



# Age of Pandora

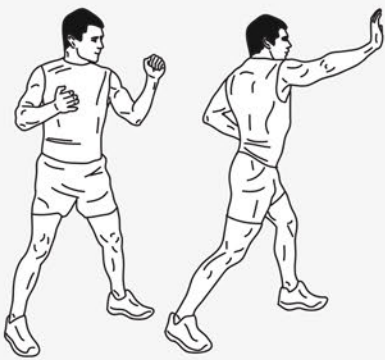
POST-APOCALYPTIC FITNESS QUEST

**PART I**

# Chapter 1

**PART I** You are woken up by the loud sound of sirens going off. You realize you are trapped in a container of metal and glass... and it's getting difficult to breathe. Break the glass to get out.

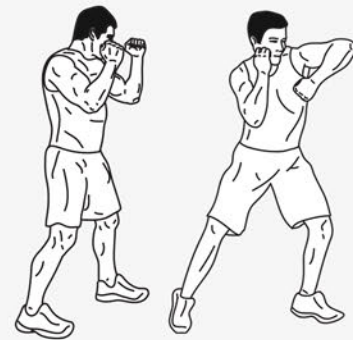
**Complete everything in any order.**



40 palm strikes



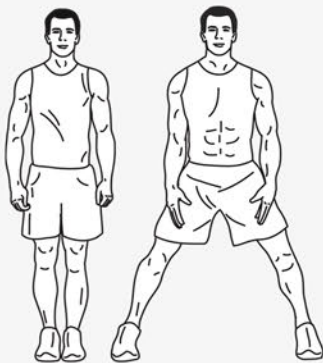
40 knee strikes



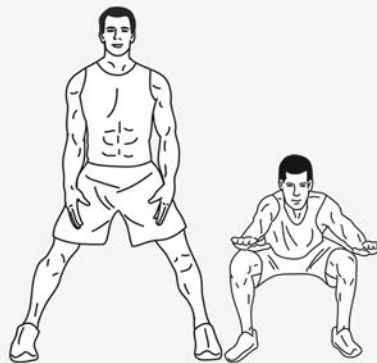
40 elbow strikes

**PART II** It's dark. All you can hear are screams and then... nothing but the mumbled sounds of powerful jaws chewing. Get out of there but carefully so you don't attract attention. You can't save anyone else.

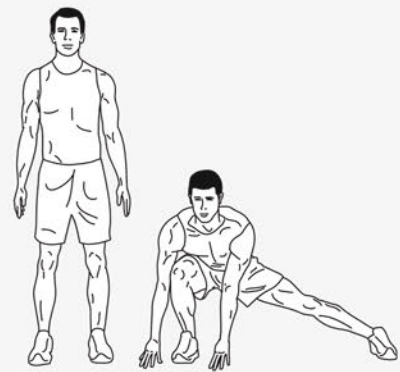
**LEVEL I** 5 sets **LEVEL II** 10 sets **LEVEL III** 15 sets      60 seconds rest between sets



20 half jacks



20 half jack squats

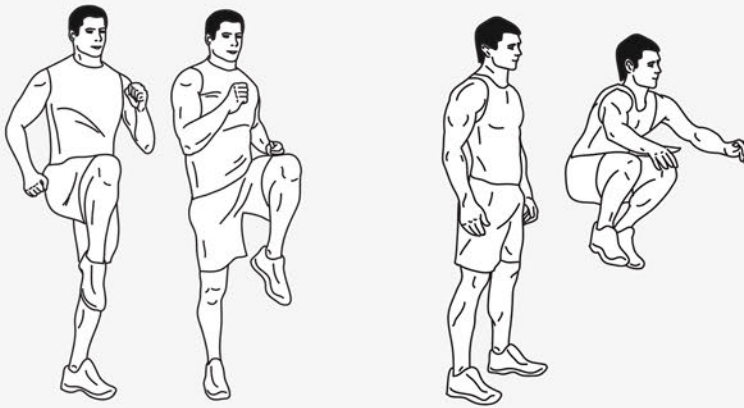


4 side lunges

## Chapter 2

**PART I** You have no idea what is happening. You can't even recall who you are. You do realize fairly quickly that if you don't run like hell now you will become someone's dinner. Run through the corridors and jump over obstacles. Whatever those creatures are, they are hungry. The fact that you are running seemed to have only spiked their interest.

**LEVEL I** 5 sets **LEVEL II** 10 sets **LEVEL III** 15 sets      60 seconds rest between sets



**10** high knees

**2** jump knee tucks

**10** high knees

**jump to the right**

**10** high knees

**2** jump knee tucks

**10** high knees

**jump to the left**

**PART II** As you reach the end you can clearly make out a door... and a massive lock on it. Whatever hope of survival you may have had just died. They are catching up with you, you can already hear them... Suddenly someone pulls you into a dark recess in the wall. "Shhhhhht. Don't move a muscle." - you hear someone say.

**WALL SIT LEVEL I** 60 seconds **LEVEL II** 2 minutes **LEVEL III** 4 minutes - in total



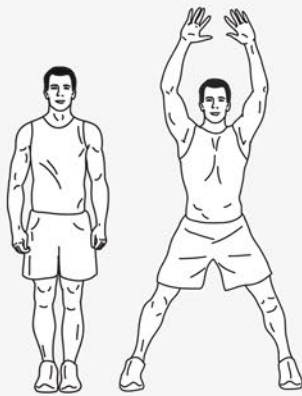
A herd of fearsome forms rushes past. They miss you, carried away by the chase. You and your newfound friend step out of the gap once the danger has passed. You can't tell how old the stranger is, his hair is completely grey, it's dirty and muddled. He has a scar going across his face virtually splitting it in two.

"Hmmm.. that wasn't very smart" - he mumbles angrily, - "Come with me, if you want to live."

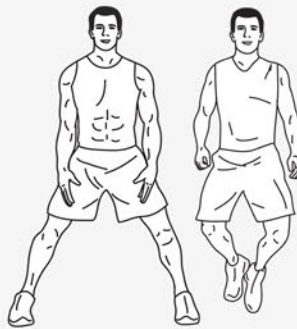
## Chapter 3

You vacate the building through a massive hole in the east wall. It looks fresh. What you see as you come out makes your skin crawl. Wasteland. There is nothing alive... or dead for that matter, as far as you can see, there is just... ruin. The stranger notices your reaction, chuckles and says: "Welcome to ..." but before he can finish the sentence something reaches down from above and bites his head off. "HOLY \*\*\*\*". That's one way to end a conversation. RUN!

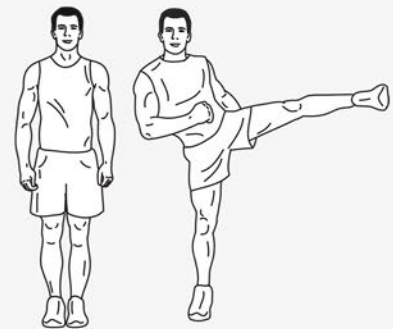
**LEVEL I** 6 reps each   **LEVEL II** 10 reps each   **LEVEL III** 20 reps each  
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



jumping jacks



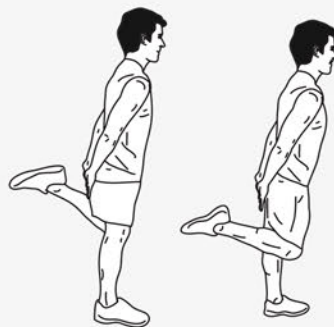
hop heel clicks



side leg raises



straight leg bounds



butt kicks



split jacks

If you were alone coming out of that building - it would have been your head. Whatever it was - it was big. It was fast. And it was also smart - it simply waited for the food to be delivered to it.



## Chapter 4

You were lucky this time but your problems have only just began - you have no recollection of who you are or where you are. Going back is out of the question, at least for now. The stranger may have had the answers but he sure as hell is not sharing anything with anyone now. You decide to look around to get your bearings - it's probably wise to get away from open ground and look for shelter in the tree patch nearby.

You're out in the open here and that's not a good thing. Everyone and everything can see you and they all know more than you, right now. So you need to get some cover. As you head for the trees you notice the mountain peaks in the distance, they rise like a wall, hemming in this land.

You make a mental note of that but you don't really have time to look around much. it's imperative that you get to a safe place and get some time to think.

As you look for a better spot to spend the night you notice the remnants of a camp. Someone has been here recently. You check it out and you find a backpack hidden under some tree branches. Warm clothes, supplies and a map. It probably belonged to the stranger who saved your life... he won't be needing it anymore. You change into his clothes and put yours away: a light silver-grey uniform - it's too thin for this terrain and it would stick out anyway. There is a thin chain with two dog tags at the end hanging around your neck. It has the symbol of a phoenix engraved in it - but nothing else. You decide to keep it on, just put it on the inside of your shirt.

This looks like a good place to wait until morning. You'll be able to decide what to do next then. You now have a map. Someone has scribbled at the top of it: "Pandora". You're bending down to peer at it all when there is a rustle in the undergrowth. Nerves already stretched to breaking point go into overdrive.

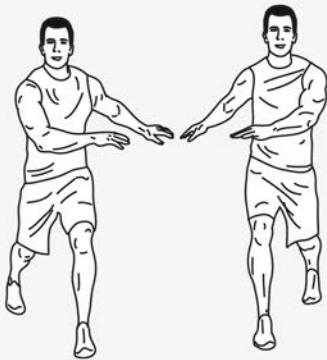
# Chapter 4

## PART 2

Age of Pandora  
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You see something moving towards you. Your eyes see size (it's big!) and feathers but that is about all that registers. Your legs are already moving as fast as they can taking you away from where you'd been seconds ago.

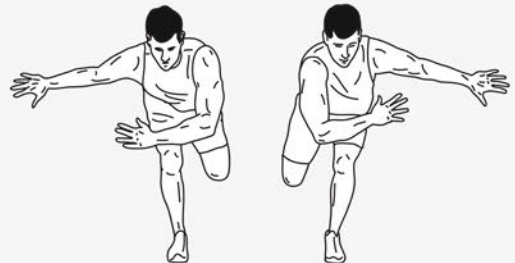
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets      2 minutes rest between sets



4 twist jacks



10 high knees



4 side-to-side jumps



10 high knees



4 jump squats



10 high knees

The map and bag are still left behind. The thing behind you is still after you, though you cannot be sure. You dive into the trees. You know you need to get that map and backpack. Your lungs are burning as your legs sprint with the power given to them by terror. What the heck was that thing anyway?

You barely have time to ponder the question. You take a sharp right and then a right again until you're sprinting through the trees, heading back the way you came from. You come out of the trees, lungs burning, legs turned to jelly with fatigue. You see the backpack intact where you'd left it. The horrible creature that chased you can be heard moving away, crashing through the undergrowth. That was a close call!

# Chapter 5



Start from "the ARC" and head to the point marked "Camp" on the map.

One travel point on the map equals:



**High Knees /  
March Steps**

**LEVEL I** 4 reps  
**LEVEL II** 10 reps  
**LEVEL III** 20 reps

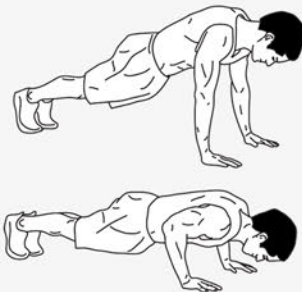


**Running /  
Walking**

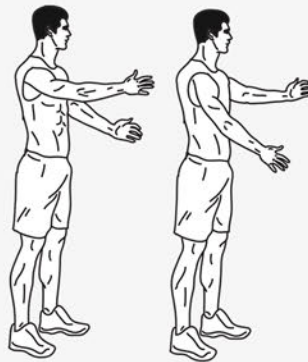
**LEVEL I** 50m  
**LEVEL II** 100m  
**LEVEL III** 200m

The Camp is now your primary location. It isn't safe just yet, you must reinforce it.

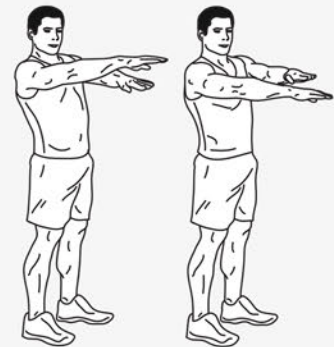
**X PUSH-UPS** **LEVEL I** 2 push-ups **LEVEL II** 4 push-ups **LEVEL III** 8 push-ups  
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets      2 minutes rest between sets



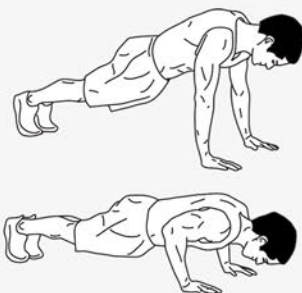
**X** push-ups



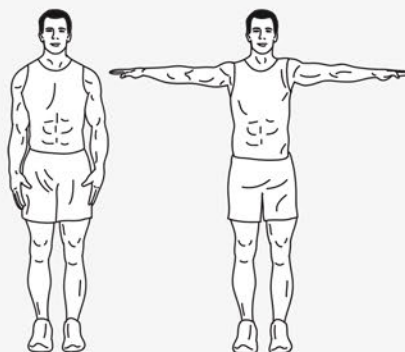
**20** scissor chops



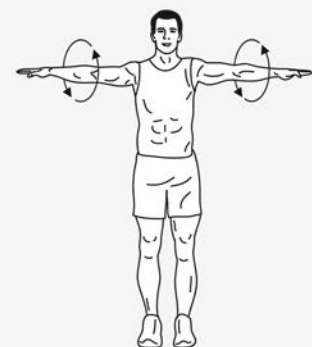
**20** arm scissors



**X** push-ups



**20** side arm raises



**20** raised arm circles



## Chapter 6

It's time to explore the area and find out more about Pandora. The map's previous owner has marked several locations on the map, each labelled "Agora". It sounds promising. Head there to resupply and gather information.



