



# Age of Pandora

POST-APOCALYPTIC FITNESS QUEST

**PART II**

## Chapter 30

## B

If you chose to continue your journey

You shouldn't have got involved in the first place. Pandora was never meant to be your world. You stuck your nose in business that wasn't really yours to stick your nose in and now, well, here we are. You have responsibilities only you can shoulder. Congratulations!

Uniting Pandora against the Harvest is not going to be easy, you know that. Pandorians are afraid, they are used to hiding behind their bunker walls. It's a place where each man is for himself. You have weapons now, quality swords and a production line that makes more. It changes things. Sticks and stones may have been useless against the Harvest but sharp swords and real knives give you all a fighting chance. You'll just have to convince as many people as you can to take a stand.

What Pandora needs more than ever right now is a symbol, a leader that will bring everyone together without substantially changing the balance of power and causing more issues. You will need to be that leader. You need the skills of a polished ambassador, the patience of a saint, the perseverance of a trained assassin and the survival skills of a seasoned warrior. No biggy. You really asked for it this time.

Your first stop is the Mountain Men.



# Chapter 31



## Go to the Mountain Men

On the way there you greet the sentry, big guy with a heavy axe. He recognizes you and lets you pass. Climb up to get to the the dwelling

**LEVEL I** 6 reps each **LEVEL II** 8 reps each **LEVEL III** 10 reps each

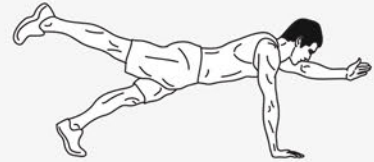
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets 2 minutes rest rest between sets



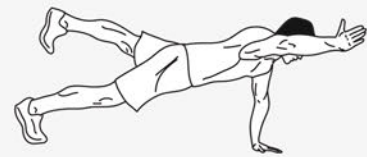
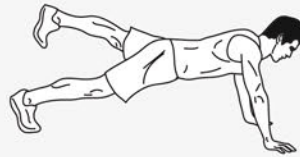
plank arm raises



plank leg raises



alt arm / leg raises



slow climbers



climbers



climber taps

Once there you search for the Leader. Someone points to the Main Hall and you head there. As you walk in you realize the Mountain Men are holding a council meeting. You walked in right in the middle of a heated discussion.

**Leader:** Less than a month is left until the next Harvest. We can no longer just sit back and wait it out, as we normally do.

**Elder:** It is not and has never been our fight. The Harvest is the Flatlander's problem. Not ours. We mind our own business here in the mountains. The Harvest doesn't reach this far, the few stragglers that do get picked off by our lookouts.

**Leader:** Today it is not our fight. Tomorrow, there will be nothing left for the Harvest to reap on the Flatland, where do you think they will turn to next when that happens? And then we will be outnumbered.

**Elder:** We'll deal with it when it comes to it. It might be hundreds of years before that happens - it may never will. Besides our mountains are not easy for them to navigate. They have always protected us.

You step out of the shadows and address the council:

**You:** Your leader is right, you can't just sit it out - sooner or later Betas are going to reach the Mountains. We are stronger in numbers and we have an advantage now! We can...  
You suddenly hear laughter all around.

**Elder #1:** Look at this scared Flatlander! Oh, wouldn't you like for us to come down to the rescue?

**Elder #2:** Who let this weasel in?

**Elder #1:** Get out of here before we throw you down the mountain on your arse, you wimp. You have no business here amongst real men.

You are forced outside and pushed into the dirt. So much for that. Clearly, these people are simply not ready to change their ways... or see what's in front of them for that matter.

This is bad, getting Mountain Men to join the fight would have made a difference but there is nothing you can do here now - they are convinced that they are safe here and there is no changing their mind.

You get up and shake off the dirt of your shirt and head towards the exit from the dwelling. You can still hear laughter in the distance as you leave.



## Chapter 32

It's getting dark so you need to hurry up. You have to move on now and seek the help of other leaders, perhaps you'll have more luck with the Guild Masters.

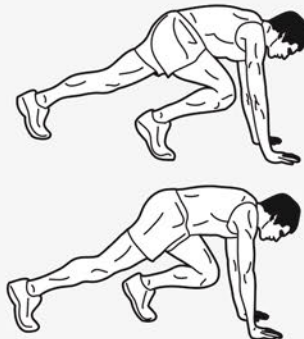
As you come down you stumble upon a dead body. The sentry you greeted earlier.

Betas. Judging by the damage there must be a whole horde of them heading towards the Mountain. The Mountain Men have a hole in their defences now and they won't see it coming - many of them will die if you don't warn them. If you do nothing, they'll be taken by surprise.

**OPTION A**  
Let it play out.

**OPTION B**

Climb back up and warn the Mountain Men before they are attacked.



**100 climbers**  
in one workout  
split into manageable sets

## Chapter 32

# A

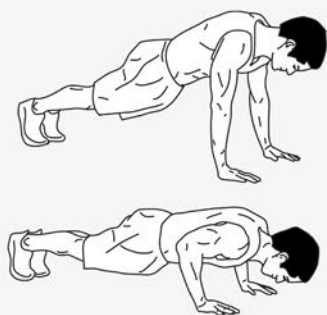
Age of Pandora  
© darebee.com

If you chose option A

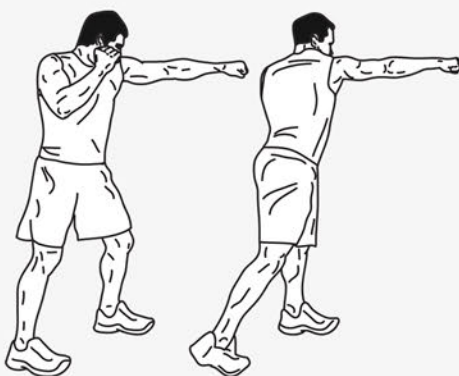
You set a camp and start a small campfire. This will be a good place to wait it out before you can try talking to the Mountain Men again. They should be in the right set of mind by then and more eager to listen to what you have to say.

You roast a stingtail over the fire and watch the smoke rise over the Mountain Men's dwelling. It shouldn't be long now. You suddenly hear branches breaking, someone is behind you. You don't have time to grab your sword before a bloodied Beta is on top of you.

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



5 push-ups



20 jab + cross



20 squat + hook

You are soaked in blood, thankfully not yours. You did get a few scratches and even a nasty bite but you got an upper hand in the end. The body of the Beta is now resting next to the one of the sentry. We really are not that much different, you note. We are all just trying to survive this place and the strongest get to make it - the weak, well, perhaps they shouldn't.

# Chapter 32

# B

If you chose option B

Once you reach the dwelling you don't see any Betas, everything is as peaceful as it was just a couple of hours ago. It looks like you got here just in time, you still have a chance to warn the Mountain Men and, hopefully, save lives.

You see a group of the elders from the council leaving the Hall so you seize the opportunity to talk to them right away:

**You:** Betas, Betas are coming this way!

**The Elder #1** (looking at you with suspicion): Watch your tongue, Flatlander. Didn't we tell you to scram?

**The Leader** [worried]: What on earth are you talking about?

**You:** Betas. Your sentry is down, I came across his body as I was leaving the dwelling - they'll be here any moment now.

**The Leader:** Hm, perhaps we should...

**The Elder #2:** Nonsense. Why should we believe you? You Flatlanders are all liars, you make up stories and you see a Beta in every shadow. A bunch of cowards that's what you are. (He spits on the ground)

**You:** But...

The elders are no longer listening and are now walking away. Seeing how there is nothing to be done, a moment later the Leader follows.

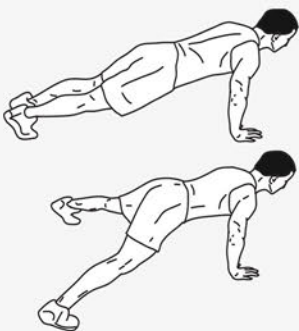
**The Elder #1:** On your way, Flatlander. Don't waste anymore of our time.

**The Elder #2:** [not turning his face to you]: Bring us proof (laughing), words mean nothing around here.

Oh for the love of... Climb back down to get the body.

**LEVEL I** 5 sets   **LEVEL II** 10 sets   **LEVEL III** 15 sets

60 seconds rest between sets



5 plank jacks



20 high knees



5 plank walk-outs



20 high knees

# Chapter 33

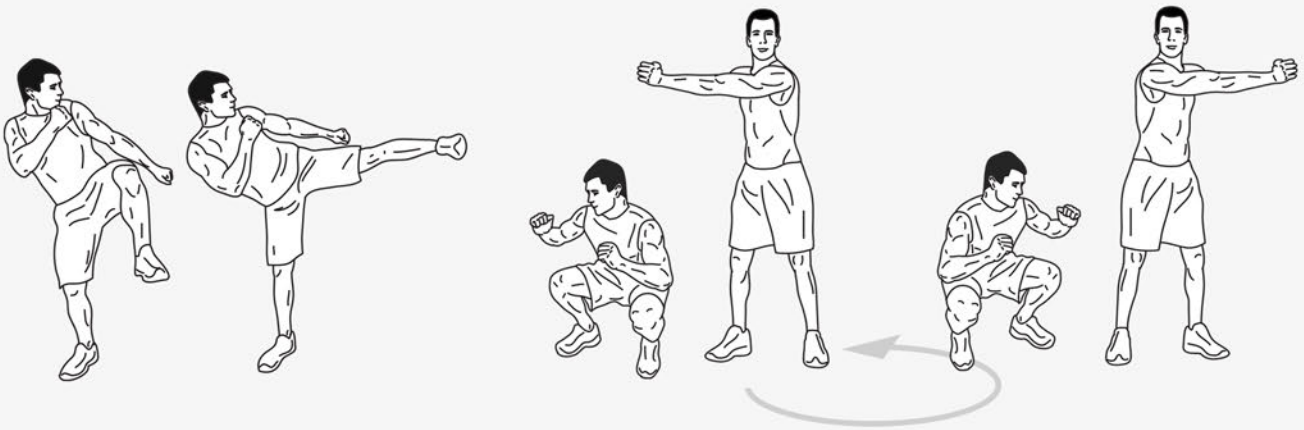
# A

If you chose option A in chapter 32.

It's getting light now, the worst of it must be over by now. You pack up and head back. They will listen to you now.

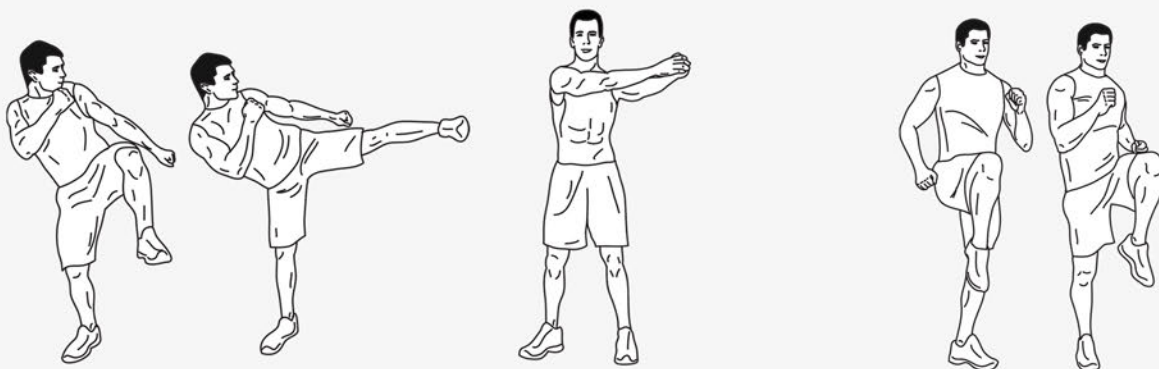
As you come near the path you realize there is someone already there. There is a man trying to fight off two Betas: He screams: "Stay back! Stay away from me!" You grab your sword and go for them.

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



**20** side kicks

**20** combos squat + chop + hop & rotate + squat + chop



**20** combos side kicks+ chop + side chops

**20** high knees

The Betas are down. You go to see if the man is alright. There is just too much blood, it's not looking good. "I... they were everywhere... so many... We were surrounded. The little ones... the scream..." - he passed away in mid sentence. Nothing to be done about that now.



## Chapter 33

# A

PART 2

Age of Pandora  
© darebee.com

If you chose option A in chapter 32.

The worst of it should be over, you can climb back up and talk to the elders now - if there are any left.



100  
climbers  
extra

The street you walked through only hours ago is unrecognizable. It's red and white. Ash is falling on the ground and is getting soaked in blood. Some of the buildings must have caught on fire as the panic set in. These who have been looking for shelter in the houses were burned alive. There was no mercy here.

There are bodies everywhere, most missing limbs. A little toy lies in the dirty on the ground. A woman covered in blood sitting next to it, paralyzed in shock.

You walk further until you see the Leader sitting at the Hall's steps leaning on his club next to several corpses of Betas. He notices you.

**The Leader** "... You have us."  
That's all he says.

You have their support but not nearly the numbers you need. You decide that some are better than none.

