



# **Get Fit or Die: Apocalypse Fitness for Survival of the Fatties; Scouts Guide to the Zombie Apocalypse (Apocalypse Tuesday)**

*Seth Walker*

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Remember: when disaster strikes, the fatties will go first.

Prepping is more than just bug-out bags and sidearms. You'll need to be able to run far and fast, fight enemies, hunt, and take your body to its physical limits.

When the Apocalypse hits, your body will be your greatest asset and your chances of survival will increase exponentially if you're in Apocalypse-ready shape. Don't leave it to chance!

Become faster, stronger, and PREPPED! The Prepper's Guide to Fitness will make your body ready for both the beach AND the Apocalypse!

The Prepper's Guide to Fitness comes equipped with a running guide, nutritional advice, recipes, and expert workout plans that will train you to kick ass and take names!

Scouts Guide to the Zombie Apocalypse

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