**Travel from your camp to any of the Agoras on the map**

**You see a noticeboard.**

There are different contracts posted there with different rewards for each. Each one for a different guild: Messengers, Builders and Hunters. You quickly figure out what those are - the workforce of Pandora. Messengers deliver messages from one safe-house to another, builders are paid to reinforce camps and hunters track down creatures for food or sport. Those are jobs. Pick one to do and complete it to earn "scraps".


**Instructions** Travel to the location and get the job done, then come back to get paid.




**Location** Camp Mira  
**Pay** 100 scraps  
**Job** Deliver a message  
**200 half jacks**




**COLLECT**



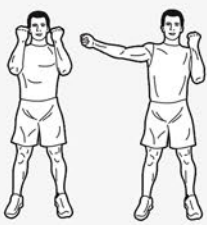
**Location** Bunker 201  
**Pay** 80 scraps  
**Job** Fix a bunker wall  
**50 push-ups**



**COLLECT**



**Location** Swamps  
**Pay** 200 scraps  
**Job** Collect a jar of scorpions  
**400 side-to-side backfists**



**COLLECT**



**Come back and resupply.**

Once resupplied you carefully ask the trader if he knows anything about the structure East of here. He has a blank expression on his face. "Perhaps you can ask Ermis, he used to be a scout for the Resistance so he might know more about the area - I never leave the Agora myself, it isn't safe out there. You'll find him in the old lighthouse."



# Chapter 7



## Go to the Lighthouse

You can almost see the lighthouse at the end of the road when suddenly you feel the wind picking up and loud thunder breaks out. The skies turn black and you have a creeping feeling there is something behind you. As you turn back you see a massive creature: it resembles a wolf except much larger and with two rows of teeth and... no fur.

Run and try to dodge it!

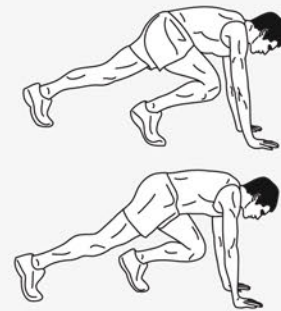
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



10 high knees



2 side-to-side jumps



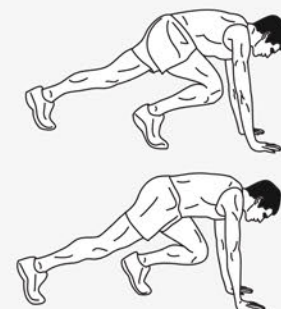
10 climbers



10 high knees



2 jump knee tucks



10 climbers

You can hear someone yelling through the wind - "This way! Get inside!" you see a figure holding a door for you. You rush in. You're inside the lighthouse.

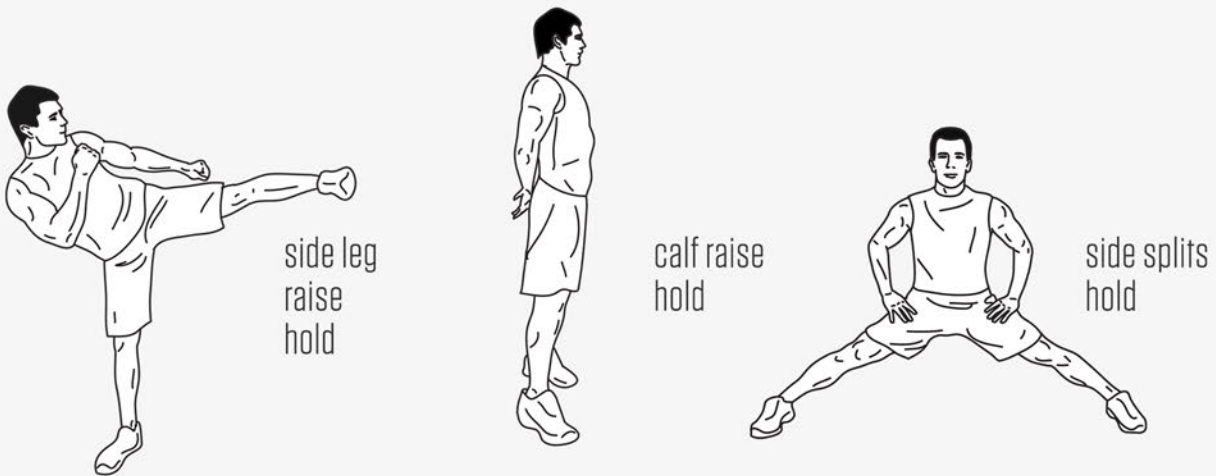
# Chapter 8

An old man is hurrying you up the ladder, to the top. You follow as he mumbles:  
"Good thing I noticed you. Ain't many people in these parts." He proceeds to check on what appear to be fishing rods, sticking out of the windows and then shows you to the table. The weather outside gets worse - you can hear the wind howling and the skies breaking. The water is flooding everything around including the bottom of the lighthouse and everything around it.

The rods begin to pull. "Grab 'em" - he yells!

## PART I HELP THE MAN SECURE THE CATCH

**LEVEL I** 30 second hold   **LEVEL II** 60 seconds   **LEVEL III** 2 minutes hold each  
**3 sets** | up to 2 minutes rest between sets



## PART II HOLD & PULL!

**5 minutes**

each exercise  
no rest  
between exercises



raised  
arms  
hold



speed bag  
punches

**Ermis:** Oh, good one. I am not as strong as I used to be, you see.... They rip each other apart during every flood and I get the leftovers.... You are not from around here, are you?

**You:** Not exactly, no.

**Ermis:** So, what brings you here? There isn't anything for miles around so I doubt you were just sight-seeing.

**You:** I have been told you might know something about the oddly shaped structure in the North-West from here.

**Ermis:** .....yes, I might. What's it to you?

**You:** I need to know about the people there, who they are and why they are there.

**Ermis:** ..... if you know about the people you must have been there. If you've been there... well, it must have failed then.

**You:** It's very important. Please, anything you can tell me about that place will be helpful.

**Ermis:** I can tell it's a personal matter. I have my suspicions but I will not question it. A long time ago I did indeed come across those parts. You better make yourself comfortable, it's a long story.

## Ermis' Story

I was still very young. Young and stupid. I signed up to become a scout for the Resistance. It wasn't much of a job but it came with a guaranteed one meal-a-day. Many were signing up because of that.

Me and my friend Jotunn. We knew every corner of Pandora and there was no place we couldn't get into. Well, except for one that is. No one really knew what was inside - it had a protective shield all around, active and powered by an internal power source. You couldn't get in, you couldn't get out either if you did get in, we thought. We had all kinds of ideas of what might be inside but no one ever could say for sure.

One day, there was this storm, a bad one [ he looks out of the window ] - not like this drizzle, no, the real deal. Lots of people died that day. We were around there at the time and we thought it was the end of us, too, if not for the lightning strike - it hit the building and for a time disabled the shield. We were afraid to go in but we didn't have much of a choice - the storm was getting pretty bad and it was the only shelter around.



We weren't sure how much time we got before the shield would go back up so we started grabbing anything we felt we could carry. We came across a room with lots of papers in it, we grabbed everything we could stuff down our pants.

And then we saw it, the room with lots of glass and metal containers. [ he looks up and looks at you again ]. With people in them. Not corpses, people. A whole room of them, suspended in there. Not dead but not quite alive either. As we were about to enter, the system started waking up. We knew right there it was time to get the hell away from there or be trapped with the living corpses. We just made it out before the shield was activated. And the place became a locked box again.

As far as I know it's remained locked and protected ever since. If you got out, though.... it must have finally failed. No one used to be able to get in or out. We boasted about our trip everywhere we could but we were just laughed at. No one believed us. Especially when we mentioned the living corpses. That's when our story lost all credibility. We tried showing them the papers but they just told us we made it all up. Eventually, I convinced myself that we might have done but Jotunn.. he became obsessed. He tried to get back in, find a way to prove to everyone that what we saw there was true - nothing else mattered to him. I eventually settled down here and I've never heard of him since.

**You:** Do you... do you still have the papers?

**Ermis:** I do. I don't have much, I only kept but one memento... and, well, you seem like you need it more. Here.

**You:** Do you think Jotunn has kept any?

**Ermis:** He may have done. I retired a long time ago. You will have to ask after him at the Resistance camp. These are not good times. The great harvest is almost upon us so I would hurry if I was you.

**You:** Strange. I haven't seen any fields around for any harvest.

**Ermis:** We are the harvest. It happens every year... and there are but a few days left before they come. Monsters. They destroy everything in their path, eat anything that breaths. The only shelter is in the bunkers - every year they try and reinforce them, rebuild them... but those who can't secure a spot in one - they die. Thousands die every year and every year fewer and fewer of us are left.

**A shiver runs down your spine.**

**Received: Entry Log #1**



## Entry Log #1

It was a brilliant stroke of innovation. Fusion cells to power the shield wall. Then trickle power to maintain the cryopods stable. We thought that if we wired the solar panels as secondary units and made the fusion cell the primary one we'd be able to circumvent any power-damp issues. This way stability would be guaranteed. The system would be self-rectifying. I mean even after we have passed, it will keep on carrying on, and on and on. That's the beauty of it. Eternal life, of a sort.

No guarantees of course. I mean we talked for hours and hours. Run scenarios. Computer simulations of what will happen, can happen, might happen. Must have burnt through a hundred computing cycles before the system showed signs of overheating. In theory this should work. Well, let's face facts now. It has to work. It's not like we have many options left here.

## Chapter 9



### Go to the Resistance camp

As you enter the camp you see the recruits: broken and starved, some are too young to be fighting. All wearing mismatched clothes but all and each one with the symbol of the Resistance drawn on their sleeves. Some playing, some clinging to each other for warmth near the fire. **You finally get to the main tent where you meet a young ginger haired woman with a pixie haircut.**

**Hella:** New recruit? Good! We need all the good men we can find.

**You:** ..Sorry, I am actually looking for someone. His name is Jotunn, he served as a scout here. Do you know him?

**Hella:** Hmmm. Tell you what. You need something. I need something. Help me and I'll help you. Sounds fair?

**You:** Alright. What is it that you need?

**Hella:** See that mountain over there? We have a group of recruits trapped in the mines underneath. Help me free them and I'll tell you whatever you want to know about Jotunn.

**You:** Alright.

# Chapter 9

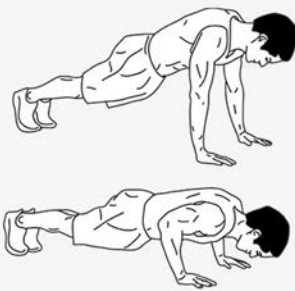
## PART 2



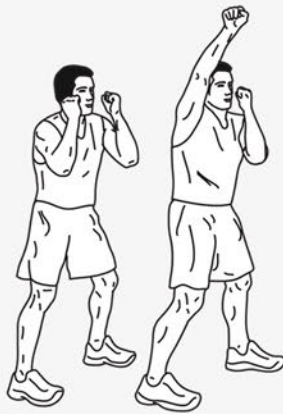
### Go to the Mines

Once there you realize that the children trapped under there are not just trapped by the rocks - they are surrounded by wild rats, each the size of a dog. You see smaller rocks scattered all over, grab them - and throw them at the rats. Lure them away from the mines.

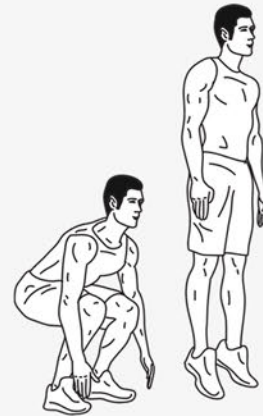
**X PUSH-UPS**   **LEVEL I** 2 push-ups   **LEVEL II** 5 push-ups   **LEVEL III** 10 push-ups  
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



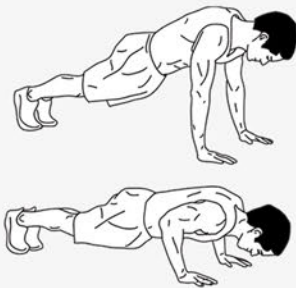
**X** push-ups



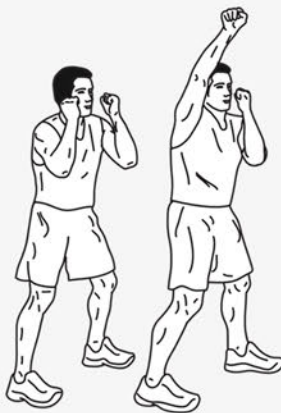
**20** overhead punches



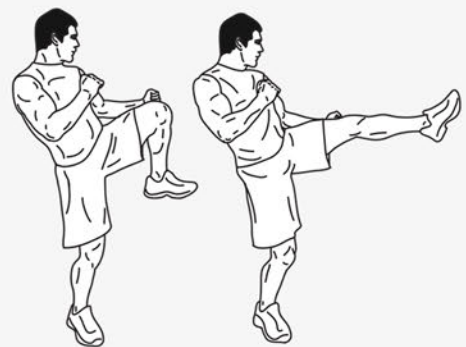
**2** jump squats



**X** push-ups



**20** overhead punches



**20** front kicks

## Chapter 9

### PART 2

**Hella:** Phew, that was close.

**You:** You nearly got me killed, you didn't say anything about the rats!

**Hella:** Naturally, you would expect that. Were you born yesterday? Nevermind. A deal is a deal. Why did you ask about my father anyway?