# Chapter 33

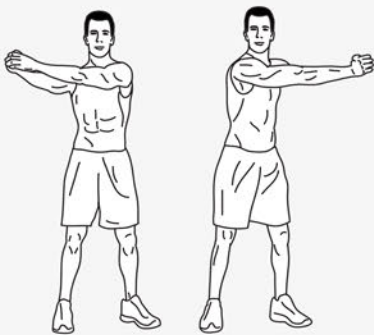
# B

If you chose option B in chapter 32.

As you reach the dwelling, yet again, you drop the body of the sentry in the middle of their square and scream at the top of your lungs: "Betas are attacking!"

You get there just in time. Mountain men just have enough time to grab their weapons before a thousand Betas descend on top of you from all directions. You fight back to back with the Mountain Men.

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



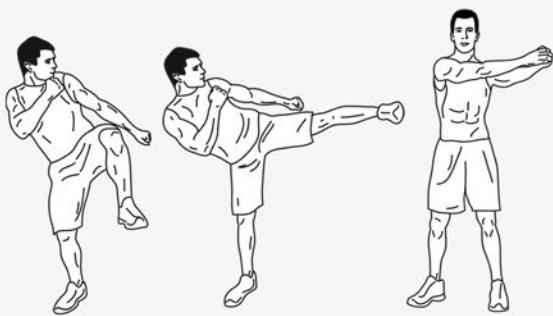
20 side chops



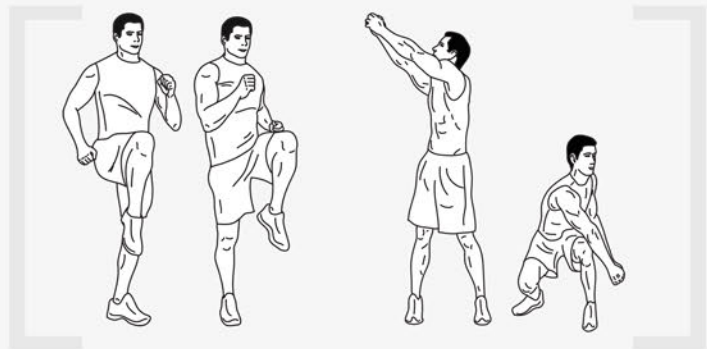
20 squat + side chops



20 high knees



20 combos side kicks+ chop + side chops



3 combos: 10 high knees + 2 cross chops

The last Beta of the group you were fighting falls and goes still. You can see the rest scattering and leaving the dwelling. You put up a good fight and, although there were casualties, it was still a victory.

Several of the Elders die during the battle. You come across a body of the one speaking at the council against joining the Flatlander's battle - utter shock on his dead face, he never saw it coming. You feel someone's hand landing on your shoulder. You turn and you see the Leader with a broad smile on his face:

**Mountain Men Leader:** You fought well, Flatlander! If it wasn't for your warning things may have turned out much worse. We don't get Betas this high in the mountains, this is a first. The times are changing and so must we. Today, you fought with us, you bled with us. It'll be my honor to fight next to you again.

# Chapter 34

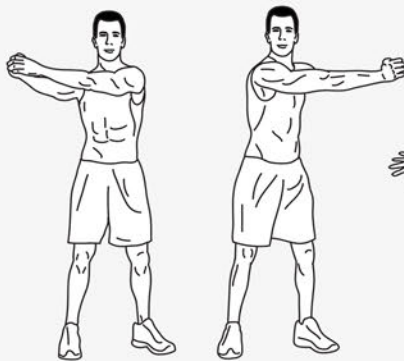
You get back to the Flatland and join the main road. As you go past the forest you notice something moving in there. And then you see it: Chickensa. Ugly creature, twice your size and if that wasn't bad enough it also breathes fire. You can get a really good price for Chickensa meat in the Agora. Your stomach rambles. Hell, having some roasted meat would not be bad at all right now either.

It's Chickensa open season. Carefull, dodge the flames! It might just have you for lunch.

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



20 high knees



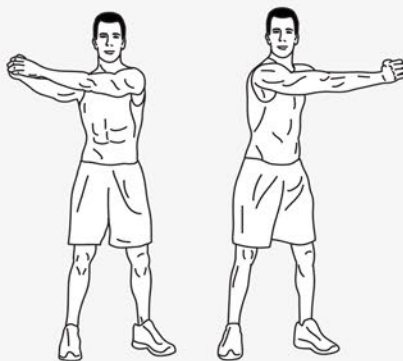
20 side-to-side chops



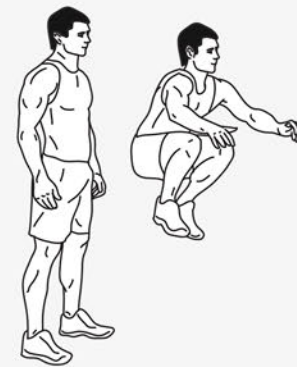
4 side-to-side jumps



20 high knees



20 side-to-side chops



4 jump knee tucks

It's good to not be a pray for a change. You roast chickensa meat over a campfire... What does chickensa taste like? It tastes... like everything, you decide.

Tonight you rest. Tomorrow, you must find Dicer. You have a few questions he should be able to answer.



# Chapter 35

# A

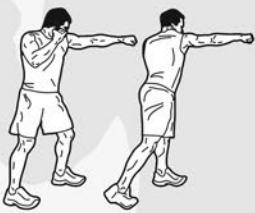
Where is Dicer? He is back in the City Pits.



Go to the City Pits


## Available Fights

Pay 200 scraps  
Fight Majin Buu  
800 punches



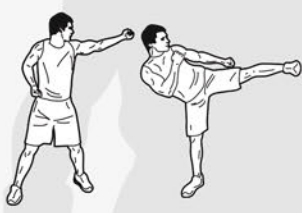
COLLECT

Pay 400 scraps  
Fight Snowflake  
400 squat + hooks



COLLECT

Pay 200 scraps  
Fight Mad Max  
200 backfist + side kick



COLLECT

You can't find Dicer anywhere. After asking around a bit you find out that after coming back to the City Pits Dicer wouldn't keep his mouth shut and bragged around about his good fortune, gambling away most of it. He attracted the attention of a local gang and got himself killed for what he still had left on him. Without anyone to look out for him it was surprising he lasted that long. Pandora has no mercy.

Of course, now you have to find the information you are looking for from someone else. Someone named Crest tells you he is willing to give it to you for 500 scraps - or you can do him a favour instead and "encourage" someone who owns him scraps to see sense - by breaking his hand.

OPTION A

OPTION B

Pay 400 scraps

Break someone's hand  
(automatic choice - if you don't pay)

**Crest:** You can find the Builders in the City Ruins. The Messengers are everywhere and nowhere, catch one and ask of their Guild Master's whereabouts on the day. The Hunters have a bunker deep in the forest near the mountain.



**Where is Dicer?** He is in your Camp.



### Go to your Camp

You find Dicer in high spirits, he seemed to even have cleaned up the place. You doubt he has had a home before. He is really happy to see you and even attempts a hug.

You tell him you found the factory and significant supplies in it. As well as the way to mass produce weapons to arm everyone in Pandora.

**Dicer:** Why would you do that? [ He looks at you all puzzled ]

**You:** So we can face the Harvest together.

Dicer begins to laugh hysterically and can't stop himself, tears are coming down his eyes from laughing so hard. He eventually stops and looks at you.

**Dicer:** Oh, you are serious. Why on earth would you even think of doing such a thing? We can live like kings for the rest of our lives, never need anything - having a supply like that, man, you can rule Pandora.

**You:** Except there will be no one left to rule if we don't fight the Harvest. Yes, you and I might be alright but then what? Is it really worth having all those riches if we are the only ones who can enjoy them when the rest of the world is dead?

**Dicer:** And why not. You don't owe anything to the rest of the world. You don't have to do this.

**You:** I've made my choice, Dicer. I am doing this.

**Dicer:** ...I see. Suppose I go along with this insanity, where are you even going to start anyway?

**You:** I was hoping you can help me with that. I might have a chance with the Guild Masters - people listen to them. I was hoping I could convince them to unite and fight together. The Mountain Men will come, it's their fight too now. I just need to find the Guild Masters - do you know where they might be?

**Dicer:** You convinced the Mountain Men to fight? That's quite something. Alright. So you know there are three guilds, right? The Builders, The Messengers and the Hunters. Big Bertha runs the Builders, you will find her in the City Ruins. I don't know where you can find the Messenger Guild Master since the messengers don't have a base, they can be anywhere. You should talk to one of the Messengers about where you can find their Guild Master, Abru. I suggest you be careful with the Hunter's Guild Master, Bersen - his base is deep in the forest, they have a heavily fortified bunker there.

**Dicer:** All three Guild Masters are tricky people but I know you'll try and find them anyway so I am not going to stop you. Hopefully, once you see how futile this is you'll come to your senses on your own and you and I can reclaim our true position of power and wealth.

He pauses.

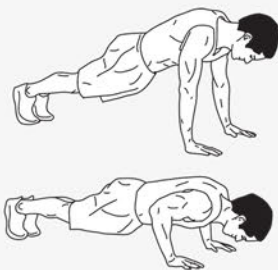
**Dicer:** Now, we must discuss something really important. Do you call this a camp? We don't even have a fence. Anyone can just walk in. Anyone! How are we supposed to keep the riff raff out, hah?

You smile. "Alright, Dicer, let's build a fence."

**X PUSH-UPS** LEVEL I 5 reps LEVEL II 10 reps LEVEL III 15 reps

**Y SQUATS** LEVEL I 10 reps LEVEL II 15 reps LEVEL III 20 reps

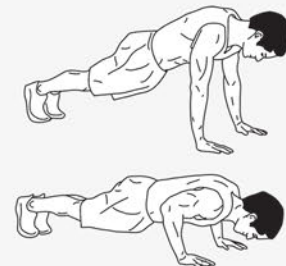
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets 2 minutes rest between sets



X push-ups



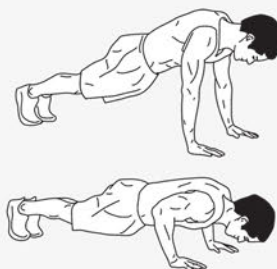
Y squats



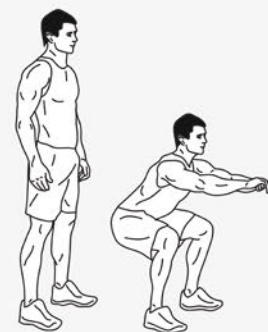
X push-ups



Y squats



X push-ups



Y jump squats

## Chapter 36

As you are about to leave someone taps you on the shoulder. A messenger. He hands you a note but before you can grab him and ask any questions, he dashes away at the speed you have never seen before. You open the note. It's from Hella.

Under Hella's supervision the Factory has been producing great swords aplenty and they have also set up a route they can use to safely transport supplies from the Factory to the Resistance Camp. She is sending a secret shipment of swords and food to the Resistance Camp for future distribution. She also asks that you meet the shipment master to ensure that nothing goes wrong.



### **Go to the Resistance Camp**

As you come to the meeting place you don't see anyone there. Something did go wrong. And sure enough, there is smoke in the distance. You hurry up to see what happened.

The wagon transporting the weapons got ambushed by bandits, the soldiers are fighting but it's not looking good.



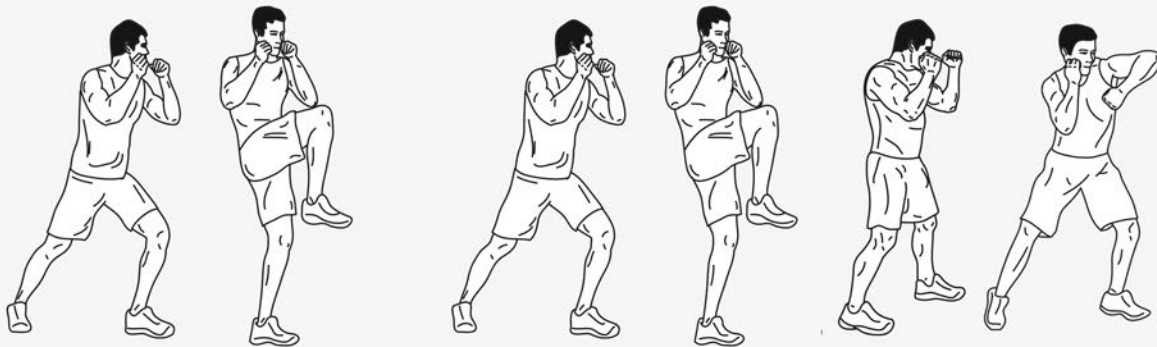
# Chapter 36

## PART 2

Age of Pandora  
© darebee.com

They are outnumbered. Help them!

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



**20** knee strikes

**20** combos knee strike + elbow strike



**20** side-to-side chops

**3** combos: **10** high knees + **2** side-to-side chops

You manage to turn things around, the bandits who could still get away - have. You are sure, the news of the strange new weapons and the Resistance's newly discovered wealth is going to spread through Pandora. There will be those who will try to get their hands on this... but there will also be those who will be inspired to join you now.

Once the shipment is safely delivered to the Resistance Camp you can resume your search for the Guild Masters. In the days to come, gaining their support will be vital in defeating the Harvest.



