 49 | <b>+100</b> | LT <b>+50</b> |
| DAY 53 | <b>+300</b> |               |
| DAY 57 | <b>+200</b> |               |



|        |             |
|--------|-------------|
| DAY 3  | <b>+50</b>  |
| DAY 6  | <b>+100</b> |
| DAY 10 | <b>+50</b>  |
| DAY 13 | <b>+50</b>  |
| DAY 17 | <b>+100</b> |
| DAY 21 | <b>+50</b>  |
| DAY 25 | <b>+300</b> |
| DAY 29 | <b>+300</b> |
| DAY 33 | <b>+300</b> |
| DAY 37 | <b>+200</b> |
| DAY 41 | <b>+300</b> |
| DAY 45 | <b>+400</b> |
| DAY 49 | <b>+200</b> |
| DAY 53 | <b>+300</b> |
| DAY 57 | <b>+300</b> |



|        |             |
|--------|-------------|
| DAY 3  | <b>+100</b> |
| DAY 6  | <b>+100</b> |
| DAY 10 | <b>+100</b> |
| DAY 13 | <b>+200</b> |
| DAY 17 | <b>+200</b> |
| DAY 21 | <b>+100</b> |
| DAY 25 | <b>+100</b> |
| DAY 29 | <b>+200</b> |
| DAY 33 | <b>+100</b> |
| DAY 37 | <b>+200</b> |
| DAY 41 | <b>+200</b> |
| DAY 45 | <b>+100</b> |
| DAY 49 | <b>+200</b> |
| DAY 53 | <b>+100</b> |
| DAY 57 | <b>+100</b> |



**There is no choice without consequence. No action without a karmic effect.  
You made yours on this journey. Every hero has to live by the effect of the choices made.**

## Day 2

You chose to get involved. The stranger you helped helps you back on Day 7 when you meet The Oracle. Do one fewer sets that day (i.e. Level I = 4 sets, Level II = 6 sets, Level III = 9 sets). As an added bonus – the stranger punches the oracle in the face on your behalf.

You chose to mind your own business. You are alone. Add one set to each level on Day 7.

## Day 9

You cleared the bridge with a single jump. You can bask in your awesomeness.

You scrambled and scrambled as it collapsed. You've lost your backpack and with it - your dinner.

## Day 11

I am gonnadie... but did you die? Celebrate life by doing 200 skips by the end of the day. Skip away, grasshopper.

It was bad, but not that bad. What's that? You are feeling dizzy? Everything is going blank... you lost your sight. It will return in 30 minutes.

It was but a scratch. Your wound still bleeds so you remember of an old family remedy your great grand-ma packed you before you started your quest. You look through your bad and you find it – it's a slice of pie. Life's good. Enjoy!

## Day 15

You could only master five charges. Take a moment of silence for those who have perished at this day. Talk to no one for 2 hours.

Your seven charges helped protect the weak but your bravery came at a cost – your dragon was badly wounded. Your dragon will return to your side only on day 17.

Ten charges make you the people's champion! On day 17, when Double trouble strikes, reduce each level by 1 set. All hail the Mighty Hero!





**There is no choice without consequence. No action without a karmic effect.  
You made yours on this journey. Every hero has to live by the effect of the choices made.**

## **Day 18**

You caught one. And the bastard bit you! It looks infected, better take care of it asap.

To avoid infection, don't use that arm (pick one) for the next 2 hours. Oh yeah and also.... See consequences of "Caught two"

You caught two. Good catch. The one that got away, though, pocketed your bread. Oh well, no bread today.

You caught them all. Congratulations! After a thorough body search you discover that last one has a chocolate bar on his person. Confiscate it for your own consumption.

## **Day 23**

The spy got away. Are you serious? Who lets a spy get away? He'll, like, tell stuff to EVERYONE.

And he sure does. Your location has been revealed and now everyone has a description of you and knows your location. You have go into hiding. No phone, no internet, no TV for 2 hours.

The spy got away... but he was wounded. Well, at least you got him good. His injuries (an arrow to the knee) prevent him from talking (mostly because he can't shut up about the arrow) so your enemies have a somewhat unclear description of you. It's still good to be careful– no internet for an hour, just to be safe.

You caught the sneaky bastard. On his person you found enemy plans and whatnot.

You can now cancel one of the unwanted consequences down the line or drop one of the sets without any consequences or drop one weapons' practice session.

## **Day 31**

Saved 40%. The town suffered heavy losses. Most of the food supply was burnt. You will have to ration your food. No dinner today. Or tomorrow.

Saved 60%. The town is saved but some of the food was destroyed. You sadly lose your dinner but overall it's not too bad. I mean, it could have been worse.

Most of the town survived because of you. Congratulations! The grateful townsfolk name the day after you and call it a holiday. Take the day off your chores and celebrate with a nice meal.



**There is no choice without consequence. No action without a karmic effect.  
You made yours on this journey. Every hero has to live by the effect of the choices made.**

## **Day 33**

The journey to the mountaintop was long and hard. If you chose the 10,000 steps, your shoes just couldn't take the pace. They gave out before you. Spend thirty minutes with your feet up and get someone to massage them for you.

If you chose the sets, while you were busy with them, some dastardly person stole your shoes. Go barefoot for sixty minutes.

## **Day 42**

You used your brain, not brawn. Splitting the forces allows you to preserve your numbers and gain ground. You have also captured a high ranking officer who has, after some persuasive talking to, revealed a secret weakness of those close to the final boss, their circle of trust has been broken.

On Day 59, against the Bodyguard you can now reduce each level by one set.

Brute force choice. Not everything can be resolved with overwhelming force. You may have won but you suffered heavy losses that have weakened you. You now need to fight harder to win. On Day 59 add an extra 400 punches at the end of the level.

## **Day 60**

The Boss fight is your toughest challenge yet, but you have been preparing for this.

If you just did five sets or less you just weren't quite ready enough. You need to start from the beginning and make better choices the second time round.

If you did between six and eight sets, it is a draw. It has been a real struggle getting here, but you can take it. Don't give up now. Pick yourself up and fight another day. You have another chance to settle the score.

Nine or ten sets and you have defeated the final BOSS. VICTORY! A legend is born.

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