**You:** He is your father?

**Hella:** So, what of it?

**You:** Well, I suppose I just wanted to know where he was - I need to ask him a few questions.

**Hella:** Most likely dead. I haven't heard from him in years. Tough luck. Now if you let me...

**You:** Hold on, hold on. Perhaps you can help me then. I am looking for some papers he may have had. Did he ever tell you about his scout days? Perhaps, something unusual in the mountains? A strange place with an impregnable shield?

**Hella:** Yeah, he wouldn't shut up about it. He had lots of stories and all of them, naturally, heroic as hell. When I was a little girl it all sounded so magical, so full of purpose. That's how I ended up joining the Resistance. He talked about glory and salvation and the redemption of humankind. Such nonsense. I ate it all up and here I am. [ long pause ] but I wouldn't change a thing, you know. We might be small in numbers, too weak to fight - but at least we are doing something unlike all those hoarders, building shelters, waiting it out. Cowards.

**You:** So, you should have some mementos then, he must have left some.

**Hella:** Don't you get it? He ...he lied. I don't believe any of it was true. You tell kids stories about the new age, better times. Like all of this is some kind of great plan, like there is a purpose to all this death and misery... We believe it when we are children but you have to grow up sometime. And here, you don't have the luxury of having a childhood.

**You:** You can't know for sure. Maybe he really did all those things.

**Long silence.**

**You:** Is there any chance he left anything behind? Any papers?

**Hella:** He was obsessing over some papers. As he got older he started spending more and more time on his own in the mountains. Kept muttering something about the end of the world and something about a curse. I was worried he might join the Dreamers. He didn't in the end but it wasn't much better. You should find everything in the cave there - they are of no value to me but be careful, it may not be that safe out there. Rats are one thing - mountain lions are a whole different story.



## Chapter 10



### Go to the Mountain Cave

You enter the cave and examine it: The floor is smooth. The man's years of living there have marked it as unnatural. He has hewed and worked on anything that was not smooth already. Some kind of man-made concrete has filled any gaps on the floor. It is incredibly clean.

In one corner there is a stack of papers. Papers! You bend down and look through them. Whatever this man has been doing has clearly been going on for a long time. Some papers are faded beyond legibility, the scribbles on them barely visible. But there are others. The kind that only the plave he'd woken up in would have.

The diagrams there are still clear. The paper itself white like it was only printed yesterday. The diagrams on these papers are complex. Some are full of lines and squiggles. Circuits. How does he know that, he wonders? Others are orderly row upon row of what look like sleeping pods. More sleeping pods than he can remember seeing, but then he didn't exactly have time to stay behind and take a head count.

You look at all of this bemused. Now that you have found something of what you'd expected you have nothing else to go on with. You have no idea what to do with it.

In consternation you transfer your attention to the cave walls.

The rock walls are rough but also clean. there are writings all over the walls - formulas and interpretations alongside words: "Evolve" & "New World". Clearly, manifestations of his obsession. There are arrows pointing to finger paintings and figures chiseled into the stone face. Long lines of text in a language that does not make sense. Then numbers. Lots of numbers.

While you are looking at the writings on the cave wall someone creeps up behind you and hits you on the head. You pass out and wake up tied up. A hooded person stands above you.

# Chapter 10

## PART 2

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**You:** Who are you? Why did you attack me?

**Priest:** You are looking for the sacred scripts you are not worthy of. I had to stop you.

**You:** Alright, and you are ?

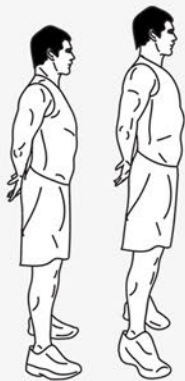
**Priest:** I serve the Creator.

**You:** So what's your plan then? Are you going to kill me?

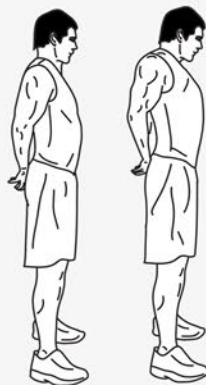
**Priest:** (bewildered) Of course not. We Dreamers only endure. You will be tried by the Creator's hand, he will decide your fate and if you are worthy of the great Awakening or should be damned to the eternal dream.

The priest takes out a jar filled with scorpions, empties it next to you and leaves. They are black and angry and heading towards you. Free yourself and survive. **Hands behind your back at all times.**

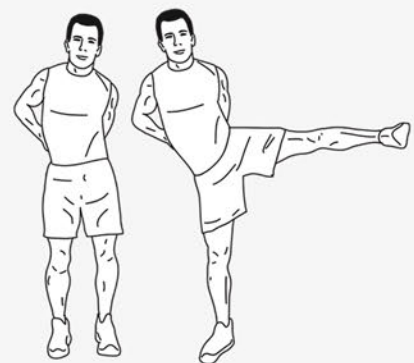
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets      2 minutes rest between sets



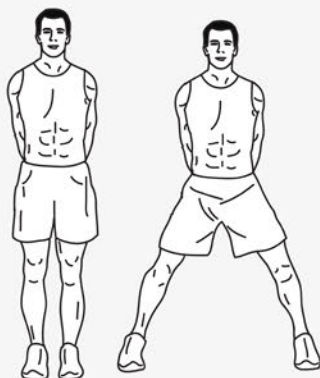
4 calf raises



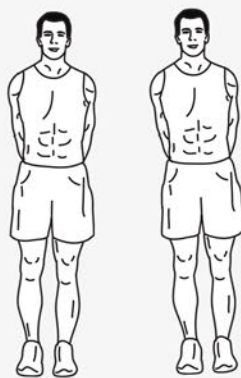
4 back stretches



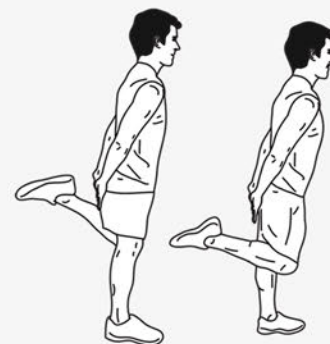
20 side leg raises



20 half jacks



4 side-to-side hops



20 butt kicks

# Chapter 11



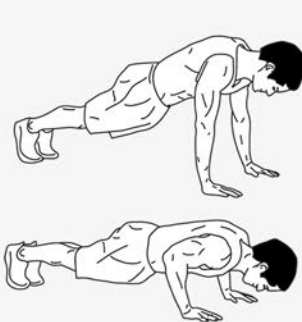
Head back to your camp.

After your strange encounter you have to think things through and make sense of all of this. This place is positively insane, that much is clear. If the wild animals don't get you, people will. What was it about Dreamers? You've heard it somewhere before. You check the map and surely - there is a place marked "Dreamers". You'll have to check it out tomorrow. You will need to get some rest now.

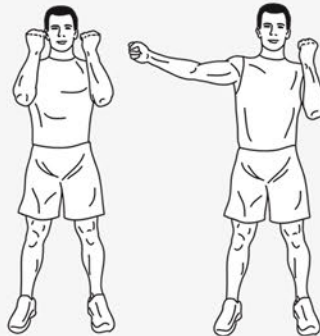
## REINFORCE YOUR CAMP, IMPROVE DEFENCES

**X PUSH-UPS**    **LEVEL I** 4 push-ups    **LEVEL II** 8 push-ups    **LEVEL III** 10 push-ups

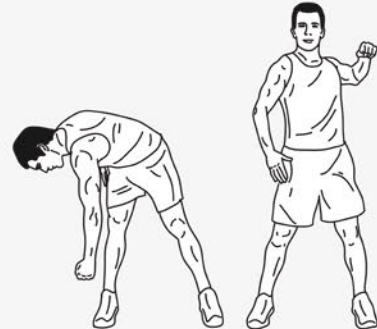
**LEVEL I** 3 sets    **LEVEL II** 4 sets    **LEVEL III** 5 sets      2 minutes rest between sets



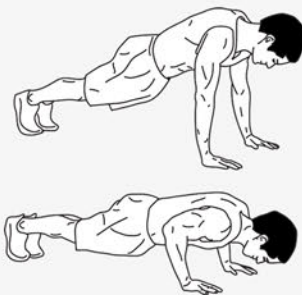
**X** push-ups



**20** side-to-side backfists



**20** lawn mowers



**X** push-ups



**20** squat hold punches



**20** overhead punches



## Chapter 12



### Go to the Dreamers' Temple

At sunrise you set out to go and find those Dreamers and see if they might have any information that's useful to you - or any of Jotunn's belongings at the very least. One of them was snooping about in that cave after all.

As you come closer to the place, you see a massive structure made of wood, mostly - unprotected and in general pretty undefended. Lots of people there, priests and dwellers. They seem carefree. Which doesn't make sense at all since the place is covered with bones... human bones. There are lots of people everywhere so it is probably ok to just walk-in without raising the alarm. All you have to do is smile and behave like all of this is ok.

You walk right in, undisturbed - people are smiling at you as you walk past. You move closer to the gathering at the center and witness the following:

A young woman is standing at the top of a crater. The crater has a hole in it, a nest of some kind - whatever nests there isn't good. Just like everything around, the bottom of the crater is covered in bones.

A person of clear importance, judging by his dress, a High Priest, speaks to the crowd.

As you realize what is about to happen - a massive scorpion crawls out of its nest inside the crater. Although it's clear it's not going to get out, someone is about to be thrown in. You don't have much time to decide.

#### OPTION A

Walk away and wait until it's over.

#### OPTION B

Create a diversion and try to save her.



## Chapter 12

## A

Age of Pandora  
© darebee.com

If you chose option A

### DO NOTHING

The woman is thrown in. A massive scorpion crawls out of its nest. It stings her once to immobilize her and then drags her into its nest. You hear her screams which get fainter and fainter. You realize that this world has no safe place. These are people who are locked in desperation. It will be difficult shaking them out of it.

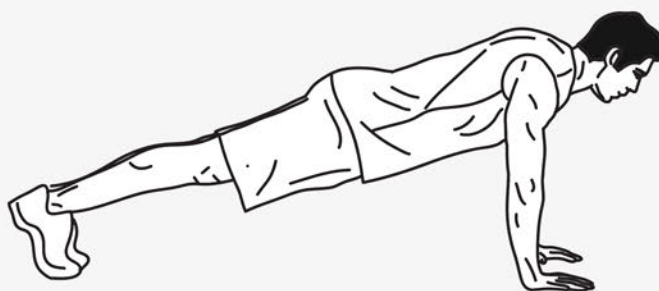
As you wait for the darkness to fall you realize just how really alone you are in this world. You know that in order to survive you will need help, the aid of others. In order to make it you will need to unite people who do not understand the concept. You will need to get people to work together when they are not used to doing anything other than saving themselves.

You don't know if you can do it. This world is really cruel, harsh. Dreadful. Sitting alone, shivering slightly in the dark, you realize the huge appeal of the Dreamer's cult. That way at least suffering ends. Quickly.

### PART I PLANK

## 5 minutes

throughout the day /  
split into manageable sets



### PART II WALL-SIT (ONCE)

**LEVEL I** 60 seconds

**LEVEL II** 2 minutes

**LEVEL III** 4 minutes

# Chapter 12

# B

If you chose option B

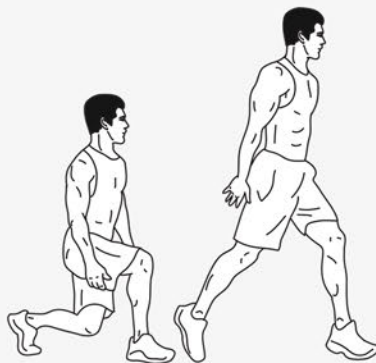
## CREATE A DIVERSION AND TRY TO SAVE THE GIRL

You grab a torch, light up a wooden structure and yell "FIRE!". Everyone is distracted enough for you to make your way to where the High priest is and grab the girl. In the panic, you both manage to escape.

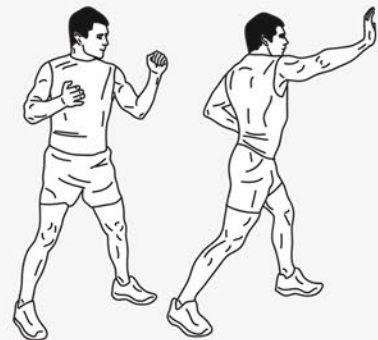
**LEVEL I** 5 sets   **LEVEL II** 10 sets   **LEVEL III** 15 sets   2 minutes rest between sets



**10** high knees



**4** jumping lunges



**10** palm strikes



**10** basic burpees with a jump

**Alana, The Thief:** That was awesome! And very creative. I could have managed on my own, of course, but thank you for your help.

**You:** You are welcome. Were they trying to sacrifice you? Why?

**Alana:** I was to be judged by the Creator. Just like many others I... have to get creative to find food. Dreamers have food stores and I was caught when trying to sneak in.

**You:** They were going to kill you for stealing food?

**Alana:** Dreamers don't kill - they get creatures to do it for them. They expect nature to take its course, they see it as merely accelerating the process. They believe that the creatures are guided by the Creator's hand so ultimately he passes the judgement, through them.