# Chapter 37



## Go to City Ruins

Once at the City Ruins you ask around and eventually get directed to the Builder's Headquarters. As you walk there you see builders, collecting stone and loading it on top of carts. You realize how it works: the entire area of the City Ruins is a source of building materials. Anything builders can salvage is loaded on top of carts and is taken away to then be used for bunkers and in camps. That's essentially the job - take whatever is left from the city that used to be here and reinforce hundreds of individual shelters scattered across the territory.

The Builders themselves are all very strong, there are women as well as men and everyone seems to have work to do - no one is standing idle. They all have broad shoulders and thick arms - from working with stone all day no doubt. Their fortifications keep them safe and their numbers are large as a result. Of all the Guilds they are the most numerous.

Once you reach the headquarters, which is essentially a large tent with plans hanging everywhere you see a large woman ordering everyone around, her voice makes everything around vibrate it is so powerful. That's Big Bertha, no question.

**You:** I have come a long way to talk to you.

**Big Bertha:** I heard you were looking for us. Follow me.

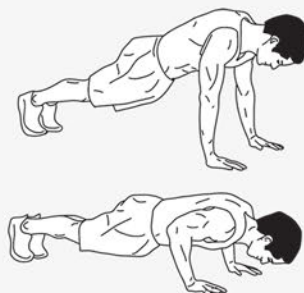
You follow her to a cart next to a building they seemed to have recently taken down. She points at the rocks : "We can work and talk at the same time."

**X PUSH-UPS** LEVEL I 5 reps LEVEL II 8 reps LEVEL III 10 reps

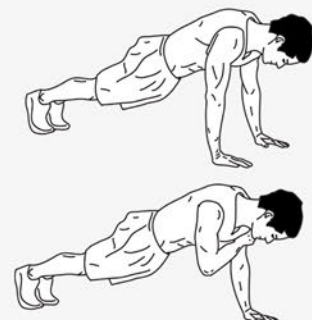
LEVEL I 5 sets LEVEL II 10 sets LEVEL III 15 sets 60 seconds rest rest between sets



20 squats



X push-ups



20 shoulder taps

**You:** You know the Harvest is approaching. I am looking for people to join the fight.

**Big Bertha:** We have our own fortifications. The Resistance means nothing to us.

**You:** I am talking about more than the Resistance. The Mountain Men will join us, I am sure, but we need everyone we can get if we want to stop the Harvest.

**Big Bertha:** We build things, we are no fighters. You are barking up the wrong tree. Besides, we always wait it out, our walls are high and thick, we don't lose that many men at Harvest.

**You:** You do lose some, isn't that enough? You must care about all your men.

**Big Bertha:** Acceptable losses. What you are proposing.. that is sure to kill us all. I will not send my men to their death.

**You:** Some things are worth fighting for and worth the risk. You must feel that what you are doing here is futile and it can't last. Every year you take things apart to make temporary shelters that get destroyed over and over again. All you do is patch. You patch things up over and over again. Nothing you build lasts, it perishes with people across Pandora. Is this your legacy? Is this truly worth holding on to?

**Big Bertha:** That's the job.

**You:** It doesn't have to be. You have a choice. You can fight and take your chances in the battlefield and maybe, just maybe you get to build something that lasts - or you can continue hiding behind walls that will one day crumble or simply will have no one left to hide behind. You do have a choice.

**Big Bertha:** I've heard about you. You are a stranger here, no one knows where you come from - no one knows why you came here in the first place. What you say is pretty but will you get your hands dirty?

**You:** What do you want me to do?

**Big Bertha:** There is something you can help me with and, if you do it well, I'll consider joining you. There is a building at the end of this street - the white tall one. It has been infested with stoneworms and we are ready to take it down, we even have the set-up ready for the columns to come down but my men... well, they are not good for this job. Take the pillars out and the building will come down. I will even pay you 400 scraps for the job.

**You:** Alright.

You throw the last stone on top of the cart and it begins to roll away pulled by a couple of strong builders, probably towards whatever bunker has ordered the stone for their repairs.

## Chapter 38

You get to the building and it's... breathtaking. Whoever built it must have poured their heart and soul into it. White stone, polished pillars, intricate lines. You haven't seen anything this beautiful in Pandora, it really stands out against the greyness of this land.

You can see the set-up Big Bertha left for you, it shouldn't be that much trouble to take the four pillars down and the building will come down. It'll be a shame to destroy something this grand. Then again if it is infested by the stoneworms it will come down eventually when the worms eat through the structure - all you are doing is speeding things up.

You could go floor by floor and clear the worms one by one. It'll be much harder but the building might just have a chance to stay up a bit longer. Of course, that would be defying Big Bertha's orders.

### OPTION A

Destroy the Pillars  
to take the building down.

### OPTION B

Get in and clear the building  
floor by floor



# Chapter 38

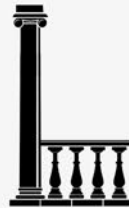
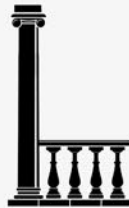
# A

If you chose option A

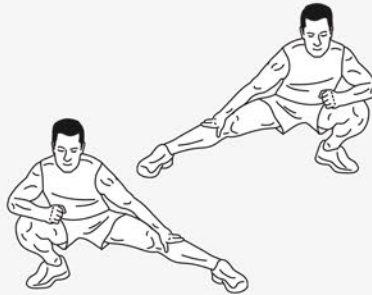
You get to each one of the pillars and take them down one by one.

1 pillar - 1 set

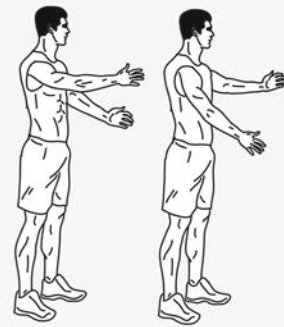
2 minutes rest  
between sets



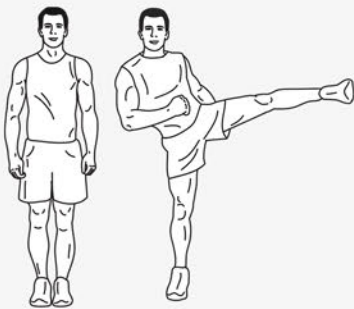
**40** lunges



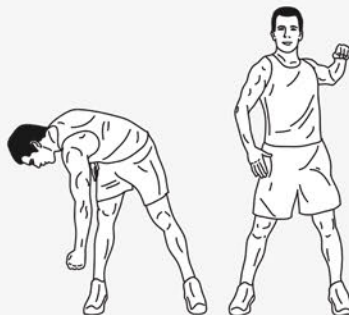
**20** side-to-side lunges



**100** scissor chops



**40** side leg raises



**20** lawn mowers



**100** speed bag punches

As the last pillar is beginning to go you run to safety as fast as you can.

You watch the stone crumble and the dust go up. You just need for it to settle now and make sure there are no worms left alive.



**100**  
**high knees**  
workout finisher



# Chapter 38

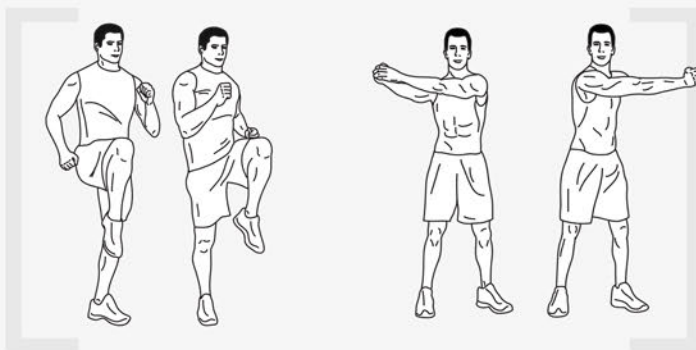
# B

If you chose option B

You walk into the building and get all the way to the first floor before you see them. Large man-size creatures with black eyes and round mouths with several rows of teeth all around. You ponder whether you've made a huge mistake but it's too late to turn back - as you look down you see two more blocking the exit. They have noticed you and they are heading towards you. Each one is like a crawling wardrobe with teeth. What did you expect? They eat stone.. and possibly people, too.

1 stoneworm = 1 set

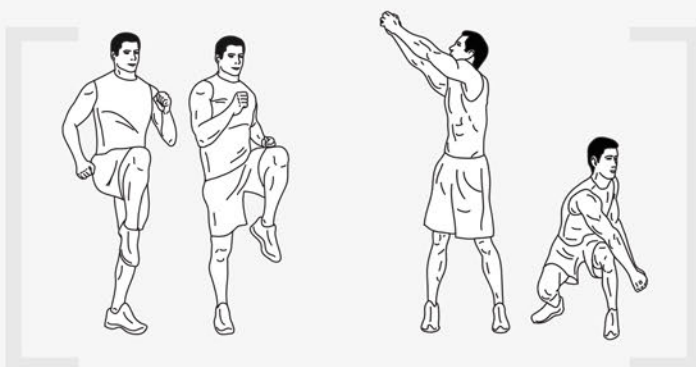
2 minutes rest between sets



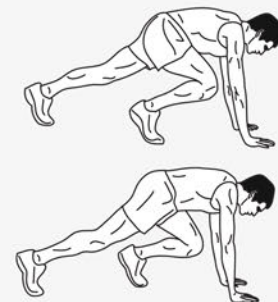
**4combos:** 10 high knees + 4 side-to-side chops



10 side-to-side jumps



**4combos:** 10 high knees + 4 cross chops



10 climbers

You fight off the worms and proceed clearing the rest of the building floor by floor. The higher you go the smaller the worms get. By the fifth floor you can't find a single one of the crawlies - your job here is done and you can now return and talk to Big Bertha.

As you turn back you hear voices at the very top.

# Chapter 39

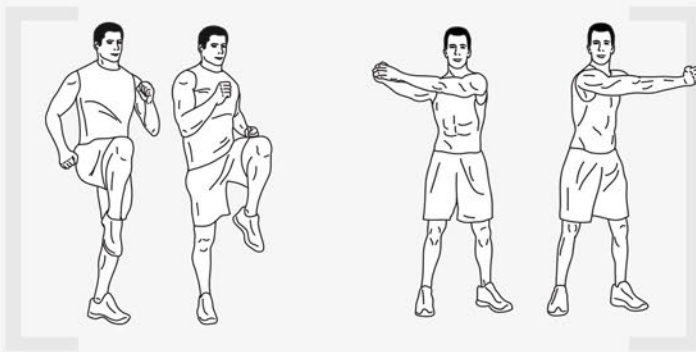
# A

If you chose option A in chapter 38.

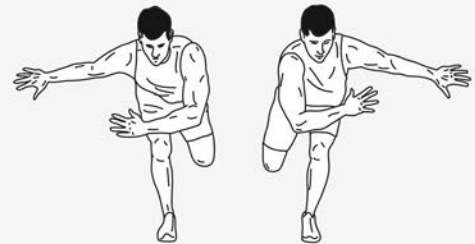
As the dust has settled you go through the rubble alongside Big Bertha and her man. Every now and then a stoneworm surfaces eating through the rubble - you need to catch it in time and cut it down.

1 stoneworm - 1 set

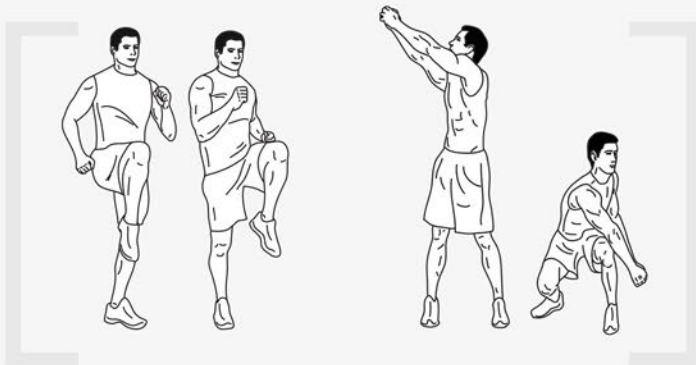
60 seconds rest  
between sets



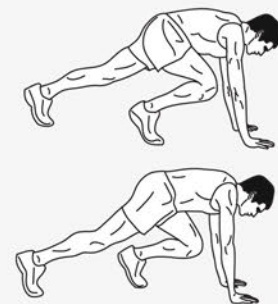
**4 combos:** 10 high knees + 4 side-to-side chops



**10** side-to-side jumps



**4 combos:** 10 high knees + 4 cross chops



**10** climbers

As you check through the rubble all over you see something you didn't expect. A human body. And then another one, buried under the stone - there is blood in a few places. These men were crushed to death when the building came down, they must have been inside. When you ask Big Bertha about it, she doesn't seem surprised. Acceptable losses, right?

She seems satisfied.

**Big Bertha:** Nice job. You did me a favour here so I'll consider your request. I might be able to spare a few men for the war efforts. We'll see.

## Chapter 39

## B

If you chose option B in chapter 38.

You go all the way up and you find a group of people hiding there behind a barricade.

**Architect #1:** Stay away!

**You:** I mean you no harm.

**Architect #1:** You go and tell Big Bertha she is not going to get away with this.

**You:** ...You do know Big Bertha has already made arrangements for this building to come down - with you in it. Why does she want you dead?

