

Workout Warrior quest lines

a = introduction to the quest line

J x K = J sets for K reps

1. Strength workouts-same workouts for all parts just change in reps to adjust to the day to allow for rest.
 - a. As you approach the bounty board you realize a new listing for a handy man is posted on the front. It reads "i'm an old frail woman who needs help tending to my farm in the country. I will pay handsomely if someone were to show up and help with keeping land in check"
 - b. As you approach the old woman's cabin she comes out wearing a large blanket covering her shivering body. She then points to a pile of wood and an axe that's when you realize her fire has gone out and this seems like a great way to get started.
 - c. After you finish cutting up the wood and bringing a few loads into start to dry out for the fire she discusses what all she needs done on and around her house. She lists out the things she needs done in a stern voice "you need to first finish building a stone wall around my garden, clean the barn out, build a fence around the farm, and clear out the attic " well you accept these terms and you figure you might as well get started on the first thing she mentioned being the stone wall.
 - d. Building that stone wall wasn't too bad you did end up having to make a few judgement calls when it comes to building it since half way through you realized that the wall was supposed to go right on top of some unsuspecting carrots. With that though you move on to the next task of cleaning out the barn, how hard could that be.
 - e. As you persevere through the grueling challenge of getting every last wagon wheel and hay bale out from the farthest corner of the barn you look at the pile of what essentially feels like junk to you and think what could this old lady want with this old stuff anyways another one down time to keep working next up in the fence.
 - f. This one took way longer than expected but it did start to get easier after everything started to get going: basically plant the post and toss the boards on move to the next. It got boring for a second but it did end up giving you some nice experience for future endeavours.well now all that's left is to clean the old woman's attic and you can get paid and be on your way.
 - g. Surprisingly in the attic you notice a small amount of light peering through a window. with that you were able to throw a bunch of stuff out of that speeding up the process and making it go a lot faster and what she doesnt know wont hurt her. As you get set to leave you ask for payment for the last few days of work but she says that she only has half of what she offered you but she does say she was about to get someone else to take that large pile of what you thought to be rubbish from the barn into town and get a good price for it but she says that if you

do it she will split the profits of whatever you make from it so you agree and get ready for a long workout on your way back to town.

- i. Pushup 5 x 3 (kneel if not able)
- ii. Squats 10 x 3
- iii. Sit Ups 10 x 3
- iv. Wide arms push ups 5 x 3 (kneel if not able)
- v. lunges 10 x 3
- vi. V-ups 5 x 3
- vii. Diamond pushups 5 x 3 (kneel if not able)
- viii. Side lunges 10 x 3
- ix. bicycles 20 x 3

2. Endurance workouts

- a. As you stroll into the tavern for the third time that week an old timer behind the bar approaches you saying "i see you in here all the time and i'm looking for someone to pick up some stuff for me intown to rebuild this place, i'll pay you well and i could toss in a bit of free food on top of it after each delivery."you figure why not with nothing else happening to you right now and your coin bag running low you could do with a few free meals.
- b. "The first thing i need you to gather is a few support beams to help with restoring the roof back to what it needs to be. The ceiling has started to bow and i don't want to risk my new customers getting weary of it"
- c. "Next i need you to get me some hay from the local farm that way i can re-do the roofing to stop those pesky leaks in the ceiling from continuing."
- d. "I need you to go get me a big bag of potatoes from the market. We just started to run out last night and we can't serve people anything without some warm potatoes on the side. I mean how can you think of having meat without potatoes potatoes just make all food so much better they just are the best base for everything even potato stew"
- e. "Now that the potatoes are restocked i need you to go to the butcher and pick up my order of chickens they were ready yesterday but you know potatoes are always a priority here"
- f. "Next i need you to go get some bread from the baker they have the best rolls in town i wouldn't mind if you end up eating one or two on your way back they are good."but with a look of you don't know if he is joking or not he says "what ever you eat will be coming out of your meal tonight"
- g. "The next thing I need you to grab are some new mugs. We had a little bit of a scuffle last night and a few of them got a little dinged up and I need some new ones. If you could go to the crafter and get them for me that would be great"
- h. "The last thing I need is more potatoes. These aren't for the tavern. I just need more potatoes. I use them for everything from eating them to decorating."
 - i. Most workouts will be some amount of running best guess would be around 1 mile but this will change for the last one and a few of the others to make it easier on rest days.

3. Agility workouts

- a. Being that today you have no plans you decide to go for a walk around the town and look at the market that just opened up in the center of town. You find a couple things you want from a few friendly merchants and decide to get something to snack on while you walk back to your house.
- b. As you are walking through town on your way home you hear the scream of someone a street over so you run around the corner to see what was causing the commotion. A devious ghoul is chasing after someone. You throw a rock you find on the ground and try to draw its attention to help save who ever was being attacked. As the ghoul changes its interest to you it appears that you might not have thought this all the way through.
- c. After defeating the ghoul and finally knocking it out the person who you saved comes out and thanks you for everything you did in stopping that foe. They offer you some money but you couldn't accept how easy it was. The person explains that they have some giant spiders that are out near their farm and if you could come and help deal with them. You say "sure but for this I will need some payment".
- d. The giant spiders were a little more dangerous and a lot more terrifying. The person you help thanks you and pays you for your time and lets you be on your way. as you start to walk back to town a lone wolf comes out from around a tree and starts growling at you. It appears that this is going to be another dangerous thing you have to deal with today.
- e. After dealing with that wolf you finally arrive back in town. It has been a very stressful day and all you want to do is take a break and go to sleep. After you wake up the next morning you hear a knock on your door and an old couple is standing there looking terrified. They explain that they have a zombie trapped in their cellar and need someone to deal with it and were wondering if you could be the one to help with that. You accept and they show you the way to their house and open the cellar door for you to deal with the monster.
- f. After killing off that zombie you seem to be very tired. It wants to go to the market and get a bite to eat again unlike last time. Let's hope that something bad doesn't happen again right after. You definitely spoke too soon on this one because as you approach the market you hear a large amount of fearful yelling. A burning fire elemental has appeared and all you can think about is why are all these terrible things coming from. As you ponder this and get ready to deal with one heck of a heat wave you see a shadowy figure in the corner of the market running away with a book that has a weird symbol on it.
- g. After dealing with that fire elemental you think maybe that shady figure had something to do with all these weird appearances threatening people around the town. You decide to go to where they scampered off to and find a huge treant guarding a building and you decide to fight your way in.
- h. Upon defeating the treant you find that there was a summoner inside the building hiding in a corner trying to finish a ritual to summon a demon you rush over and

jump on him to stop the summoning. After that he throws you off and gets ready to fight and so do you

- i. burpees 10 x 5
- ii. Line hops 10 x 5
- iii. Jumping jacks 10 x 5
- iv. Side jumps 10 x 5
- v. Forward long jumps 10 x 5
- vi. 180 jumps 10 x 5