**You:** Great. So you die either way. It's hardly a trial.

**Alana:** It can be instant or it can take days. It really depends on whether the scorpion is hungry but yeah, you summed it up. For Dreamers this whole world is but a dream - they are waiting for the great awakening.. or the harvest. Whichever comes first. Every year their numbers grow - every year most of them die. The promise of the end to the nightmare gives people hope. I can't say it didn't cross my mind once or twice to join them.

**You:** They are giving up.

**Alana:** It's only a matter of time until we all die, there aren't many of us left already and yet, there isn't enough food for the remaining few. We can't grow anything and there isn't anything to hunt - everything is hunting us.

**You:** There should be another way but giving up without a fight definitely isn't it.

**Alana:** What are you doing here anyway? Clearly you don't share their beliefs. If you were hoping for food, they are not big on sharing, unless you're one of them.

**You:** I am looking for some information. Papers. Similar to this one (show her the note). Have you seen anything like that?

**Alana:** I have. Dreamers keep all the valuable documents and scripts in one place near the food stores. One of those was on display. I gather it's their most prized possession. They are not going to give it to you, of course, even if you ask nicely.

**You:** I guess I'll have to get creative myself then.

**Alana:** ... You saved my life. I'll help you.

**You:** No offence, but you were already caught once.

**Alana:** There will be two of us this time. And this time, I'll distract them.



# Chapter 13

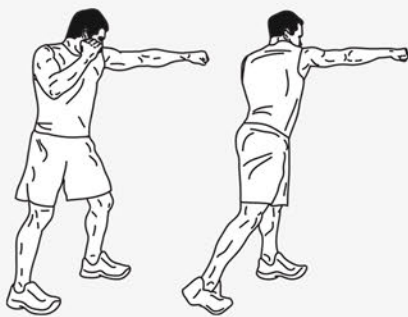
# A

If you chose option A in chapter 12.

You come back later at night and sneak into the temple. The page you are looking for is on display, in the center of the Temple. You carefully take it off its holder (**Entry Log #2 acquired**) and proceed out but as you try to leave - a guard grabs you. "Another thief! You'll see what we do to thieves here". He drags you to the pit and pushes you down.

The fight with the creature is unequal. It has a hard carapace and a long stinger and you have just bare hands. You work hard to dodge its stinger. Luckily it is used to slower, stunned prey, people petrified with fear or devouts willing to die. It is not prepared for a fight. You dodge under its reach, where it cannot sting you and attack its legs, at the joints with kicks. It is unprepared for such an attack, vulnerable.

**LEVEL I** 5 sets   **LEVEL II** 10 sets   **LEVEL III** 15 sets   60 seconds rest between sets



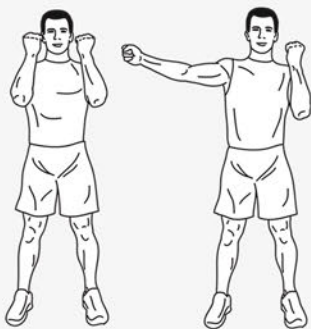
10 jab + cross



4 squats



4 side-to-side lunges



10 side-to-side backfists



4 squats



10 uppercuts

Two of its legs collapse under it before it realises what is happening. It tries to bring its body about, to bring the stinger to bear, roll away and come back again. Fast. Your kicks are lethal. Two more legs collapse. With one side disabled the creature only manages to go round in circles, its stinger lashing out in blind, helpless fury. Get past it, crawling on your hands and knees and head for the only avenue of escape: its own hole.



## Entry Log #2

There really is no choice. There is only one way to save the world and that is to make sure the Awakening happens at the right time. Through the time of the cryosleep the world will fill with all kinds of horrors some of which we can't even imagine. We need to be patient. Time is on our side.

The Sleep will see all those who are chosen safely through the bad times. Each one was carefully selected. Skillset profiles and abilities, complementing the group. The few that were picked out at the beginning grew into a mighty horde (of sorts) as word spread. More volunteers coming in each day.

They all knew the score. At the appointed hour, they will be called forth. Awakened so they can take their rightful place and reclaim the world.

Men and women. All were taken in. Once they understood the threat and the salvation of mankind they became convinced. Understood that the only way to survive what was happening was to Sleep until Awakened. We planned everything, down to the final detail.

The Big Sleep has began. Site A is complete, all those who believed in the Plan deeply asleep, waiting to be Woken. Site B has, of course a different plan but that is immaterial to us.

Now, we just need to hope that the Awakening happens exactly when it should. The world then will be truly theirs. Ours. We will have reclaimed it!

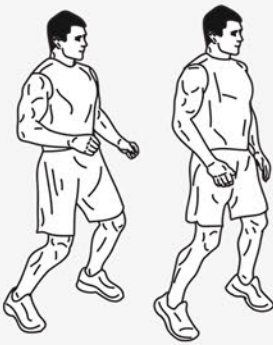
# Chapter 13

# B

If you chose option B in chapter 12.

You creep into the Temple while Alana distracts the guards on the other side of the camp. You have to get away before anyone raises the alarm.

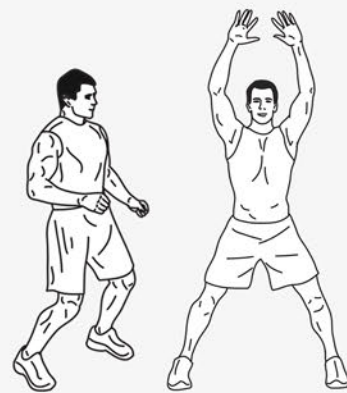
**LEVEL I** 6 reps each **LEVEL II** 10 reps each **LEVEL III** 20 reps each exercise  
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets      2 minutes rest between sets



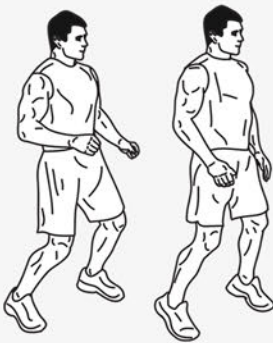
bounces



bounce + bounce + squat



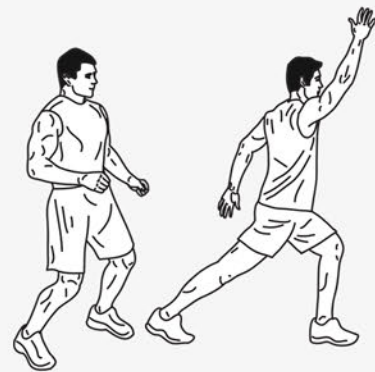
bounce + bounce + jumping jack



bounces



bounce + bounce + squat



bounce + bounce + split jacks

## Entry Log #2 acquired.

You make it out safely from there, meet up with Alana and each of you goes your separate way.

Offer her to stay with you in your camp?

**YES**

## Entry Log #2

There really is no choice. There is only one way to save the world and that is to make sure the Awakening happens at the right time. Through the time of the cryosleep the world will fill with all kinds of horrors some of which we can't even imagine. We need to be patient. Time is on our side.

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# Chapter 14

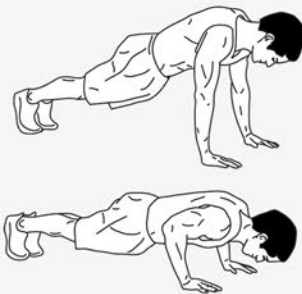


## Head back to your camp.

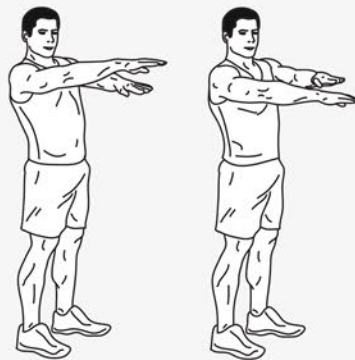
That much is clear now: you were placed into those cryopods to eventually be awoken... what was your purpose? Clearly, whatever the original design was, it went wrong. Here you are now. You need to find out more. Exploring this world should be a priority. You know now that there is one other location. If the secondary location is somewhere in these parts you must find it, it may have more answers.

### REINFORCE YOUR CAMP, IMPROVE DEFENCES

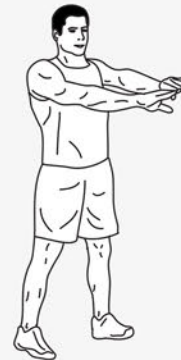
**X PUSH-UPS**    **LEVEL I** 6 push-ups    **LEVEL II** 10 push-ups    **LEVEL III** 12 push-ups  
**LEVEL I** 3 sets    **LEVEL II** 4 sets    **LEVEL III** 5 sets      2 minutes rest between sets



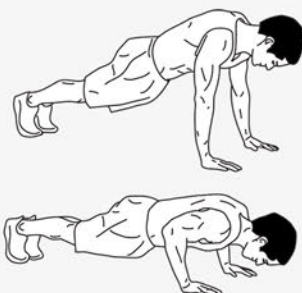
**X** push-ups



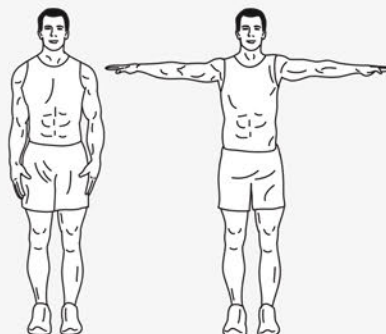
**20** scissors



**20-count** raised arms hold



**X** push-ups



**20** side arm raises



**20-count** raised arm hold



# Chapter 15




**Head to the nearest Agora to resupply.**

Pick a notice from the noticeboard and complete the job.

**Location** Camp Mira   
**Pay** 40 scraps  
**Job** Fish Delivery  
**100 calf raises**



**COLLECT**

**Location** Bunker 7   
**Pay** 100 scraps  
**Job** Carve a lion statue  
**500 knife hand strikes**



**COLLECT**

**Location** Mines   
**Pay** 200 scraps  
**Job** Collect 100 baby stoneworms  
**800 overhead punches**



**COLLECT**

Before you leave you check the noticeboard. There is a new notice there that attracts your attention:

Hunter, builder, messenger! I don't care who you are as long as you can fight. There is no pay, but there are great riches and we will split the loot 50/50 once the job is done. I alone know the location and I'll lead us there. I have checked it thoroughly but the place is overrun by Betas so you better be ready to fight. Ask after me at the fighting pits near the City Ruins. - Dicer



...You can clearly make out a faded symbol of a Phoenix, watermarking the paper. It's the same Phoenix you have seen on your dog tags. You better find this Dicer and fast.

## Chapter 16



### Go to the City Pits

You enter the pits and you hear the sounds of fighting and cheering. You recognize it for what it is - fistfights. There are several craters in the city pits and they are a lot smaller than the ones you encountered at the Dreamer's Temple - they are designed for one-on-one matches. Two men come in, one man comes out - one is carried out.

As you walk, looking for someone to ask about Dicer you hear someone's voice: "Dicer, you son of a bitch, you are not getting away this time". You can see a man with two heavily muscled bodyguards confronting a much smaller scrawny man. Dicer, that has to be him. "Boys, break his legs" - says the man in charge.

... He is not good to you if his legs are broken - you have to act fast.

**You:** Gentlemen, what seems to be the problem here?

**Bookie:** Mind your own business.

**You:** It might be my business - why don't you tell me.

**Bookie:** Dicer here owes us 400 scraps and he was just about to pay us. Right, Dicer?

**Dicer:** Well, you see, it's not really a good time for me...

#### OPTION A

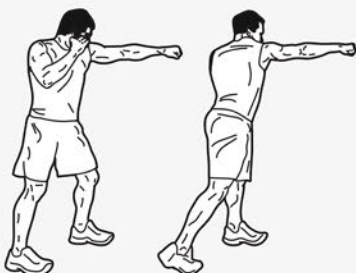
Offer to fight to win the scraps for Dicer.

Bookie agrees to set a match.

Fight Boris:

#### 5 minutes

jab + cross  
non-stop,  
no pauses



#### OPTION B

Pay 400 scraps

Your relationship with Dicer has started to cost you valuable resources already. You think he'd better be worth it otherwise you will break his legs yourself! Of course, this won't be the only time you will think that, but you don't know it yet.

## Chapter 16

### PART 2

**Dicer:** Oh man! You saved my bacon there! Thanks so much.

**You:** I was actually looking for you. I saw your notice.

**Dicer:** Oh, yes, that's legit! It's the real deal. You want to join my crew then?

**You:** I am interested in the place, yes. You have to tell me more about it, though, what exactly did you see there?

**Dicer:** Well, stuff, you know. Some kind of chicken with flames everywhere. I couldn't get anything out - the place was swarming with Betas, I could just grab what I could stuff in my pockets. There must be lots more metal and rare parts in there. I thought I'll return with help but no one believes me. Can you imagine that?

**You:** Hm. Yes, it is hard to imagine. So, what exactly is this place?

**Dicer:** It's some kind of base. Stone walls all around. I came across it by accident. I was... temporarily spending time in the mountains, doing some reflecting and stuff, you know. And there it was, right in front of me, you know. The walls have crumbled here and there so climbing in was not that difficult - I even got some stuff from the inside the perimeter - lost most of it, sadly, due to bad investments. The main building must have even more loot in it but it's all locked up, I couldn't get in there. And there are Betas all over the place, must be a nest nearby - I barely got away with my skin still on.

**You:** And you are still interested in going back?

**Dicer:** You betcha. We can go right now. We just have to get the rest of my crew.

**You:** You have a crew?

**Dicer:** Of course, I'm not without resources you know. Just kinda going through a tough patch at the moment. I have a strong force I can call upon in the mountains and then there are people I know in the Guilds. In some circles I am a pretty big deal.