**Architect #2:** We were making plans to overthrow her and establish a proper council. We need rules, we need a better structure - we can't just keep on demolishing buildings and hoping it'll all work out. She found out about our plans and told us to meet her here, she told us she was willing to negotiate. We didn't know she had already planted the stoneworms - and they do get big in days that's why we use them for demolitions but they don't care if they eat a few people along the way. We ended up trapped here with no way out. Did you not see the worms?

**You:** Oh I saw them. They saw me. We had a friendly chat and they agreed to leave. ... I am joking. The building is clear. You are safe now.

You lean against the wall, placing your sword over your shoulder.

**Architect #1:** Did you get all of them? Even the males, in the walls?

**You:** The walls?...



# Chapter 39

# B

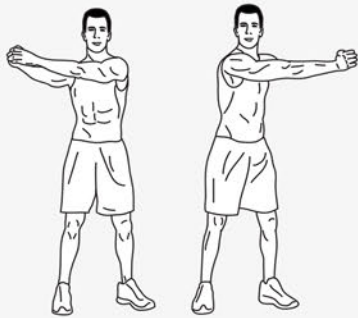
## PART 2

Age of Pandora  
© darebee.com

If you chose option B in chapter 38.

As you jump away from the wall something jumps out of it. You would think the males would be smaller! "Get behind me! We are going to make a break for it!" - you yell.

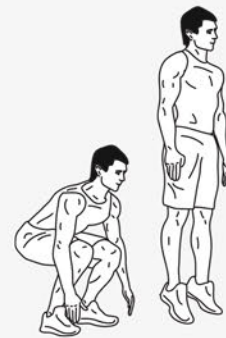
**All Levels** | 3 sets | 2 minutes rest between sets



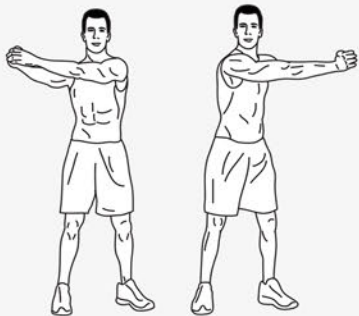
10 side-to-side chops



10 squat + side chops



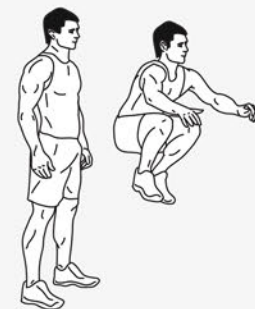
2 jump squats



10 side-to-side chops



10 squat + side chops



2 jump knee tucks

As you walk out of the building you come face to face with Big Bertha and her men. The moment she sees the Architects behind you she goes all white, as white as the building. She obviously didn't expect that.

**Architect #1:** You didn't expect to see us alive now, did you? [ Addressing the gathering crowd ] And you. How many of you knew we were trapped in there? [ He looks around and people lower their eyes - they clearly knew ] And you did nothing. You do nothing. You just go along, you don't question and you choose to look away rather than face reality. We are running out of stone. We are running out of time. Our leader has failed us and for that she will be judged [ two people swiftly grab Big Bertha by the arms to ensure she doesn't escape ]. We were meant to build. We were meant to build things that last. Before we can do that we must face our enemy, we must join the Resistance and reclaim our land.

The crowd cheers.

**You:** Funny you should say that...

# Chapter 40

Just as you are about to be on your way you run into Morse.

**Morse:** It's so good to see you! I am just coming back from the Resistance camp. As soon as I heard you succeeded in finding the Factory I dropped everything and offered my services to the Resistance. Hella explained a great deal to me and I have also done my own digging in the Factory's documents. I did find something that can help us: schematics for fortification and even a basic war machine I am confident we can build before the Harvest.

**You:** This is great news, Morse!

**Morse:** Well, we have the schematics but we still need the materials and the manpower. That's why I am here. I already agreed on the price and there are some builders here willing to help for a fraction of their usual fees but they still have mouths to feed and all..







**You:** What are you saying?

**Morse:** I have already put all the scraps Hella gave me and I am still 10,000 short.

**You:** Leave it to me.

**Pay 10,000 scraps to the Builders.** You can sell items or find job all over Pandora.

## Available Jobs

 <p><b>Location</b> Bunker 22 <b>Pay</b> 1500 scraps <b>Job</b> Clearing rubble <b>600 squats</b></p>  <p><b>COLLECT</b></p>	 <p><b>Location</b> Bunker 201 <b>Pay</b> 500 scraps <b>Job</b> Lay down floors <b>100 plank walk-outs</b></p>  <p><b>COLLECT</b></p>	 <p><b>Location</b> Bunker 17 <b>Pay</b> 6000 scraps <b>Job</b> Dig an underground tunnel <b>200 climber taps</b></p>  <p><b>COLLECT</b></p>
--	---	--

## Chapter 41



### Go to the nearest Agora

As you walk in you see several messengers coming and going, you grab one: "Amru, your Guild Master - I need to speak to him", "Try Bunker #7, he was last there".



### Go to the Bunker #7

You ask around at the bunker and someone who claims to be his wife tells you he is long gone but you might be able to catch up to him at Bunker #4.



### Go to the Bunker #4

You arrive at the bunker #4 and stop at the entrance trying to catch your breath. A messenger rushes past you. You yell: "Amru?", "Try Bunker #6" - he yells back not even looking at you. Not again...



### Go to the Bunker #6

You get to the bunker number #6 and ask around about Amru, someone directs you to a section where his, this bunker's family, is. You go in and see six children, four of them might be between 2 and 5 years old and a couple of newborns being cared for by two women. The children are playing and the women are looking after them.

**You:** Is this Amru's home?

**One of the women looks up:** We are Amru's wives, yes, do you need something?

**You:** Ugh. I need to talk to him. I've been running around trying to catch up to him.

**Another woman:** Then you are doing it all wrong. Stay in one place and he will find you.



### Go to Agora Canis

You decide to give it a try. You walk to the trading center and lean against the wall near the notice board. Tired, you are about to doze off when someone taps you on the shoulder. You turn around and see a skinny man with striking features and blue eyes. "I heard you were looking for me" - says Amru - "Follow me, Stranger. I've heard a lot about you."



# Chapter 41

## PART 2

Age of Pandora  
© darebee.com

You follow Amru deeper into the Agora. You didn't realize there were sleeping regions here but it makes sense. You run through narrow streets and corridors, trying to keep up with the Guild Master. It never occurred to you before but messengers never walk anywhere, their default moving speed is a run.

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



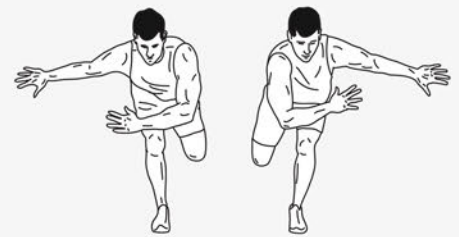
**20** high knees



**2** jump squats



**20** high knees



**2** side-to-side jumps

You eventually stop at a small covered area. It looks like something of an academy and a home at the same time. There are boys there ages from 6 to 14 as far as you can tell. Some are studying maps, others are doing stretching exercises and speed drills.

Amru offers you a cushion to sit on and sits down on top of one himself, legs crossed.

**Amru:** Sit down. I know why you are here. You want the Messengers to join the Resistance efforts.

**You:** Yes, that's right.

**Amru**[ after thinking for a while ]: When I first heard about a Stranger in Pandora I had you followed. Don't be surprised, as a Guild Master I must know about everything going on in Pandora. I had you followed so I know where you have been and where you are going.

**You:** We don't have to have a long discussion then. Will the Messenger's join the fight?

**Amru:** There is something I need you to do for me first.

**You:** You know what's at stake and you are trying to bargain with me?

**Amru:** I wouldn't but it's a family matter and until it's resolved I can't give you my answer.

**You:** Alright, what is it?

**Amru:** See those boys? They are all my children.

**You:** I gathered as much. I've met your wives.

**Amru:** You are catching up fast. Good. Well, my eldest son is missing. My messengers have covered Pandora and turned it upside down and they still can't find him. You seem to have a knack for finding things.

**You:** You want me to find your son?

**Amru:** Please. I am begging you. Once he is home I can be at peace and we can talk about the Harvest.

**You:** Alright. Where did you see him last?

**Amru:** He disappeared two days ago from his room.

**You:** I need to take a look at it.

**Amru:** Do whatever you have to do - just bring my boy back home.

You proceed into the boy's room and examine everything very carefully. A young man going missing in the night wouldn't normally be of a concern but this is Pandora. Everything is a matter of life and death here.

You look carefully through his things and you notice there is something stuffed in a pillowcase. Letters. You look through them - love letters. The most recent reads:

*"My dear Glen,*

*I will do anything to be with you. I will meet you at the Bridge. What we saved up should pay our way through.*

*Love, Daria"*

You have a lead now.

# Chapter 42

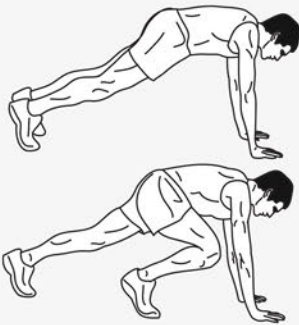


## Go to the Bridge

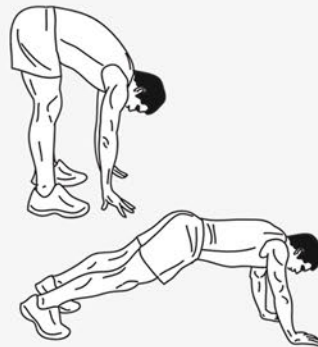
You know the general direction of where the two lovers went, they went past the Bridge and as far as you could tell from the letter they were most likely looking for someone to escort them through the No-Man's forest outside Pandora. It's been two days since anyone last saw Glen so the chances of finding him are pretty slim.

As you walk towards the forest you see a campfire in the distance. It is getting dark now. You need to get there but quietly in case it's Glen and Daria.

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



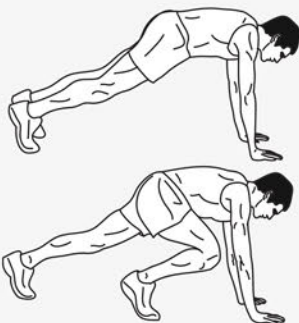
20 slow climbers



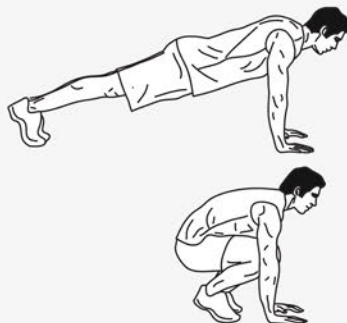
5 plank walk-outs



10-count plank



20 slow climbers



5 plank jump-in



10-count plank

You get close enough to see who it is. Dammit, it's not them. It's just a couple of thugs.



## Chapter 42

### PART 2

Age of Pandora  
© darebee.com

You are about to walk away when you hear one of them say:

**Thug #1:** Silly kids. It was so easy to part them from their scraps and then just leave them there.

**Thug #1:** The easiest job ever. I still can't believe they actually still went in. Ah, young love.

This is not good. Not good at all. You step out to face the thugs.

**You:** What did you do with the kids?

**Thug #1:** What business is it of yours?

**You:** It is my business, I am here to bring them both safely back.

**Thug #2:** Well, you are too late then. They are long gone. Probably eaten already.

**You:** Where did they go in?

**Thug #1:** Just over that field.

**Thug #1:** [ after a pause ] Well? Why are you still here.

**You:** I believe you were paid for something you didn't deliver on.

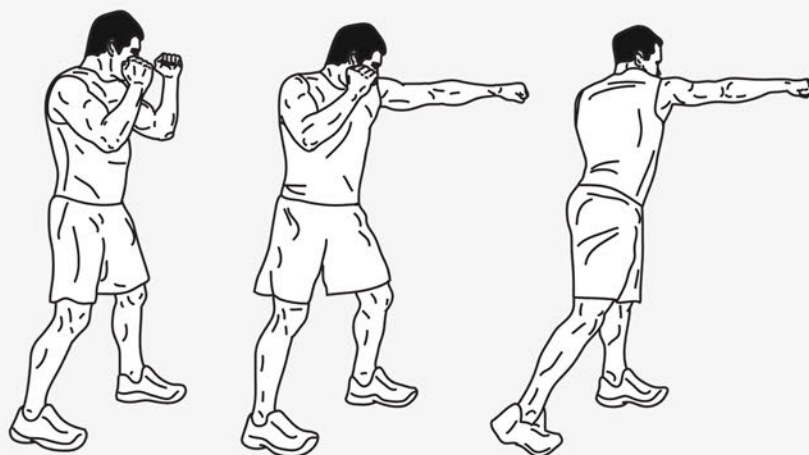
**Thug #1:** [ rolling up his sleeves ] Well come and get it then.

**LEVEL I** 300 punches

**LEVEL II** 400 punches

**LEVEL III** 500 punches

split into manageable sets



They will live, you think to yourself walking away from the campfire. It was probably reckless to go against the two of them like that but it just didn't sit right with you. They took advantage of two kids and send them to their doom - they are lucky you didn't kill them.