**You:** I see.

**Dicer:** I can tell you're not impressed. Look, you helped me. I am in your debt and Dicer always pays his debts (he pauses) one way or another. By the look of you, you're not from around here that's odd in itself. I think you and I can go far in this place.

**You:** How?

**Dicer:** I know how this place works. I mean, really works. I can help make things happen. I just need a little help in getting started. You seem to know things. Things no one else understands.

**You:** How can you tell?

**Dicer:** Most people don't even think the place I am talking about exists. You saw something on a piece of paper and want in. Plus, you're pretty handy with your fists and legs. That's rare in itself here, unless you happen to be a trained fighter and all of those belong somewhere. No loner survives for long.

**You:** So, your crew? In the mountains. We can go and get them.



# Chapter 17



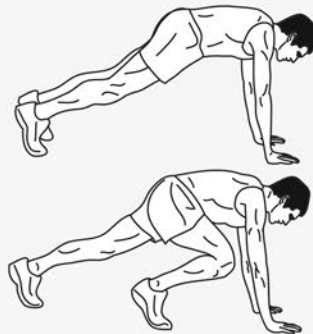
## Go to the Mountain Pits.

Follow Dicer to the mountain path. He points up letting you know that you'll climb from here. The path is tricky, the stones are crumbling under you.

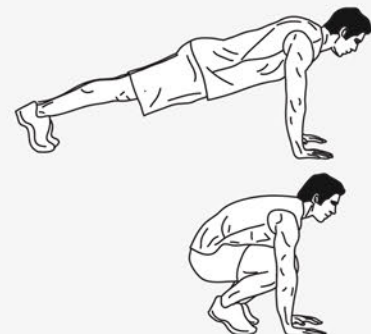
**PUSH-UPS & PLANK WALK-OUTS**    **LEVEL I** 4 reps    **LEVEL II** 6 reps    **LEVEL III** 10 reps  
**LEVEL I** 3 sets    **LEVEL II** 4 sets    **LEVEL III** 5 sets    2 minutes rest between sets



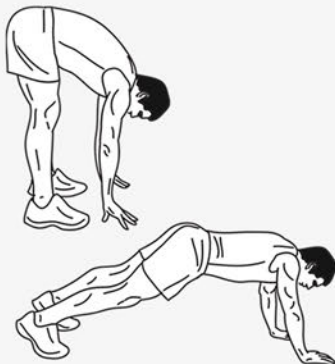
10 lunge step-ups



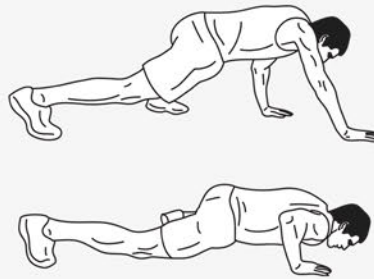
10 slow climbers



10 plank jump-ins



X plank walk-outs



X dragon push-ups



10 plank rotations

finish each set with **20** "open & close" fists



# Chapter 18

You finally reach the top and you can see a small dwelling there, several hats, campfires here and there. Rough looking people live here, men and women both warrior types. One of them recognizes Dicer and yells:

**Leader:** Dicer, we told you if you climbed up here again we'd throw you back down.

**Dicer:** I know, I know, but hear me out. The place I told you about is legit.

**Leader:** We've heard enough of your lies and fairytales - if you were not my wife's second cousin I would have fed you to the mountain lions a long time ago.

**You realize Dicer may have exaggerated the crew situation but if any of what Dicer told you about the creatures near the structure is true - you need these people.**

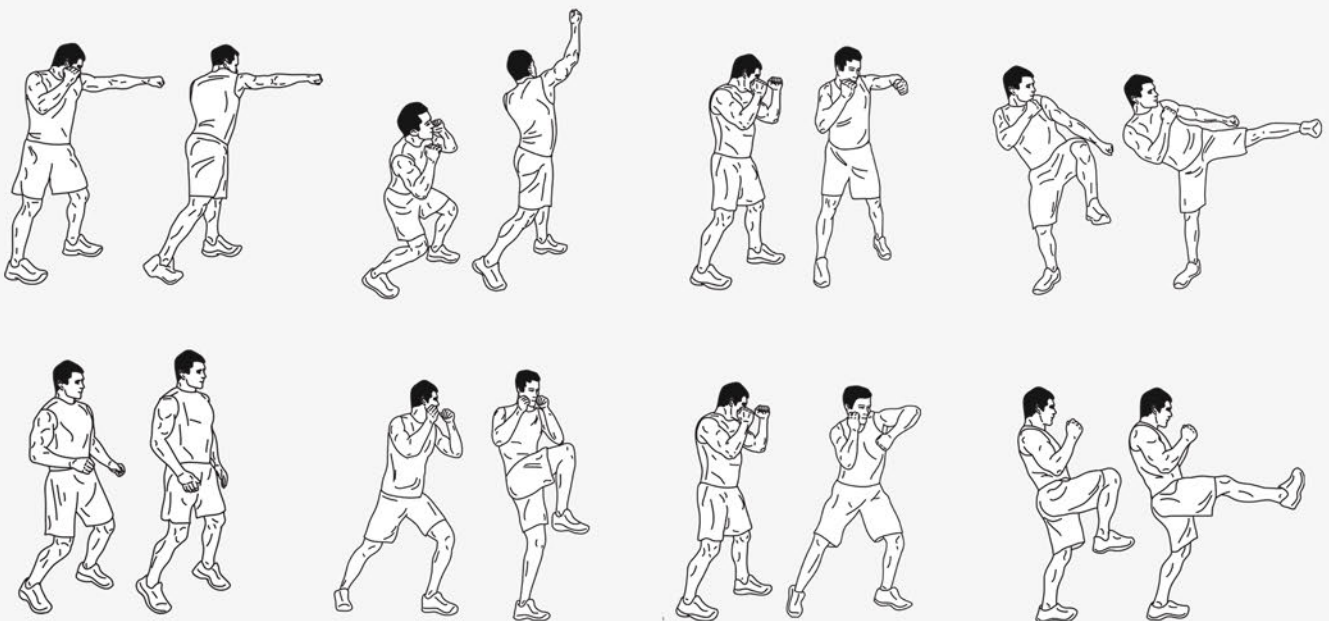
**You:** What he says is true, I have confidence that the place he described does indeed exist.

**Leader:** I don't know who you are but anyone hanging around Dicer is not worth listening to either.

**You:** How can I prove myself? What must I do for you to hear me out.

**Leader:** Hmmm. You can tell a man by how he fights. Last 10 minutes in the ring with me and if you do, we'll talk.

**LAST 10 MINUTES** use any of the following moves in any order for 10 minutes non-stop



10 MINUTES DONE

NOPE.

You lasted 10 minutes

The Leader offers you a seat and a drink and he allows you to talk freely:

**You:** I want to get to this place but not because there might be lots of scraps there but because it may have answers for me. Answers I need.

**Leader:** What good are answers when you are hungry?

**You:** For me they are everything. Not so long ago I woke up in a coffin made of metal and glass, I have no idea who put me there and I have no idea why. I ended up in this land that I do not completely understand but I feel like I have a part to play in it. I saw the symbol on a piece of paper Dicer posted at the Agora - the same one I saw in the place I woke up in. That's how I know that what he is saying is true. Whether it has anything of value inside, that I cannot vouch for. If it is anything like the place I came from - there must be things there worth the gamble.

**You:** I see. I cannot give you any of my men on a gamble but if any of them will volunteer, I will not stop them.

The Leader gathers his men and asks for volunteers. Two men agree to join your group: Ivan and Drago. They pack and take off with you.

### Mountain Men Perk aquired.

Dicer sniggers: "Ha, it always works out, always". You feel like punching him.

You do realize that this world respects strength. It is primitive in that regard, totally self-absorbed. But then again it has had to be. Surviving in this place is tough. Those who succeed do so in spite of everything, not because of their efforts. That's why strength and personal resourcefulness are prized so much. You mentally file away this information for future use.

For now you have the ear of the leader of the Mountain Men (and his respect). That is the first set of allies you have been able to acquire and the Mountain Men are the only sign of a semi-organized society you have seen, to date. They may be key to your own survival.

You wait and watch as the Leader calls for volunteers. You assess just how much of a pull he has over his people and also how many are eager to leave their mountain stronghold. You sense, without fully knowing why, that they are far from a completely unified group. There are factions here perhaps. Things you cannot yet know or have not been able to see, but which you sense nevertheless.

You wish you had your memories of the life you had before you woke up. It would have made some things easier for you. Of that you're certain.



**You didn't last all 10 minutes.**

You leave without extra help. Not a single mountain man looks in your direction.

These people are tough and you're clearly not ready for them yet. Your mind is full of the things you've learnt while fighting the Mountain Men leader. This is a society based on strength. Highly organized, you may well be able to use them in the future but you will need to prove yourself to them. Strength is highly respected here. That has to be your in.

You wonder, for a moment, of all the things that have happened so far. Had your memories been intact, you think, you're sure there would be shortcuts you could take, things you could do that would make this journey of yours a little easier, the tasks you face a little less challenging.

Your brain inside however is a blank. Your past is irrevocably lost to you, your memories destroyed by the rude awakening from your pod of metal and glass. Now you are who you are and can do only what you learn to do. Your body can fight, of course, thanks to muscle memory but that is hardly sufficient to get you through as this recent failure so clearly shows.

You need to be way more inventive. You definitely need to try harder. Your physical training, the transformation you achieve is the only thing that will help keep you alive.

Of that you are certain.

So, it is with these thoughts in mind that you leave the mountain stronghold of what may be the only really organized society on Pandora. You follow Dicer, suspicious of him still in terms of how far you can trust him, but also aware that he is indeed, key to your gaining access to the people you need.

As you walk heavily down the mountain, your failure to convince the Mountain Men to join you weighing on you, you are aware that down below Pandora awaits.

## Chapter 19

As you come down the mountain path, Dicer now tells you that there is someone else we need before we can go. Surprise, surprise. "Morse has been working on the plan - how to open the main door. He should be done by now - we are heading for the swamps".

When it comes to inhospitable regions the swamps are probably ahead of everything else by far. Imagine ground that's soggy, wet. Hard to cross. Vegetation growing underfoot that snags your feet as you walk, tries to trip you up at every opportunity.

Mosquitoes, mists, contaminated water and snakes are probably the least of your worries in the swamps. Travelling in any direction becomes a major undertaking. Spending the night without shelter is courting disaster.

Should you get caught out in the open the ground makes it hard to run. There are evil smelling pits everywhere, a viscous, black liquid bubbling out of the ground from them. There is cover. The trees that grow here are tough. Their bark an evil yellowish colour.

The swamp is safe for humans because humans cannot easily live there. Few things actually can. Those who choose to make the swamp their home are either a little crazy or have a deathwish, probably a little bit of both.

Upside to this: For however long you are live, the swamps are also a natural barrier for most creatures. Men don't easily go there. Betas don't like them, the black liquid bubbling out of the earth seems to keep them at bay.

Safety is relative of course. Always. In the swamps, Pandorians say, no one can hear you scream.



### Head for the Swamps

As you get closer to the swamps you realize that they are no ordinary swamps. They are tar pits, they are full of tar. And then you hear someone yell: "Burn his ass down to the ground!" You see three brutes with lit torches near a wooden hut. Fire. Wood. Tar all around. This is not a good combination. Someone is trapped inside the hut.

**OPTION A**  
Attack the men

**OPTION B**  
Try to reason with them.

# Chapter 19

# A

If you chose option A

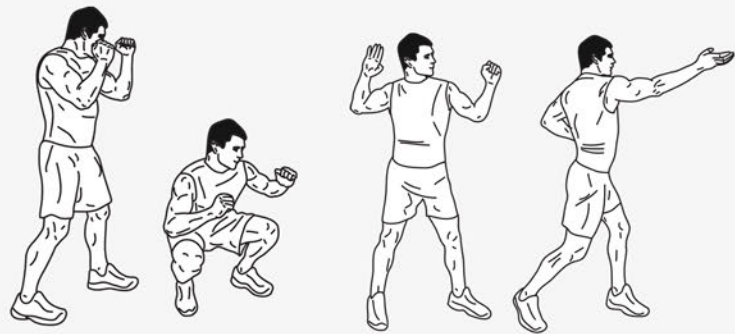
**Attack the men.**

**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   60 seconds rest between sets

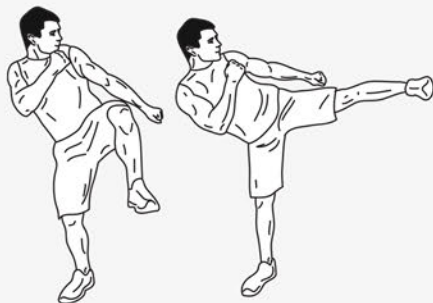
**Mountain Men Perk** 2 minutes rest between sets & minus 1 set off any level



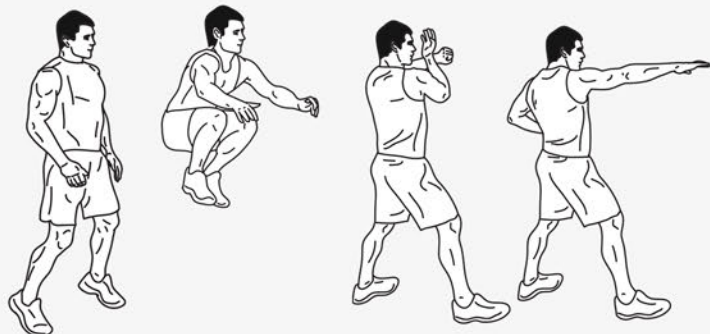
**20** knee strikes



**10combos** squat + knife hand strike



**20** side kicks



**10combos** double bounce + jump knee tuck + knife hand strike

If you attack the man, you kill them and free Morse.