## Chapter 43

As you get deeper into the forest you begin to look for clues to see where they might have gone. You look for broken branches, footprints - anything that may indicate in which direction the two went. You can't find anything. You are about to give up when you hear voices. Screams in fact. You run in the direction of the sound.

You see Glen first. He is trapped under a tree and is frantically trying to get free. He sees you and yells: "Save her! Save her! Please, I am begging you! Save her!"

You can hear Daria screaming in the distance. She must have gone looking for help when Glen got trapped but she didn't make it very far. Unfortunately Glen's screams have just alarmed every Beta in the forest and god only knows what else. You can see them already advancing in the distance. If you leave Glen now he will definitely die - he is defenseless under that tree. It sounds like Daria is in immediate danger as well - if you stay and defend Glen there is no way she is going to make it.

You have to chose who you are going to save.

**OPTION A**  
Save the girl

**OPTION B**  
Save the boy

# Chapter 43

# A

If you chose to save the girl

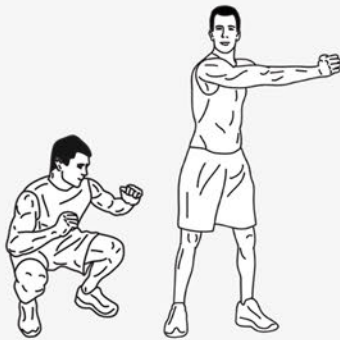


**100**  
high knees

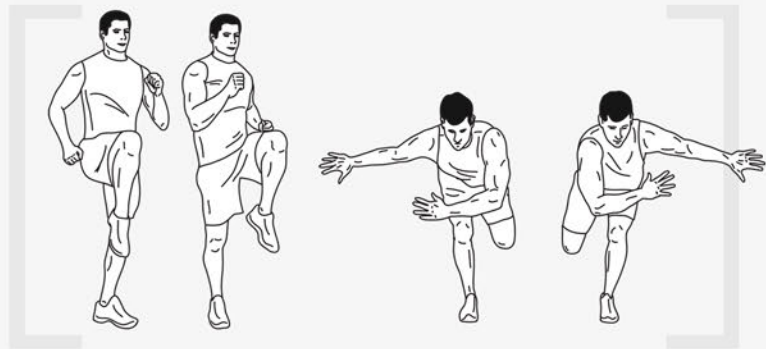
You sprint towards the place where you heard Daria scream. There is no point in looking back now.

As you get there you can see she is trying to defend herself with a branch against three Chickensas. The larger of the three spits out flames and the branch catches on fire in Daria's hands. Help her!

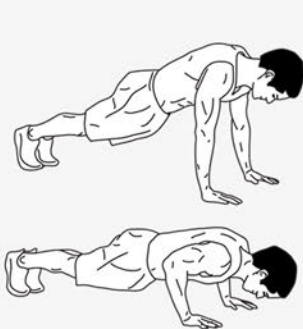
X-combo **LEVEL I** 10 combos **LEVEL II** 15 combos **LEVEL III** 20 combos  
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets      2 minutes rest between sets



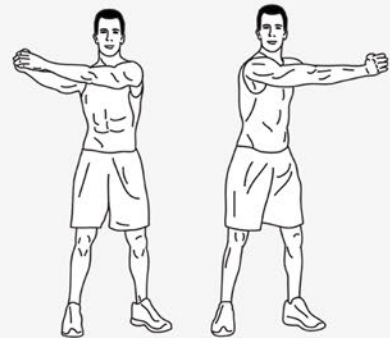
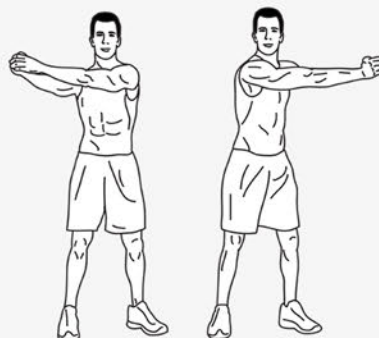
**20** squat + side chop



**3** combos: **10** high knees + **4** side-to-side jumps



**X** combos push-up + side to side chops



**20** side-to-side chops

As soon as the shock wears off and the last Chickensa falls down Daria yells "Glen!" and rushes towards the spot where you left the young messenger. You go after her - maybe, just maybe he made it on his own.



# Chapter 43

# B

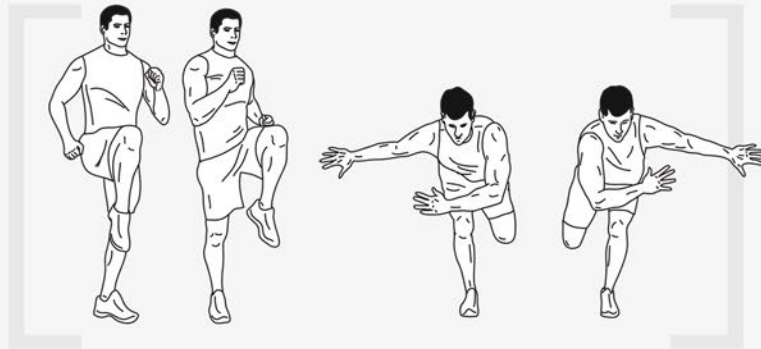
If you chose to save the boy

Daria is not your priority, you promised Amru to bring his son back and you intend to deliver on that promise. You take a defensive position and just in time too - a massive Beta lunges at you. Fight!

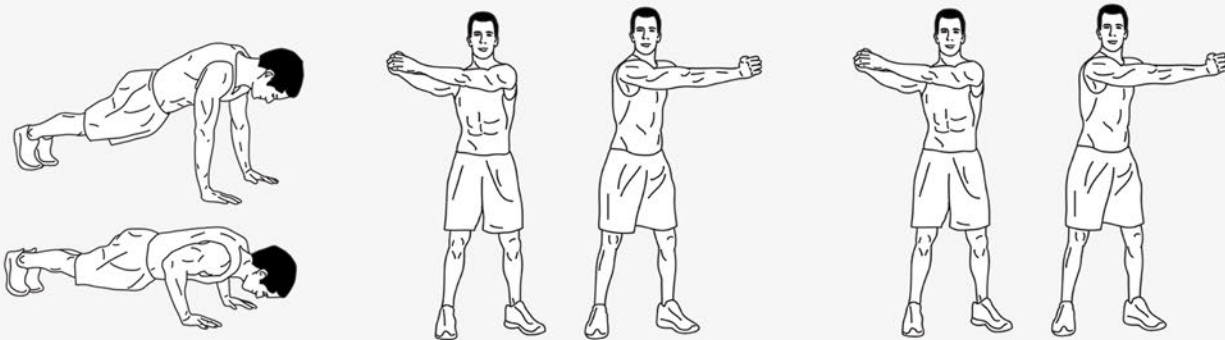
X-combo **LEVEL I** 10 combos **LEVEL II** 15 combos **LEVEL III** 20 combos  
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets      2 minutes rest between sets



20 squat + side chop



3 combos: 10 high knees + 4 side-to-side jumps



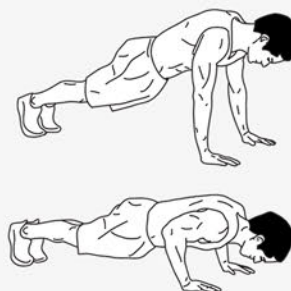
X combos push-up + side to side chops

20 side-to-side chops

Once the Beta is down, you go to help Glen who has already lost his voice from screaming profanities at you, then reassurances to Daria, then just ranting at the world.

With some difficulty you move the tree and free him.

As soon as he regains his mobility Glen rushes towards where Daria's screams have long died down. You don't need to see it to know it. You brace yourself and follow Glen.



50 push-ups

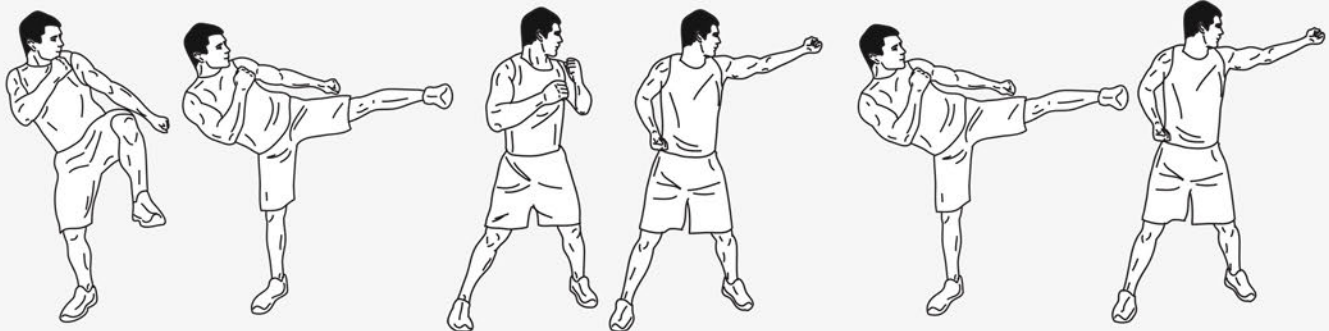
# Chapter 44

# A

If you chose to save the girl

“Get away from him you, bitch!” - you hear Daria yell. You get there moments later just in time to face a massive Beta lunging for Daria. If you were a few seconds late it would have taken Daria’s head off.

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



**20** side kicks

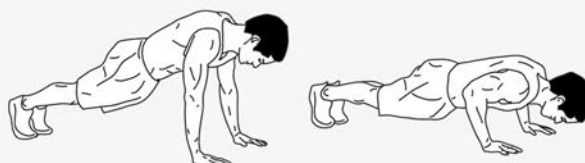
**20** backfists

**20** combos side kick + backfist

With a finishing move you run the Beta through with your sword. It goes still and drops dead. You can't help but feel good about this victory. Until you see it. Daria desperately trying to pull Glen out from under the tree, crying and talking to him. He will never talk to her again, his carotid artery has been severed - he must have bled out in minutes right after you left. There was never saving both of them.

Daria starts screaming at you, kicking you and all you can do is just stand there. There is nothing you can do about it now. She eventually goes quiet and just sits down on the ground next to Glen.

You go to the tree and, after some struggle, move it away freeing Glen's body.



**50**  
push-ups

## Chapter 44

# A

PART 2

Age of Pandora  
© darebee.com

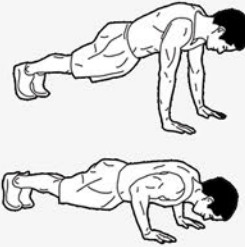
If you chose to save the girl

You wrap him up and throw him over your shoulder. The least you can do is bring him home. As you head for the Messenger's Guild, Daria follows.



**Go to Agora Canis**

**Condition: every travel point back + one push-up**



You carry Glen's body to the Guild Master's house in Agora Canis.

When Amru sees it he breaks down over it without saying a word. You get out and wait outside to give him some privacy.

A while later, Amru comes out.

**Amru:** Thank you for bringing him back, I am grateful. Messengers will join you when the time comes. And for now, whenever you need us we will deliver messages across Pandora for you and the Resistance - free of charge, of course. We will take care of the girl, she can stay here.



## Chapter 44

## B

If you chose to save the boy

“Daria, my sweet Daria” - you hear him weep. Glen clutches the half burned body of his beloved repeating her name over and over again. It looks like it may have been a Chickensa that got her. Probably a few of them, too, judging by the defensive wounds.

You wait for Glen to get it out of his system. It was a difficult choice but you made it and Amru's son lives because of you. If you'd left him there under that tree he would have been dead right now. The boy finally turns to you.

**Glen:** You will pay for this.

**You:** Look, this is unfortunate but I made a promise to your father to bring you home.

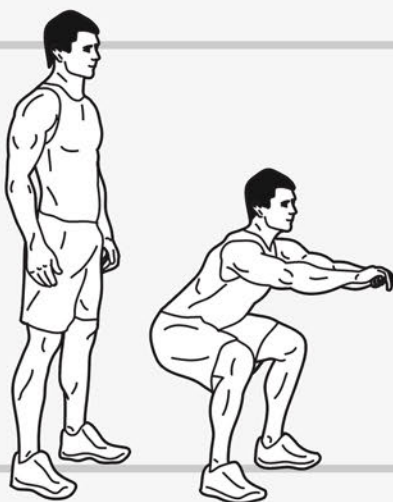
**Glen:** My father. He will pay for this, too. I told you to leave me and save her, I begged you. You will regret this decision.

That's just grief talking but there is no point in continuing this conversation. You start collecting rocks.

**Glen:** What's that for?

**You:** You do want to bury her, right?

Glen says nothing but starts looking for stones too.



**500 squats  
throughout the day**

You cover Daria's body with stones.

Glen sits by it for a few minutes then gets up: “Let's go”. After that, all the way back you don't say a single word to each other. It's the first time you see a messenger walk rather than run. Maybe it's his legs, he was crushed under a tree after all. Perhaps.

If you chose to save the boy



## Go to Agora Canis

Amru runs out of the house to greet you.

**Amru:** Glen! You are alive!

**Glen:** Father.

The young man barely acknowledges Amru and goes past him inside the house.

**Amru:** You kept your promise. I am very grateful. And don't worry about him, he'll be alright.

**You:** He ran away to be with a girl named Daria. She didn't make it.

**Amru:** It's for the best. Messengers are not meant to be monogamous. It's our duty to take as many wives as we possibly can and father children. That girl was trouble. I didn't mean her harm but this, however unfortunate, works out even better. He'll forget about her pretty soon, I already have several brides lined up for him. They'll take his mind off it all.

**You:** I wouldn't be so sure.

**Amru:** In any case - you kept your word and you have my full support. We will face the Harvest together and you can rely on us to deliver messages for you anywhere in Pandora - free of charge of course.

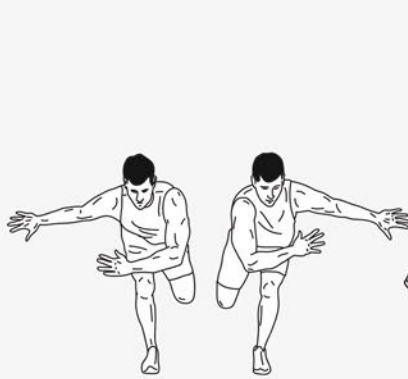
# Chapter 45

You are about to leave the Agora and be on your way when someone rushes past you. And now they are running away with your purse. Your scraps! The thief is getting away with all your scraps! Run after him to get them back. You have to run and jump over trading tables and whatever the thief scuttles behind him to trip you up.

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



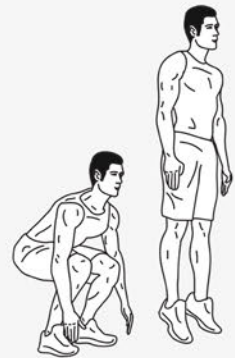
**20** high knees



**4** side-to-side jumps



**20** split jacks



**4** jump squats

He is getting away! He managed to get out of the Agora and is now heading for the hills!



**100**  
high knees  
workout finisher



You finally catch up to him just outside the Last Garden.

**Thief:** [ not very convincingly, stretching every word ] No. Please. Mercy.

**You:** What the....

**Thief:** [ same tone ] Sick mother. Ten children. Sixteen puppies - and all that.

**You:** You are not even trying to make it sound convincing!

**Thief:** What do you want from me? I tried, I failed. It looked like an easy loot, I misjudged you. Kudos.

**You:** Alright, I was going to let you go, I get it - life is tough in Pandora but this attitude alone has earned you a beating.

**Thief:** Whoa, hold on. We can work something out. I am only trying to make an honest living here.

**You:** Honest living? You are robbing people!

**Thief:** So?

**You:** [ facepalm ]

**Thief:** Listen, you got your scraps back but I get it, you are still upset. Here is 100 scraps for the inconvenience. Alright?

**You:** Just get out of here.

# Chapter 46

You really need to get to the Hunters and talk to their Guild Master but since you are right outside the Last Garden it'll be a good idea to stop by and resupply.

Before you enter, you have to leave your weapons at the gates and only then you are let in. The Last Garden mainly specializes in fresh produce and it's probably the most fortified structure in Pandora you have come across so far. It is split into grids with allotments where fresh fruit and vegetables are grown. You can buy fresh produce or, if you are a wealthy citizen, you can buy an allotment and have it all to yourself.

There are some jobs posted there, too. Naturally, they are all farmer related. You can hear your stomach rumble. Perhaps you can pick up some work and get a decent meal.

Pick a notice from the noticeboard and complete the job.

## Available Jobs

**Pay** 200 scraps  
**Job** Weed job  
**50 plank walk-outs**



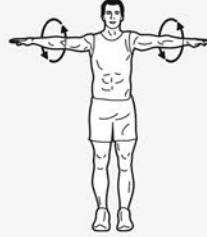
**COLLECT**

**Pay** 320 scraps  
**Job** Collect chickensa manure  
**50 up & down planks**



**COLLECT**

**Pay** 510 scraps  
**Job** Water delivery  
**500 raised arm circles**



**COLLECT**

## Chapter 47

Once you gain the support of the Hunters you should have sufficient forces gathered to face the Harvest. Your last stop is the Hunter's Bunker in the Hunter's Forest.



### Go to the Hunter's Bunker

Hunter's have a pretty grand bunker. As you enter it you end up in a massive hall with a fire pit stretched out all the way to the end in the middle. At the very end you see a podium with a seat covered with layers and layers of different leathers and fur. It reminds you of a throne room of some kind. The light from the fire is the only light in the bunker, there are no windows or other exits.

Some of the hunters are roasting meat on the coals at the center, others are tending to their bows. It seems their entire community lives in that grand hall. You search for anyone who may stand out and your eyes meet with a man with a scar over his right eye. He heads towards you.

**Hawkeye:** Hunting order?

**You:** Hunting ord..? No, I am here to talk to the Guild Master.

**Hawkeye:** My name is Hawkeye, I am the second in command. Bersen is away on a secret mission but you can bloody talk to me.

**You:** You may have heard about me. It seems that pretty much everyone in Pandora has. I am trying to get the guilds to join the Resistance efforts against the Harvest. I have the support of the Mountain men, the Builders and the Messengers have agreed to join as well. Will the Hunters?

**Hawkeye:** Yes, I've bloody heard about you but as it bloody happens only Bersen can agree to that. You are bloody welcome to wait for him here. I'll send someone to make a bed for you. Our Guild Master should return in a couple of days or so and you can bloody talk to him then.

What a peculiar man, you think.

**You:** Thank you. I appreciate it.

Hawkeye nods and walks away. Shortly after a young girl comes to show you to your room. The bed is made and you just now realize how exhausted you are. The moment your head hits the pillow you switch off.



# Chapter 47

## PART 2

It seems like only moments later Hawkeye wakes you up.

**Hawkeye:** I thought you might want to join us for a hunt.

**You:** Is it morning already?

**Hawkeye:** Bloody midday [ he smiles ] Here, you'll need this.

He hands you a black bow with an intricate pattern, a hunter's bow.

**Hawkeye:** You can leave your bloody things in the room, they'll be bloody safe here.

You put your jacket on and follow Hawkeye out. His men have already gathered outside and together you head deep into the woods.

**Hawkeye:** Our scouts spotted a bloody Varapin this morning.

**You:** I don't think I've ever even heard about a Varapin before.

**Hawkeye:** Well, they are rare. Most people who see them don't bloody live long enough to tell the tale. We bloody always get a few bloody things before the bloody Harvest and it's always a bloodbath. A single bloody Varapin can kill hundreds of people.

**You:** So how do you kill one?

**Hawkeye:** We will bloody find out. This will be our bloody first... DUCK!

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



2 bounce + bounce + squat



20 high knees



2 side-to-side lunges



20 high knees

Hawkeye: Watch out for the bloody venom, it'll bloody paralyze you!

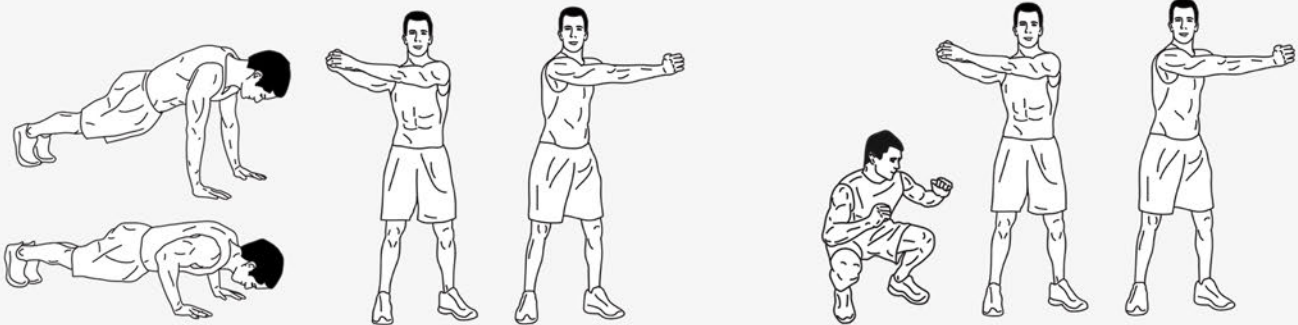
# Chapter 47

## PART 3

Age of Pandora  
© darebee.com

You unshiv your sword and charge.

**X combos each** LEVEL I 10 combos LEVEL II 15 combos LEVEL III 20 combos  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets 2 minutes rest between sets



**X combos** push-up + side-to-side chops

**X combos** squat + side-to-side chops

Hawkeye kneels next to the Varapin's body and cuts its head off. You all head back to the bunker, cheering.

When you arrive there you see one of the hunters arguing with someone.

**Hunter:** How many times must I tell you - NO. It's a fool's errand, we don't get involved. Just forget about her, old man. Go home.

The old man sighs and leaves. Hawkeye notices you listening in.

**Hawkeye:** That's old Rubin. He used to do leatherworks, shoes, capes, lots of bloody leather things. He comes every bloody day with the same exact bloody plea. His wife went to the bloody Dreamers when his daughter was born. He grieved and raised the child alone. Then his daughter grew up she got bloody involved with some merchant's son, got pregnant and gave birth to a baby girl. She left the baby and went to the bloody Dreamers too. Again he was left with a newborn on his hands. She grew up... and, you can guess what bloody happened then. He comes here every bloody day and tries to hire us to bring her back. He does small jobs, saves up a little bit every day to offer better reward in hopes we'll bloody change our minds. The bloody thing is, we won't go against the Dreamers, we don't bloody need that trouble. And it's too bloody risky. Besides, it was her own bloody choice to go there just like her mother and her grandmother before her.

You see the old man in the distance, hopelessness in his every step. You hesitate. It is a fool's errand...

**You:** Hey there! Rubin! Wait up...

## Chapter 48

"I don't want to get your hopes up" - you tell the old man as you walk alongside him, feeling it might be too late to say that. Sigh. "I will do what I can. I can promise to at least talk to her. What does she look like?"

**Old Rubin:** Oh thank you. Thank you! Thank you! Thank you!

He drops on his knees in front of you.

**You:** Please, there is no need for this... Just [ you help him get up which is clearly a struggle for his old bones ] Just tell me how I will recognize her and I'll do my best.

**Old Rubin:** She is sixteen years old, long black hair with green eyes. She has this habit of tucking her hair behind her ear but then she remembers about her scars and puts it back. When she was little a ratsan got into the house. She was alone and had to fight it off. She did but she got bitten badly in the process. Her hands and legs are covered in scars, the dreadful thing took a whole chunk of flesh out of her ear. You'll see the scars and the funny looking ear - that's her, that's my Serina. Oh and she has a bit of a limp. One winter she had a frostbite and lost a few of her toes.

**You:** Alright. I am going to head for the Temple and see if I can find her. Wait for me at Agora Canis. I'll find you there whatever the outcome.

Before you go to the Dreamer's Camp you need to find a disguise. Chances are someone might recognize you there and will not be happy to see you since the last time. You need to buy a hooded cape.



**Go to Agora Canis**

**Buy a cape at Agora Canis before you can move on to the next chapter**



## Chapter 49



### Go to the Dreamers' Temple

You need to find a teenage limping girl who is covered in scars and missing half of an ear. How difficult can it be? Except there are so many people there, so many girls covered in scars and so many people having some kind of difficulty walking. You go from one prayer circle to the next trying to see if anyone matches the description. You finally come across a girl fixing shoes. You can't tell if it's her or not because she is sitting down and her hair falls down her shoulders. She does match the description, though.

No one seems to be around or paying attention so it's fairly safe to come and talk to her.

**You:** You know, you are really pretty.

The girl smiles and tucks her hair behind her ear instantly pulling it back to hide it. Just as old Rubin described. The girl is missing most of it. You can be certain she is the girl you are looking for.

**You:** Listen, Serina. Your grandfather sent me, he is really worried about you and he wants you to come home.

**Serina** [ getting alarmed and becoming defensive ]: Go away! And tell my grandfather that I am not coming back.

**You:** Look, this is ridiculous. This whole Dreamer thing is ridiculous. This is not a dream, this is life and it can get better - you shouldn't give up. There is hope.

**Serina:** I don't want to hear any of it. It's my choice and mine alone. I've been waiting to be awoken by the Creator for months and it's finally happening and you come here trying to spoil everything.

**You:** Awoken? You are going to die!

**Serina:** I will go to a better place!

You really don't have many options left here. She is beginning to raise her voice - it will attract attention and it will become a mess if you don't do something quick.

#### OPTION A

Run now and leave her there.  
She is right, it is her choice.

#### OPTION B

Just grab her,  
she doesn't understand what she is doing.

## Chapter 49

## A

If you chose option A

**You:** Fine. Stay here.

People already started gathering around you at this point so you hurry up and leave. You can hear whispers at the distance. You probably made it out of there just in time. Hunters were right, it's just not worth getting involved with these people - once they commit they are gone. You feel sad that now you will have to face Rubin and crash him with the news. His granddaughter will probably be dead by tomorrow if what she said about being awoken is true.

As you get on the road just outside the Dreamers camp two massive acolytes block your path. You do a U-turn and come face to face with a High Priest. One of the acolytes hits your legs and the other one kicks you in the gut once you are down.