Morse comes out of the hut with a jug. He fills it with tar and packs it in his backpack.

**Morse:** Who He?

**Dicer:** He is cool. He is coming with us. Did you work out how to open the door?

**Morse:** Of course I have, don't be stupid. Let's go.



# Chapter 19

# B

If you chose option B

**You:** Let's calm down here now. Why are you trying to burn a perfectly good hut?

**1st Brute:** He is a renowned hoarder of food and we haven't eaten in days. All we are asking for is some of it. There is no more game in those woods, our families are starving and he won't share any of it.

**You:** If that's true then burning down the hut would not really help you, will it? Let me negotiate for you. Hey, you there in the hut?

**Morse:** Go away.

**You:** Listen, these nice guys here just need some food to feed their families. If you have some, wouldn't sharing some with them be a better option than being burnt alive?

**Morse:** What's to stop them from taking all my food and burning my hut anyway?

**You (looking at the brutes):** Well, we wouldn't let anything like that happen now would we?

Brutes look at each other and then nod.

**You:** Come on out.

The door opens and Morse comes out holding a jug. "Fine, you can have it - it's not worth my life". As the brutes leave, one of them pauses, sniggers and drops the torch into one of the pits and it lights up. The fire catches and begins to spread.

EVERYBODY, RUN! - Morse yells. As you are all getting away you see him lowering his jug into the pit filling it up with tar where it hasn't caught fire yet. Everybody, run!

**LEVEL I** 5 sets   **LEVEL II** 10 sets   **LEVEL III** 15 sets   60 seconds each



20 high knees



20 knee-to-elbow



4 jump squats



20 twist jacks

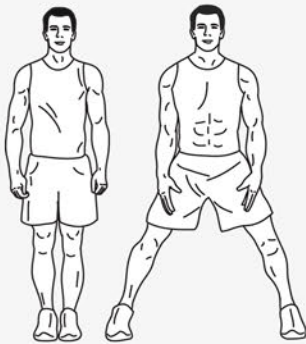
## Chapter 20



Go to the Labs which you now know is your destination.

You come to the end of the road and you have to hike from there. You can't shake the feeling someone is watching you.

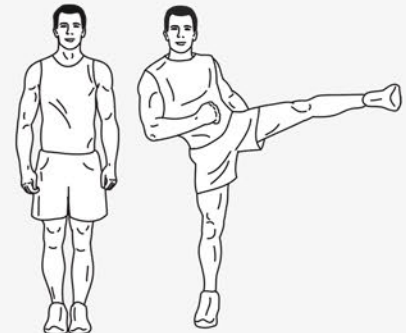
**HIKE THERE** LEVEL I 5 sets LEVEL II 10 sets LEVEL III 15 sets 60 seconds rest rest between sets



20 half jacks



20 lunge step-ups



20 side leg raises

**You:** So, can anyone fill me in on Betas, please. What are they?

**They all look at you, bewildered and then puzzled.**

**You:** What? I am not from around here.

**Morse:** Wherever you are from I would like to move there. Wild animals are bad with all the mutations and abnormalities in behaviour and size but they are still guided by the basic need to hunt to survive. Betas on the other hand will kill for fun. They are often almost human in their cruelty. They look somewhat human, too, but they are bigger and stronger and better in every way. They rule in Pandora. If you come across one you'll find it a challenge to get away in one piece. If you come across two or more your chances are pretty much zero.

**You:** And we are going to a place where there are many of them.

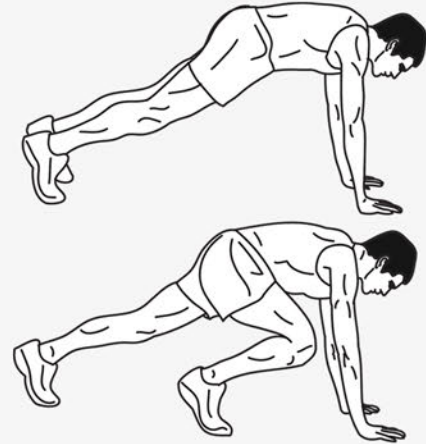
**Morse:** The fact that there were no volunteers didn't give the situation away?

**You:** I suppose I knew what I was signing up for.

**Morse:** Good, because it's too late to back out now. They have already spotted us - turning back on your own would be suicide.

## Chapter 21

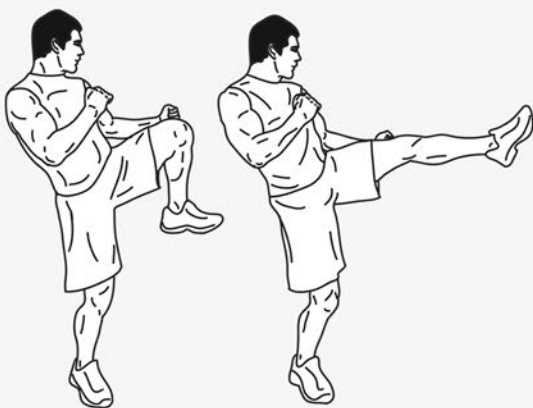
**PART I** You freeze for a moment and then you resume walking. There is definitely something in those trees but you have to keep on moving... "We are here" - says Dicer. And indeed you see a fence right in front of you, it appeared almost from nowhere. The vegetation in this forest is so thick it's no wonder no one found this base before - and who would venture in here? Only a complete idiot. You swallow heavily. You look at the forest. The forest stares back. "Let's climb over" - goes on Dicer all cheery.



### 100 slow climbers

in one workout | split into manageable sets

**PART II** Once you are over the wall you see quite some territory, the remains of the inner road and a structure in the middle. The building you were looking for, almost identical to the one you woke up in. It's an open area and you can't help but feel unsafe. You walk halfway through it with your companions when you see something crawling from outside the walls. You can see more of them.. they look almost human except they crouch on their back legs and they are completely bald. You get a flashback - the same creatures, chewing on others in the place when you just woke up.



### 200 front kicks

in one workout | split into manageable sets

**Mountain Men Perk** 100 front kicks instead of 200

"We should really hurry it up now" - Dicer's voice is clearly urgent now, all cheer gone from it.

Morse breaks into a run and heads for the door: "Oh God, Oh God, Oh God"

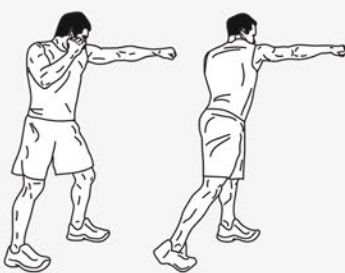
You run to the door. Morse coats it in tar and sets it on fire. It's almost done burning - break the weakened door before betas reach you.



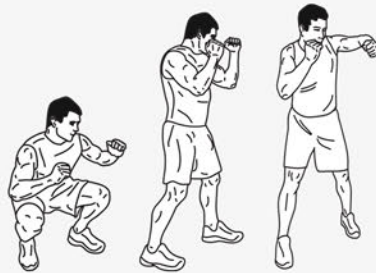
# Chapter 22

You look around and you are in a very clean, very well maintained room. Everything is intact as if whoever worked here left just a few moments ago. There is very little damage to the interior of the room which is a dramatic contrast with everything you have seen outside that locked door so far. The room is filled with monitors and complex equipment. Suddenly you hear a loud metal sound - Morse pulled one of the controllers out. Momentarily, someone enters the room - a man with a dark skin in a silver uniform like the one you had on when you woke up. He goes straight for Morse and he is not about to hug him. **Help him!**

**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   60 seconds rest between sets  
**Mountain Men Perk** 2 minutes rest between sets & minus 1 set off any level



20 jab + cross



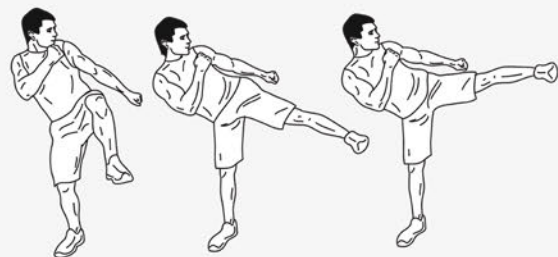
10 combos squat + hook



20 turning kicks



10 combos knee strike + elbow strike



10 double side kicks / low & mid height

Whatever you do, you can't even land a scratch on this seemingly indestructible human. The man is just too strong and fast. He throws you against the wall. You land so hard that your chest shakes and your dog tags pop out from underneath your shirt. He has switched to Morse now and is about to choke the life out of him, using one hand only. You have to act now - you see a long metal pipe on the floor:

**OPTION A**  Skewer him with the pipe

**OPTION B**  Try to reason with him.



## Chapter 22

## A

If you chose option A

He freezes, falls and stops moving. There is no blood, a silver liquid is filling up the floor.

You stop and stare at this stunned. You consider what this means. An artificial life form, non-human but made to look like a human. No wonder it was fast and virtually unstoppable. It probably felt no pain.

You're trying to wrap your head around the implication of this. This level of technology has the ability to remake the world. Get rid of all the threats you're facing at the flip of a switch.

Although you have no memory of it, intuitively you know that this is the world you have come from. It's a world that had the ability to put you to sleep for a very long time. So, you wonder: if that world had that much power what exactly went wrong? What could have possibly happened to make it fail?

That it failed is self-evident. Heck, you're standing there because it did. But what threat did it face that it could not beat? What was it that made it so desperate that the only way out was to put people to sleep? There are things you are missing here, things you are not yet sure of.

If that's the world you came from (which it is) there has to be a legacy of sorts you can control. Something that gives you an edge, an advantage. You just need to find what that is.

In the meantime you can't help wondering if there are any more of these synthetic beings around. What a formidable army they would make. Provided, of course, you can find them and then control them.

## Chapter 22

## B

If you chose option B

**You:** Hey, you there! We didn't come here to fight. Can we not be civil about it? Stop it right now! The man stops, turns to you and now tries to attack you but before he reaches you, his eyes pause on your dog tags for a moment. He freezes.

**Android:** Identity confirmed. Defences deactivated.

He then walks across the room and sits down at the nearest panel.

Android: How can I be of service.

**You:** Who are you? Why did you attack us?

**Android:** I am the guardian of the laboratory. It is my function to protect and maintain it. I was following my prime directive.

**You:** Are you saying, you are not human?

**Android:** No, I am an artificial intelligence equipped with bioware.

**You:** Are there anymore of you?

**Android:** I am the last one of my kind.

.....Pause.

**Android:** Excuse me, I must return to my duties.

It stops paying attention to you and starts moving around rearranging all the items that have been disturbed by the fight.

**You:** Wait, what? You can't just stop here. I need to know more.

Android: What is it you wish to know?

**You:** What is this place?

**Android:** This is the ARC. Last of its kind. Holder of the only survivors of the human race. A select chosen, fitting specific genome profiles were picked to go into a cryosleep. Genome profiles were picked for diversity, robustness. Best chance of survival in the New World.

**You:** New World?

**Android:** Your present.

You watch the Android go about its duties. You realise that essentially it's just a machine with limited intelligence and very specific capabilities. You need to find more information. Your hand goes instinctively to your dog tags. Something made you keep them safe from the moment you woke up. You know that they are the key to everything you need to know. They open all doors, including the figurative ones that contain the information you need about your past.

## Chapter 23

Your exchange with the Android has made you think that there are things you can discover that are meant only for you. You feel the urgency of discovering more about who you were ... are. The need to understand why you're so different to the people around you.

You are confident you are not presently in danger but there is no time to waste - Betas might just figure out a way to get in and you are no longer convinced there isn't anything here wanting to get out beside you and your companions. You start looking around for any clues while others are checking what they can carry out and what can be of use.

There are no papers. Nothing. You can't believe that all of this was for nothing.

"Hey guys, I think there is a door here" - you hear Dicer say - "Come look at this". There is indeed a door but there is no handle, just a little thumbsize glass pad with a Phoenix symbol on it. You have an idea and you press your dog tag against it. You hear a "beep" and the door slides open.

You enter a large dark room. There are empty cages everywhere, abandoned equipment and test tubes - everything is covered in a heavy layer of dust, just like in the other room there are no windows. The air feels stiff. No one has been here in a really long time. There are claw marks on the walls, destroyed furniture and broken glass. You also recognize bone fragments here and there. There is one left intact but it isn't human. At least, you can't say it is. The bones are much bigger, the legs and arms are much longer and have sharp talons at the ends; the skull is also abnormally longer and has sharp predatory, jagged teeth at the front.

**A see-through figure is projected in the center of the room. He is saying something on a loop:**



...This facility was set up when we predicted an extinction event. By our calculation, there were at least two such events in the Earth's history and we are facing the third. We were tasked with finding a way for humanity to survive it. Two locations were picked and hidden in a small town. Our work was to remain a secret from the local population and the rest of the world. Here we hoped to develop a mutagen that would allow us to accelerate our evolution, become stronger and fitter to give us greater chances of survival and a greater resistance to the fast spreading virus.

The Arc subjects were to remain in cryosleep in case something went wrong - and it has, it all went terribly wrong. We succeeded in creating a mutagen, a self-replicating cell that could rewrite DNA, enhance and improve the host. Our initial animal trials did not reveal any flaws so we were hopeful. It's when we started human trials that we lost control of the mutation. It did exactly what it was supposed to do - it made human subjects fitter, stronger and faster but it also stripped them of humanity turning them into ultimate predators. Due to its nature the mutation happened too rapidly and we could no longer stop it. We tried to prevent extinction but instead, I am afraid, we have contributed to it.

If you are viewing this recording you are humanity's last hope. You must get to the Factory. we set it up to give you an advantage. It's your only chance, it's our only chance...

The recording breaks as if he never got to finish it...



# Chapter 23

## PART 3

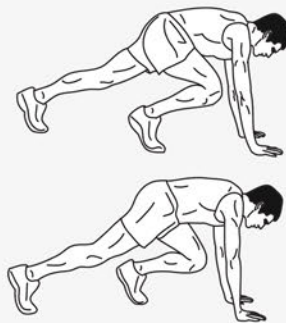
Age of Pandora  
© darebee.com

Betas. So that's what they are. They are us, a new and improved recipe... You should all get out of here. You check the back door and it has a keycode pad on it. One of the scientists conveniently left a paper with the code taped to it "2072". You enter the code and the door unlocks. Your new friends have taken as much gear as they can carry - you should now **make a run for it**. You must find that factory.

**LEVEL I** 8 reps each   **LEVEL II** 10 reps each   **LEVEL III** 20 reps each  
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



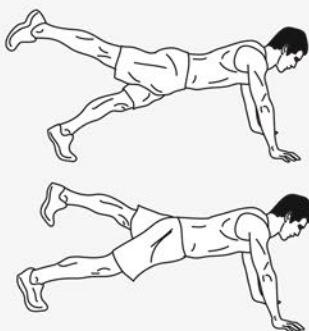
high knees



climbers



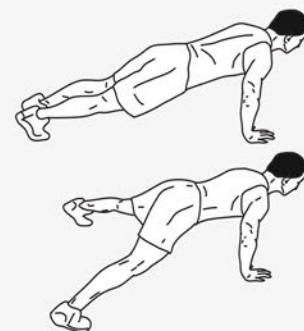
high knees



plank leg raises



high knees



plank jacks

### Mountain Men Perk Expired Ivan and Drago go back into the Mountains

**Ivan:** It was an honor to fight by your side. Safe travels.

**Drago:** We must now return to the mountain. You have proven to be a great warrior and you have earned our respect. If you ever come back, you will be welcome amongst our people.

**They both leave.**

# Chapter 24

You and your two companions walk in silence for a while.

“So. We are not going to talk about any of this, are we?” - Dicer finally says.

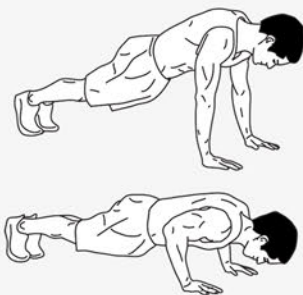
You think about it... they have the right to know. “We need to get somewhere safe first. My camp is on the way, I’ll tell you everything once we get there”.



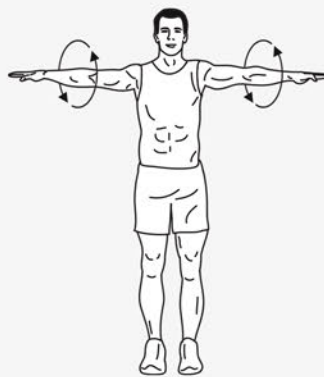
## Head back to your camp.

Settle in and share your story with your companions. Surprisingly they are ok with everything you told them. Dicer only has one question: “were there any hot women in the capsules?” Which you are unable to answer so you just laugh.

**X PUSH-UPS**    **LEVEL I** 8 push-ups    **LEVEL II** 10 push-ups    **LEVEL III** 15 push-ups  
**LEVEL I** 3 sets    **LEVEL II** 4 sets    **LEVEL III** 5 sets        2 minutes rest between sets



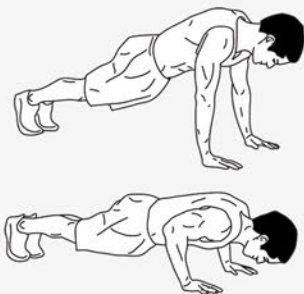
**X** push-ups



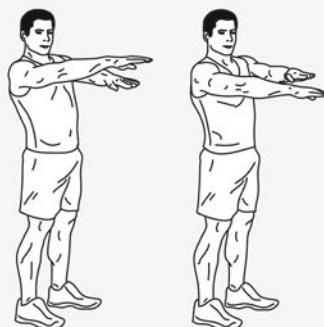
**20** raised arm circles



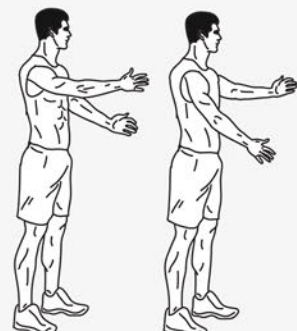
**20** speed bag punches



**X** push-ups



**20 combos** arm scissors + scissor chops



Offer Dicer to stay in your camp

**YES**

Offer Morse to stay in your camp

**YES**

# Chapter 25

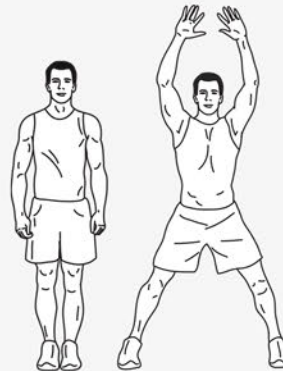


## Go to the ARC to look for the map

As you come closer you check for the creature that killed the man who saved your life. It's nowhere to be seen, you might be in luck. You walk in and look around, searching for the Phoenix symbol to activate the system. It looks like there is still some power left in here - the internal generators must still be holding on.

You see a large screen on the wall and as you come closer, you find the pad. You activate it and the screen comes on. It's a menu. You touch it and it responds. You search for the "locations". Several locations come up and you find the one that says "The Factory". The screen changes and it shows the location of the factory. You mark it on your map. You press "back" and check for the ARC files - a diagram pops up. It's a schematic of the ARC illustrating a multi level facility going deep underground. You try to make sense of it and you realize that there is a lot more to it, much more... but as you understand what it means, you hear a growl. It's coming from where you have originally escaped. The monster must have made a nest there. **You need to get out, now.**

- 10 jumping jacks
- 10 high knees
- 4 side-to-side jumps
- 10 jumping jacks
- 10 high knees
- 4 side-to-side jumps
- 10 jumping jacks
- 10 high knees
- 4 side-to-side jumps
- done ( 1 set )



- LEVEL I 3 sets
- LEVEL II 5 sets
- LEVEL III 7 sets
- 2 minutes rest between sets





## Chapter 26

The location you marked on the map references No-Man's forest. The Factory must be in there somewhere. You decide you can ask Hella about it since the Resistance must have scouted that area across the bridge.



### Go to the Resistance Camp to look for the map

You see Hella from afar and you go to talk to her. She seems really upset as if she has just been crying.

**Hella:** If the monsters don't get us, hunger will. How can we fight if we can barely stand?? I buried two more soldiers today. They never even got to fight in battle.

**You:** I am really sorry.

**Hella:** We all know how it is. We've all made our choice. I just wish we had a fighting chance, you know? This is just.. slaughter by hunger.

**You:** I need to talk to you. There is something I need to tell you. I am sorry I didn't before, I wasn't sure who I could trust.

**Hella:** Of course. Come with me, you can tell me anything. Let's go to my tent.

You sit down with Hella and tell her everything you know.

She stays silent for a while and then says:

**Hella:** So my father wasn't mad after all. (she smiles, processing the info). This changes everything.

**You:** What do you mean?

**Hella:** Don't you see it? This is the fighting chance I was praying for! You say it's some kind of factory, right? It was left for you. Well, for humanity, to start a new life and reclaim Earth. We are here now and we desperately need supplies - we will fight with you. Any objections?

**You:** I suppose not.

**Hella:** Alright. Let me see your map (she looks through it) That's what I thought. It's not going to be easy. You see, everything past the bridge is deadly - the people and the animals. We rarely cross it for that exact reason. We stay here so we can prevent anyone from there coming to this side. And the forest you are planning on going to.. well, let's say - no one has even came out of there alive.

**You:** I must to go there, no matter what.

**Hella:** Well, it sounds like we are going then. We'll take a few of my men with us, those who can still fight and we'll go as soon as we are ready. The last storm washed out our East wall and I can't leave the garrison vulnerable so close to the Harvest. Can you help us rebuild it while I gather my men?

**You:** I'll be happy to.

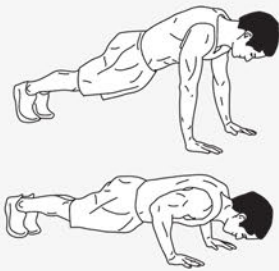
**Hella:** Great. I'll see you at the bridge once you are done.

### FIX THE WALL

**X PUSH-UPS** LEVEL I 2 reps LEVEL II 4 reps LEVEL III 5 reps

**Y SQUATS** LEVEL I 4 reps LEVEL II 8 reps LEVEL III 10 reps

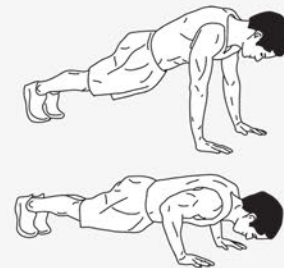
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets 2 minutes rest between sets



X push-ups



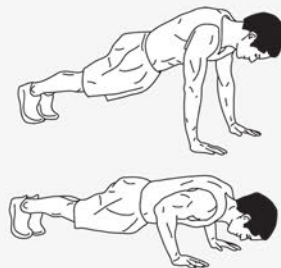
Y squats



X push-ups



Y squats



X push-ups



Y jump squats

## Chapter 27



### Go to the Bridge

You meet Hella and her men at the bridge. By “few” she meant nearly a hundred, all armed with clubs. She notices you staring and smiles:

**Hella:** Incredible thing “hope”. It’s something these men haven’t experienced in a really long time. We are all ready to die for even a chance of getting the upper hand. We’ve been losing for so long...

**You:** ..but so many.. If the place we are going is really that dangerous many of them may die.

**Hella:** They know that and they are prepared for that. We die every day here, we die because we don’t get enough food, because we freeze to death, because wild animals pick us off when we wonder two feet away from the wall. That’s no life, that’s just endless waiting from one Harvest to another. And then you don’t even know whether you were lucky or not when the Harvest spared you. None of these men wants to die but dying fighting for a chance to change things... it’s worth it. Besides, this is not a scouting mission - we must clear the path and retake that patch of land. When we find the factory we must establish a safe route from there to this side. It’s not good to us if we can’t access it.

**You:** I see what you mean and you are right. So, how are we going to proceed?

**Hella:** The bridge is stable, that’s not a problem but it’s inhabited by Haast eagles, they’ve built nests on top of the suspension towers. We won’t just have to fight the eagles, we’ll have to climb up and destroy the towers.

**You:** Understood. Let’s get moving then.

You, Hella and her men proceed towards the center of the bridge. You can see the nests at the top and the eagles flying over. There are at least 10 nests and you’ll have to destroy them all.



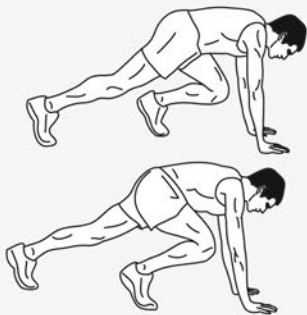
# Chapter 27

## PART 2

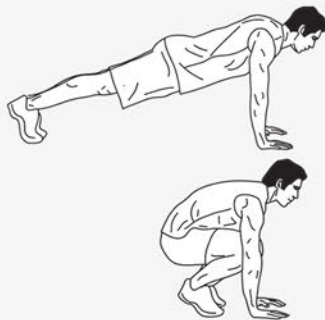
Age of Pandora  
© darebee.com

The eagles spotted you. They are headed straight for you, too many to count. Hella scream: "Get the nests! We'll take care of the birds"

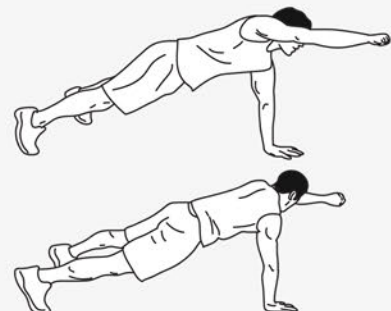
**DESTROY 10 NESTS** 1 set = 1 nest up to 2 minutes rest between nests  
**LEVEL I** 8 reps each **LEVEL II** 10 reps each **LEVEL III** 20 reps each (except plank jump-ins)



climbers



ONE plank jump-in



plank punches



cross chops



squat hold punches



overhead punches

Once you have destroyed the nests rejoin Hella and her men who are almost all the way through the bridge, finishing off the birds. You see fallen eagles as you run and many fallen soldiers, too.

## Chapter 28

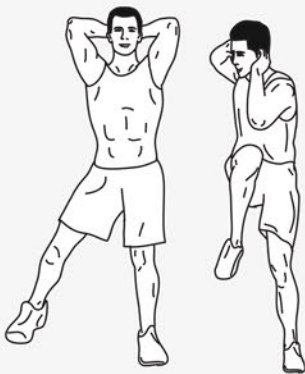
You stop right next to Hella. She is looking at the thick wall of fog beginning right where the bridge ended "I was hoping it would be clear here today but we have no choice, we'll have to go through it. It's really thick and it's dangerous - that's how we get picked off, one by one in there, so stay close. If we get separated, just keep on moving no matter what you hear - there should be an abandoned bunker at the end, we'll meet there. Good luck" - and she steps into the fog. Her men follow.