**High Priest:** Going somewhere?

The two acolytes, one kicks away your sword, and then they both grab you by the arms. They drag you behind the priest heading off the road. Without turning he addresses you:

**High Priest:** I was hoping you'd be stupid enough to return. I've heard all about you, False Prophet. We can't have that, no-no-no.

**You:** What is your problem with me?

**High Priest:** My problem? MY PROBLEM? The fact that you exist. The fact that you continue this heresy about going against the Harvest, against the Creator's wishes. My problem... Gathering forces, promising people a better life. Such nonsense. Followers joining the Resistance! It's unheard of. And it's all because of you.

**You:** So basically you are mad because your show is taking losses?

**High Priest:** Shut up. The only reason you are still breathing is because I didn't want to make a scene so close to the Temple.

**You:** You are going to judge me either way, don't you? Just throw me into the pit and be done with it.

**High Priest:** I am going to judge you alright.

The acolytes stop near a rocky path below the Temple grounds, away from anyone's eyes. The Priest pulls out a knife.

As he comes closer you jump up and kick him with everything you've got before he gets a chance to "judge" you. Surprised, one of the acolytes loosens his grip and you have a chance to free your hand and punch the other one in the face.

# Chapter 49

# A

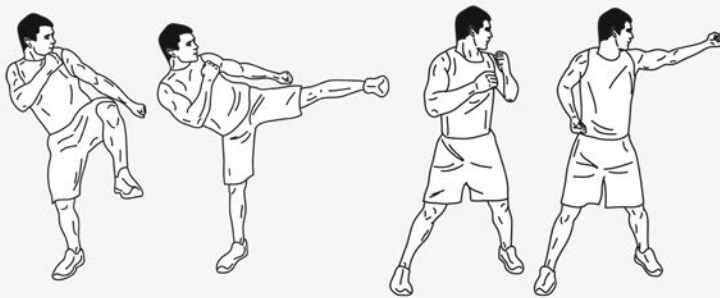
## PART 2

Age of Pandora  
© darebee.com

If you chose option A

Meanwhile the Priest regains his footing and charges at you. It's three to one and your sword is too far away to reach. You have to make do.

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



**20combos** side kick + backfist



**20** squat + hook



**20combos** knee strike + elbow strike



**20** squat + uppercut

The acolytes are unconscious and you are about to cut the priest's throat with his own knife.

**High Priest:** WAIT! [ blood running from his broken nose ] Don't kill me. I can be useful.

**You:** I don't think so [ you raise your hand ]

**High Priest:** The sleeping pods. I know where you came from.  
You stop and look at him in shock: How can you possibly know??

**High Priest:** There are tunnels under the Temple, there are only a few of us who know about them. That's where the original testament was found. There were other papers, too, with details explanation about the Arc and the sleeping pods. The priesthood decided it was not good for business so we burned everything we found except the page that was stolen from the Temple a while back. Don't kill me and I'll take you to the tunnels.



## Chapter 49

## B

If you chose option B

The moment you grab Serina's hand she starts screaming as if she was a banshee. You never thought someone can scream so loudly. Immediately the entire camp gets alarmed and a large crowd gathers all around. People are whispering and pointing at you. You are pretty sure you heard a few of them calling you "the Awoken".

The girl stops screaming and the voices from the crowd are becoming louder, there is a sort of reverence in them. You pull your hood away so everyone can see your sword just in case and the crowd gasps. A few people fall to their knees, others look at you angrily. You are not quite sure what's going on.

You hear someone trying to get through the crowd yelling "What is going on here". A High Priest followed by two massive acolytes pushes through the crowd. His face goes grim the moment he sees you.

**High Priest:** Calm down everyone. What is all this?

**From the crowd:** The Awoken! This is the Awoken! The Bringer of Hope!

**High Priest:** Such nonsense, this is not the Awoken, it's just someone who has come here to steal, clearly. Calm down now. You, girl. why did you scream?

**Serina:** He was trying to take me away from here.  
Murmur of whispers runs through the crowd.

**High Priest:** Here you go, your so-called Awoken is nothing more than a common thief.

Seeing how things are about to get ugly you feel like this might be your only chance.

**You:** I am the Awoken. And I have come to take you all away from here.

The crowd rebels. You hear screams, gasps, cries.

The High Priest is trying to keep his face straight but droplets of sweat are beginning to run down his face.

**High Priest:** Well, it'll be easy enough to prove. Calm down everyone, we shall have a trial as scheduled. If the Awoken truly is the Awoken passing the trial would not be much of a problem for him.

The crowd seems to be satisfied by that.

You swallow hard and nod. Please be the pit. Please be the scorpions, you think to yourself. The acolytes grab you by the arms and take you away.

They take your weapons saying that you are going to get them back at the trial which is a relief and take you to what looks like some kind of temporary holding room. You better sleep with your back against the wall.

# Chapter 49

# B

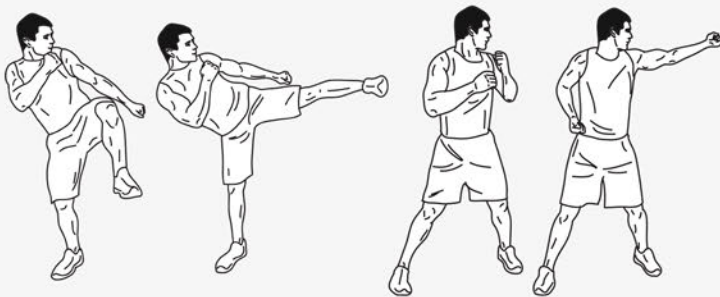
# PART 2

If you chose option B

And sure enough once everything calms down you hear someone opening the door and coming inside, you can make out two shapes. The two acolytes you have seen earlier with the High Priest are now standing in your cell. One of them says to the other: "And remember, he said it has to look convincing."

You wait for them to come closer before lunging at them.

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



**20 combos** side kick + backfist



**20** squat + hook



**20 combos** knee strike + elbow strike



**20** squat + uppercut

You are getting the upper hand and you are pretty sure you broke the first one's nose and shattered the other one's kneecap. It looks like you might just get out of this when you hear: "Enough". The Priest appears at the door and waits for the acolytes to get out - one of them is leaning on the other one to be able to limp out.

**High Priest:** Trial it is.

And he locks the door behind him.

## Chapter 50

## A

If you chose option A in Chapter 49

The Priest takes you all the way around the Temple to a rockier side to the opening in the cliff. There is some kind of cave in there. You make sure he goes in first.

**High Priest:** This is where we have one of the trials. It's symbolic. There is a hidden path here - He shows you to the wall and you notice there is a symbol of a phoenix on it. The priest takes out a set of dogtags from his pocket. They are identical to yours. He presses them against the wall where the symbol is and the wall opens up.

**High Priest** [impatiently] Are you coming?

You both step inside a white corridor and you follow him into a large room with lots of different screens and panels - it reminds you of the Lab's set-up. This one is a bit smaller, though. You can see the Dreamer's Temple on the screens. There must be cameras set up all over the perimeter.

**You:** But... you ... You kill people.

**High Priest:** I am sorry but I have to do this.

He presses something and steam comes down on top of you.  
A metal object hits your skin and a shock runs over your body, paralyzed you fall on the floor.

**High Priest:** I can't take any more chances.

He does something with the panel which sets off red lights and runs out of the room locking the door behind him.

You are struggling to stay conscious, you have the feeling if you don't you will die.



# Chapter 50

# A

## PART 2

Age of Pandora  
© darebee.com

If you chose option A in Chapter 49

You have to get out of here - whatever it takes.

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



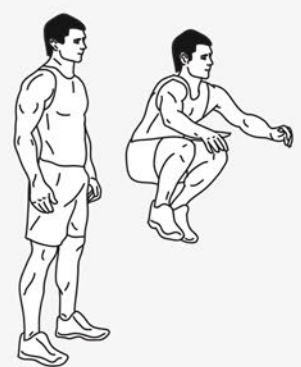
**20** high knees



**2** side-to-side jumps



**20** high knees



**2** jump knee tucks

You manage to get to the door and pull yourself up. You press your dogtags against the panel and fall out of the room as the doors open up, somewhere behind you a female voice mentions temperature readings beginning to rise. You stumble out and the doors close behind you and you know you have to make a run for it.

You hear a dull boom behind you as you make it out to the surface. The sun is coming out, it's a new day and you are still alive.

You don't think you'll be able to face Rubin now so you decide to send a note with the messenger instead once you are safely away from this damn place.



**100**  
high knees  
workout finisher

## Chapter 50

## B

If you chose option B in Chapter 49

The sun is coming out, it's a bright new day. You hear the door being unlocked, someone came to take you to the trial. A grim looking woman gives you some water and returns your things to you. The water tastes sweet. You follow her all the way outside all around the temple and down. There is a crowd gathering there, probably every single Dreamer from the Temple. There is a small group of people dressed all in white, one of them is Serine. They are waiting on a small podium. The woman indicates for you to join them there - so you do.

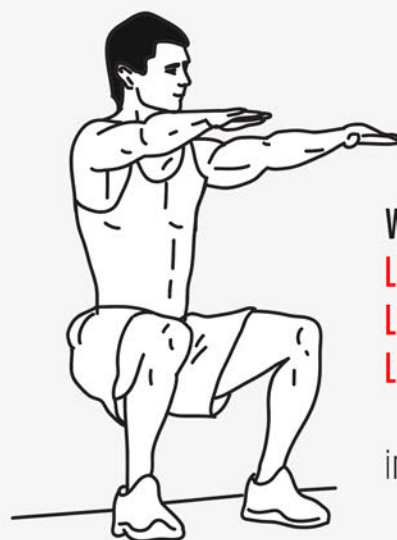
**High Priest addresses the crowd:** Brothers and sisters! Today the Creator shall claim the chosen ones. They shall go through the trial and be Awoken. They will rejoin others in the promised land!

[ The crowd cheers ]

**He continues:** The one who claims to be the Awoken will be tested alongside them. Let us begin.

The priest gestures towards the cliff and you can see some kind of cave in it. There are several strong men standing beside a massive boulder right next to it. The group of the chosen ones proceeds walking inside. Some give hugs and say their goodbyes to their loved ones promising to see them on the other side. You are feeling lightheaded and although you understand that this situation is really bad you don't seem to be able to concentrate. It's like something is messing with your brain. What was in that water???

Before you know it, you are pushed in along with the rest of the group and the exit is blocked by the boulder locking you all in. The people you are with have a little candle with them and they have already formed a small prayer circle in the middle. The cave is clean, there are no bones or blood there which makes you feel a little better. It still smells of death, a thought of that brings terror back. You can't help it but slide against the wall and concentrate on staying awake... you fail miserably at that falling deeper and deeper into darkness under the soothing sounds of the prayer's chant.



### WALL SIT

**LEVEL I** 2 minutes

**LEVEL II** 3 minutes

**LEVEL III** 4 minutes

in one go

## Chapter 50

## B

## PART 2

If you chose option B in Chapter 49

You wake up in panic. Something is wrong. It's difficult to breathe. You look around and you see some of the dreamers have already passed out and others are still sitting in a circle. There are a dozen candles already burnt out next to them. How long have you been asleep? You search for Serine and find her leaning against the wall, staring into nothingness.

**You:** Serine! Serine!

**Serine:** Go. Away. Let me. Be.

**You:** Serine, how long have we been here?

**Serine:** Roughly a day.

**You:** When are they letting us out of here?

**Serine:** Another couple of days before they open it to dispose of the bodies. We'll be long gone by then.

**You:** We are not going to last another two days! We'll be dead in an hour!

**Serine:** That's kind of the point.

Panicking you start looking around the cave. There must be a way out. There must be. You walk alongside the wall probing it for any weaknesses. Oh hell, there isn't even a crack for any air. You: We'll suffocate in here...

**Serine** [ delirious from the lack of oxygen ] That's kind of the point.

You are feeling lightheaded yourself but continue moving alongside the wall. Nothing again. Maybe if you could see it better. You grab the candle from the prayer circle - they are too weak to protest anyway and you hold it near the wall as you examine it again.

There is something. There is something on the wall. A feeling of hope fills your entire being. A phoenix symbol on the wall. The same one as in The Arc. The same one as in the Labs. You take out your dogtags and press them all over the wall until you hear a beep. You hear the wall moving and air filling up the cave. There is a white corridor behind it and very likely a way out.

You look back at the group and those who are conscious are staring back at you. Serine's jaw has dropped. You look right at her and extend your hand towards her: "Are you ready to wake up now?"

...



# Chapter 50

# B

# PART 3

If you chose option B in Chapter 49

You walk through the corridor and the group follows you. Some of them have to help others walk because they are still too weak. You finally end up in a large white room with lots of different monitors. Everything in it is still active - you can see Dreamer's Temple on the monitors, people going about their day and prayer circles. It's a surveillance system you realize.

Everything seems to be in order and still operational. You then see some food leftovers, still fresh as if someone left it here very recently. Someone uses this place.