**YOU TAKE A DEEP BREATH AND YOU STEP IN, TOO.**

**LEVEL I** 8 reps each   **LEVEL II** 10 reps each   **LEVEL III** 20 reps each

**LEVEL I** 3 sets   **LEVEL II** 4 sets   **LEVEL III** 5 sets   2 minutes rest between sets

**LAST SET with your eyes shut.**



balance knee-to-elbow



squat into calf raise



five point taps

As you are walking through the fog you hear distant cries of soldiers. Something is grabbing them. You keep on walking, there is nothing you can do for them now.

Eventually you come out on the other side. It's getting dark but you see the bunker Hella told you about. You walk towards it and you find her and the her remaining men waiting for you there. They got a fire burning and look tired. Hella says: "It'll be safer if we stay here for the night. We'll continue in the morning".

**You:** Bet you say that to everyone.

**Hella** (smiles): Nope, just those who've made it through a heck of a fight.

**You:** And flight. This place seems to provide too much of all the wrong kind of things.

**Hella** (looks at you strangely): That's something my father used to say.

**You:** I am sorry, I did not mean to...

**Hella:** Never mind, get some sleep (she walks away)

## Chapter 29

You get up with the sunrise and move out. You have suffered heavy loses but you continue onward. Not a single man has complained or deserted during the last 24 hours. They finally have something to fight for, you realize.



### Go to the No-Man Forest

**Hella:** The forest is full of Betas. Once we enter, they will attack. They are just waiting for us to come to them, surround us and tear us to bits. We need to lure them out in the open, where we stand a fighting chance.

**You:** Or we can smoke them out. Those that don't burn will rush out and with any luck the fire will get some of them.

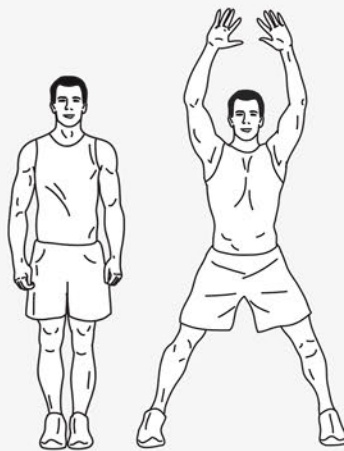
**Hella:** That's actually a good idea. I'll get my men to start putting together the pyres. We just need to make sure we do this right otherwise the whole forest will go up, with us in it.

Hella starts organizing the pyres. Something in the forest has begun to move. It can't be... they couldn't have figured it out, could they? And as you were finishing your thought, herds of Betas start pouring out of the forest and heading straight for the soldiers. "Light the fires!" - Hella yells, - "Light them up!"

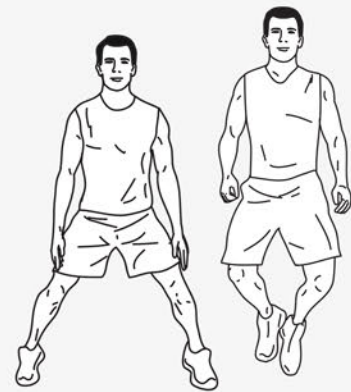
**LEVEL I** 5 sets   **LEVEL II** 10 sets   **LEVEL III** 15 rounds   1 minute rest between sets



20 high knees



20 jumping jacks



5 hop heel clicks



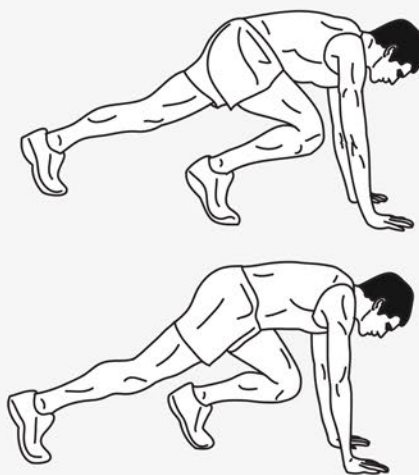
The forest catches on fire, finally. You can hear Betas that didn't manage to get out, screaming as the flames get them. The soldiers excited by the apparent victory start fighting with reignited enthusiasm. You can already see them driving the Betas back, back into the flames. The last one of the Betas lets out its final cry before it falls down dead.

Victory! But at what cost. You left a trail of bodies since you stepped onto this bridge. You led these men into this. More than half of them have perished, some were killed by the eagles, others were picked off in the fog and then, now, devoured by Betas. You have to find this factory. You must.

You wait until the fire dies down and you begin to scout the woods. Surprisingly, a large part of the forest has survived which you cannot say about the Betas. You can see their corpses all over the place. There must have been a nest here. Those that didn't burn, died from the smoke.

You can't find the factory. Scouts keep coming back and not one of them has seen even anything remotely resembling a structure. Was all of this for nothing? You begin to despair. You look around and the soldiers are all looking at you with questioning faces. What are you going to tell them? That their brothers and sisters died for nothing? That you always knew it was a "might" but hey, "good effort, boys".

You back away and hit your fist against the tree. The pain is sharp, immediate. It makes you look up into the canopy in an attempt to ride it out, and you get an idea. You turn to face the tree trunk, wrap your arms around it, fingers looking for handholds and you begin to climb.



## 100 climbers

in one workout | split into manageable sets

## Chapter 29

### PART 3

**Age of Pandora**  
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You get to the very highest branch and you begin to check the area out from above. The forest is a decent size but it's not all that big. And yes! There is a patch of land, a significant patch of land where the trees are not as tall as they should be, the roots must not be able to go down very deep.

You climb back down and you lead the men there. As you come closer, your dog tags begin to vibrate against your chest. Eventually you hear a "beep" and something begins to move right under your feet. You step away and you see the ground moving apart, opening up into an underground entrance. Large metal doors with a large, and now familiar Phoenix symbol on them. The men let out a cheer that scatters like thunder and rolls across the land.

You walk down and place your tags on a now familiar pad. They activate and the heavy doors slide open. You all go in.

## Chapter 30



### Head back to the Arc

The Factory was everything you thought it would be and much more. It was truly left for humanity to jump start a new civilization. A primitive one but a civilization nonetheless. You find a massive warehouse with food stores, clothes, weapons and more importantly - books. There were even some works of art in there. And true to its name, the factory has a production line. You could establish some basic production and industry with this once you learned how to use it properly. These people might just have a chance. They might just have that fighting chance Hella was talking about.

The next few hours are spent in a daze of trying out canned foods and seeing the first sharp, gleaming swords come off the production line. Everyone's excited. As darkness comes, safe, fed, armed, the men break up into small groups, looking to spend the night underground.

You don't sleep. At first opportunity you slip out. There is something you must do. Something that takes precedence even over this Factory, important as it is.

Your steps are surer than they have ever been. You've travelled this path before. Your brain remembers it, takes you back. There is a large, sharp sword, hang over your shoulder now, and a double-edged dagger at your waist. Provisions in a backpack slung over your shoulder.

You have come full circle. You stop at the spot where the stranger who saved your life died. That's where it all started. That's where it can end.

You wait for a moment and sure enough, the murderous creature steps out of the darkness of the entrance. Slowly as if savouring this moment. You slowly place your bag on the ground and reach for the blade over your shoulder. The sword feels good in your hand, it feels right. The moment you saw it there - you knew right then it was meant for you.



# Chapter 30

## PART 2

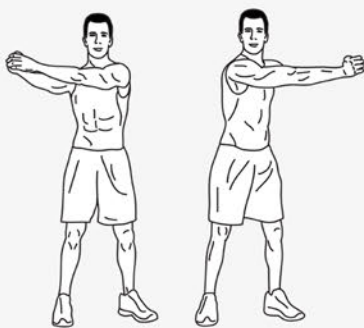
It is some kind of bat like creature. Body squat, solid, hind legs hyper-developed, like a rabbit's. It is covered in short grey fur and has some kind of wing-like membrane on its front legs that end in long, sharp claws. It is too large to fly so the wings are probably used for gliding.

It is the head that commands attention however. Eyes, intelligent, forward looking. Calculating. A short, stubby snout. The mouth wide and full of teeth. Two rows of them. Looking sharp like daggers.

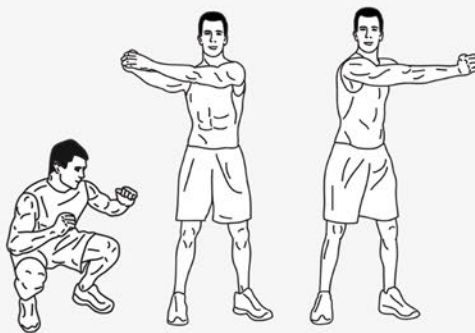
It is horrific. It is also used to defenceless humans. Armed with clubs, stones, wood, even sharpened wood, man is no match for anything that passes for nature in Pandora. Few have metal, edged weapons of any kind. Fewer still have the necessary knowledge to use them. Unfortunately for it, even though it does not know it, the creature has come across the one person who has both.

### The creature charges... STRIKE!

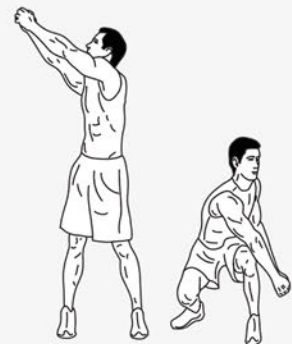
**LEVEL I** 5 sets **LEVEL II** 7 sets **LEVEL III** 10 sets      2 minutes rest between sets



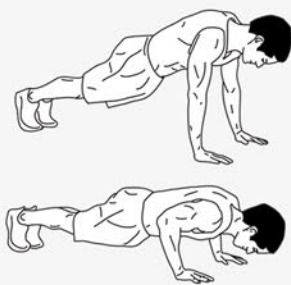
20 side-to-side chops



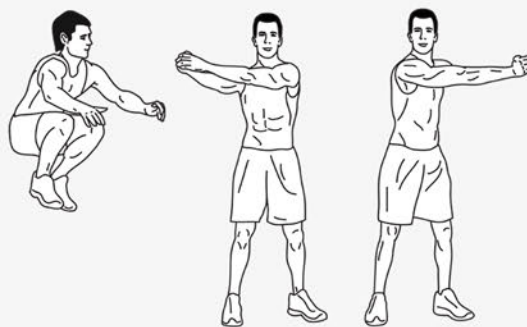
10 combos squat + side to side chops



20 cross chops



10 combos push-up + jump knee tuck + side to side chops



20 infinity circles

## Chapter 30

### PART 3

You are covered in blood and you just can't seem to catch your breath. The monster no longer looks so fierce laying at your feet, it's head severed from its body. It's done.

You walk towards the room you woke up in. And then continue walking carefully avoiding the broken glass and trying not to look at the bloody and now empty capsules. You stop by an inner door and press your tags against the pad. You know the routine now. The door slides open and you step onto a balcony that opens onto a view of a massive room with capsules neatly arranged all around. Hundreds of capsules with people in them, no, thousands.

In truth these are your people. The only hope the planet has left lies here, sleeping in the ARC. It suddenly occurs to you that the Dreamers got their cult absolutely right except they misunderstood who it was that was doing the sleeping. The irony makes you smile.

You consider the things you have learnt. The journey that's taken you from this place to a strange world and back again. Hope is a funny thing, you think. It is wrong for it to reside only in one choice, one people. The past should not affect the future that much.

You notice a few pods close to you, vacant. You climb down some steps and come to one of them and look inside. It's in a standby mode, ready for anyone to step in and go into a cryosleep with the rest of them.

It appears you you have a choice.

**OPTION A**  
Step into the capsule  
and go into the cryosleep.

**OPTION B**  
Walk away, lock the door behind you  
and leave the ARC

go to **Epilogue**

go to Age of Pandora **Part II**

# Epilogue

The Age of Pandora went on. Armed with swords its citizens fought the Harvest (and each other at times). They managed to reduce the threat to their existence, tame some of their environment and expand their dwellings.

The Builders put together the first tall buildings and they withstood the test of time and more were added to them. The Harvest, they noticed got smaller in numbers each time now. Betas became more and more rare. Even mutations were not easy to find.

In the Mountains the Mountain Men forged a mighty empire of their own, primitive but based upon a code of honor that became the basis of a New Beginning.

The Dreamers colt began to dwindle in numbers. The death knell for it was sounded when their High Priests declared that the Creator was sending an emissary to judge the unfaithful and end the world in a sea of black Scorpions. When the appointed hour came and went and nothing happened they lost many of their followers. Stripped of wealth the High Priests were soon reduced to peddling prophecies and reading palms to survive. The last of them was lost one day near the Lighthouse, a storm came and washed him out to sea. As his body was never found everyone who knew of the Dreamers' Creed said that the Creator had rejected his own servant, cast him unto eternal damnation.

In all this time the stories grew. Stories of a strange warrior who came out of the mist, in the middle of a building. One who was immune to Betas and was able to magically open all secret doors with a wave of a hand. That warrior brought hope back to Pandora, gave the people a Factory that produced weapons, food supplies when there was none.

Armed with Hope people changed their lives. Pandora itself changed. The warrior, they said, disappeared back into the mists. No one knew what had happened, where this special being might have gone. Some say that there was a special kind of magic involved. Powers no one could understand had intervened, taken the warrior to sleep, placed in a special place, deep under Pandora, there to remain until the land's next hour of need when the warrior will arise once more and lead the people.



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