**You:** Come on! We are not safe here.

You quickly identify a door with a keypad, the same one the Lab had and open it with your dogtags. You make sure everyone gets out and heads towards the exit - another tunnel with the light at the end. Once everyone is out you hesitate in the doorway - this room may contain the answers you are looking for... you look towards the group of people you just saved at the end of the tunnel. You have a promise to keep first. Your hand brushes against a temperature control gauge and something goes pop somewhere in the lab. It surprises you. A plume of steam hisses from somewhere else. You realise you've activated something but have no time to check what right now.

As you turn towards the group, you hear someone's voice coming from the room. The High Priest standing in the middle of it and all he says is: "You!" Your eyes meet for a moment and the door slides shut between you leaving unanswered questions for the both of you. Move it!

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



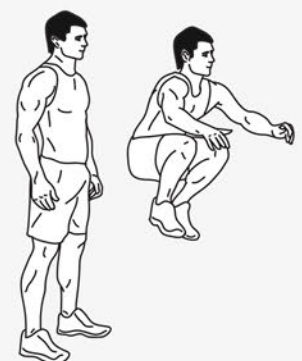
**20** high knees



**2** side-to-side jumps



**20** high knees



**2** jump knee tucks

If you chose option B in Chapter 49

You come out on the other side, you can see the Dreamer's Temple in the distance. Some of the people from the group are still weak but they are getting their bearings. Serine is tending to an older woman and making sure everyone is alright. She turns to you:

**Serine:** Are we.. are we awoken now?

**You:** I really hope so. You can go home now, Serine. You all can.

**Serine:** Of course. Anything you say. We all will. What do you want us all to do?

**You:** I want you to live, fight for your life and not give up. Just don't. You can't lose hope. Go home.

You suddenly hear a dull boom somewhere at the end of the tunnel you just came out of and a slight ground shake is if something has detonated somewhere in the depths of it. You realise that there is no going back to this place, ever. "Come on, Serine, I have a promise to keep".



### Go to Agora Canis

As you walk into Agora Canis an old man charges towards his granddaughter, tears in his eyes.

**Rubin:** Oh my darling Serine! You brought her home! Oh thank you...

He falls down on his knees in front of you still holding on to Serine's hand as if afraid if he lets her go again she'll disappear.

**You:** She is safe now. And she won't go back. At least, I don't think so, not after what she's been through.

**Rubin:** Please, let me repay you. Here, take everything, take everything I've got.

**You:** I didn't do it for the scraps. Keep them.

**Rubin:** Oh, at least take this.

He hands you something large wrapped up in brown paper. You open it up and it's black leather coat, full length - you haven't seen leatherworks so intricate in Pandora before.

**Rubin:** I made it for you.

Serine hugs you and whispers in your ear: "Thank you"

# Chapter 51

Bersen and his men should be at the their bunker by now, you decide. It's about time you headed there.



## Head to the Hunter's Forest

As you walk through the forest you hear something in the branches. Might be some Stingtails - you get your bow ready and aim. As you are about to shoot you hear voices, children's voices. In the trees? You come closer and sure enough, there are two little children hiding in the branches. They must have climbed up there to stay safe. They must be six or seven years old, a boy and a girl.

**You:** Hey little ones. What are you doing there?

**Boy:** Bad kitty.

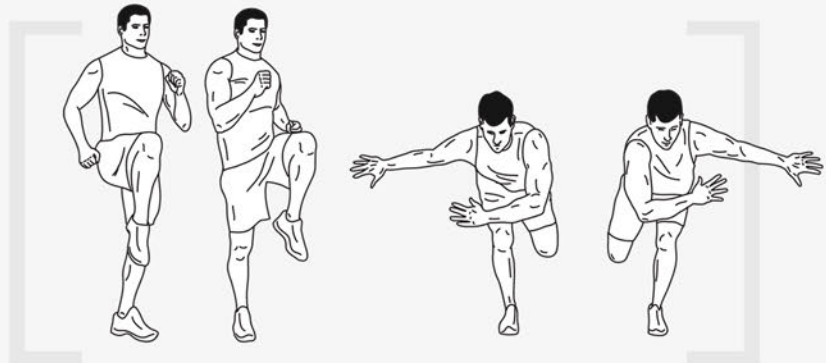
**You:** Bad kitty?

And then you hear it behind you. The roar of a mincer lunging at you. Bad kitty indeed. Your reflexes save you and you jump to the side before it can bite your head off. And mincers are really good at biting people's heads off as you well know. You need to keep it away from the tree where the children are hiding, lure it away if possible.

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



**20** squat + side chop



**4** combos: **20** high knees + **4** side-to-side jumps

Another strike you cut its tail off. The Mincer cries out and runs deeper into the forest. It's unlikely it'll return any time soon.



## Chapter 51

### PART 2

**You:** Come on, get down from there. It's safe now.

Both the boy and the girl come down. They seem really skinny even for their age, skinny and dirty.

**You:** Are you lost? Where are your parents?

**Boy:** They're dead.

**You:** Do you have anyone who will take care of you? Somewhere I can take you? Where do you live?

**Boy:** Aunty in Fish'k village.

The girl doesn't say a word, just holds on to her little brother and stares at you with her big eyes.

**You:** alright, let's see if we can feed you. This tail is big enough for all three of us. Let me roast it first, we eat and then I'll take you home. Does that sound alright?

The boy nods several times.

You set the fire and cook the tail. The children must have been starving here for days, there was nothing left after they ate. The little girl fell asleep right after and the boy stayed next to her. He must have been tired but he wouldn't let anything happen to his little sister. "Go on, you can sleep. I'll guard you" - you tell the boy. The moment he realized it was ok, the boy fell asleep too. You guard them all the way through the night and early in the morning you set out for the Fishermen village.



### Go to the Fisherman Village

You arrive at the Fisherman's village and the kids both run towards their house. An old woman comes out of it, clearly she's been crying for days her eyes are completely red. Just like the children she looks too skinny. The boy yells: "Aunty!" She hugs the children, takes them in, looks angrily at you and locks the door behind her.

Bewildered you just stand there. Moments later you hear someone's voice behind you: "She'll do it again, you know". You turn around and see an old man sitting on a bench.

**You:** You mean, she took them there and left them??

**Old man:** She is on her own. Ever since their parents died and her husband got his hand crushed and can't fish anymore she can't feed them. It happens. What would you have her do?

**You:** Something else but not that.

**Old man:** They die here, they die there. They die. She can't bear to see it happen in front of her eyes.

Horrified, you walk away.

Go straight to the Aunty's door and knock on it.  
When she opens the door, hand her 200 scraps and walk away.

# Chapter 52

Frustrated with the whole thing, you are about to leave when you see a group of teenagers running towards the village, yelling excitedly: "Bersen and his men are fighting the Sea Monster! Bersen and his men are fighting the Sea Monster!" You grab one of them by the sleeve: "Where are they?" - "At the Ship Wreck" - yells the boy, gets free and catches up with his buddies continuing yelling the exciting news.

Finally, you get to catch up with the elusive Guild Master.

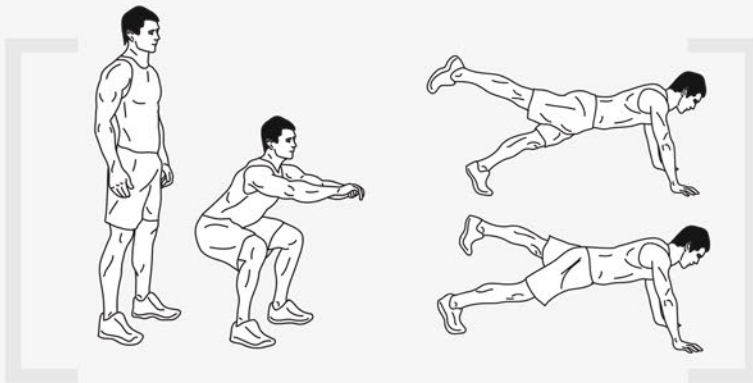


## Run to the Ship Wreck

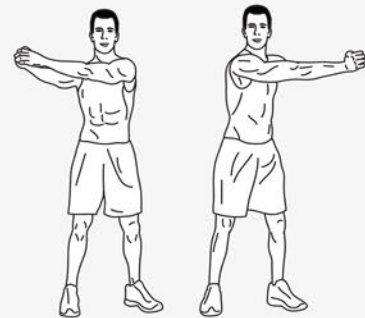
You could see already from a distance - massive tentacles and the sea breaking up. As you come closer the picture is completely unreal: maybe 50 hunters trying to take down a Sea Monster the size of a mountain. They keep trying to restrain its tentacles but they are clearly losing.

You might be able to help with your sharp blade. You can see what they are trying to do, they just need a little help. You brace yourself, take a deep breath and charge in.

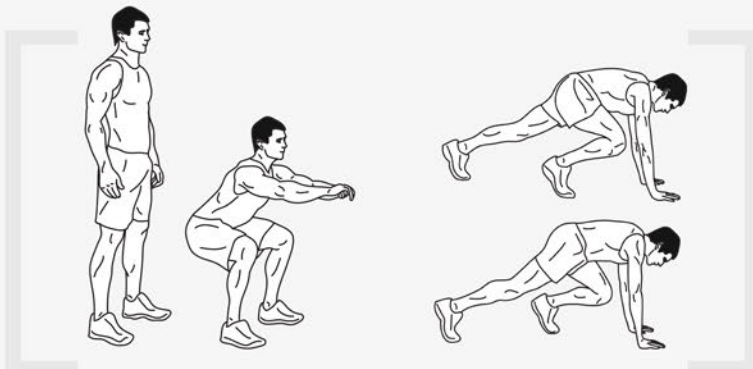
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets 2 minutes rest rest between sets



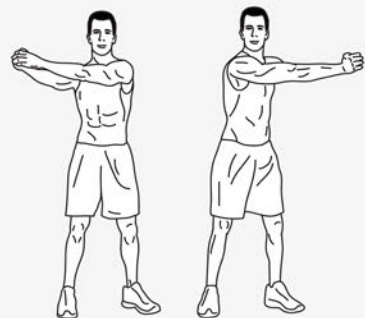
**3 combos:** 10 squats + 4 plank leg raises



**40** side-to-side chop



**3 combos:** 10 squats + 4 climbers



**40** side-to-side chop

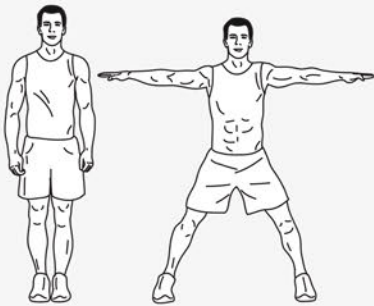
# Chapter 53

In the middle of the battle you hear someone yell "Look out Master Bersen!" and see a big man being knocked out by one of the tentacles into the water. It looks like he lost consciousness from the impact. You need him alive so you jump into the water and swim towards him.

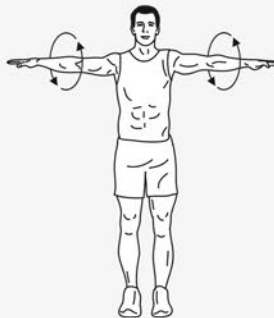
**X diver push-ups** **LEVEL I** 6 push-ups **LEVEL II** 10 push-ups **LEVEL III** 20 push-ups  
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets 2 minutes rest between sets



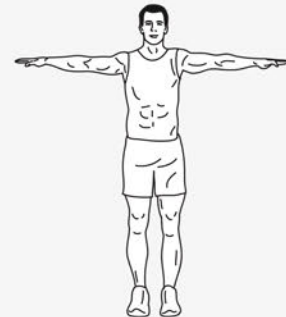
**X diver push-ups + 20-count hold** last move



**20** jumping Ts



**20** raised arm rotations



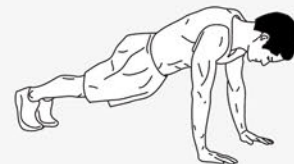
**20-count** raised arm hold



**5** push-ups



**20** shoulder taps



**20-count** plank hold

You manage to drag him out of the water and get him breathing again. He is still a little disoriented but he is alive.

**Bersen:** The Monster?

**You:** He got away. You get a couple of tentacles though.

**Bersen:** Good.

And he shuts his eyes.



## Chapter 54

The Sea Monster got away but the hunters managed to secure two of its tentacles and are now loading them up on top of carts along with the unconscious Bersen. They are taking turns pushing the carts towards the Hunter's Bunker.



**Go to the Hunter's Bunker with them, help them push the carts**

**Condition: every travel point + 2 push-ups**

Once there, two men help master Bersen to his room while you help the rest of the hunters to unload the loot. Hawkeye joins you shortly.

**Hawkeye:** I see your found Bersen.

**You:** Yeah, right place right time I guess. I've never seen anything like that sea creature before.

**Hawkeye:** Hunting it was bloody reckless, good hunters died and for bloody what? [ he doesn't seem to be expecting a reply ] It's done now. Come. Rest up, I am sure Master Bersen will want to talk you later.

You retire to your quarters and wait for Bersen to summon you. You don't have to wait long. Only hours later you hear a knock on the door: "Master Bersen is going to see you now".

You follow the man and you enter Bersen's private quarters, a large rich room with leathers and furs. You get to have a proper look at the Hunter's Guild Master - he is a very large man with a neatly trimmed dark beard with silver streaks here and there. He is quite impressive.

Bersen is sitting in a large throne-like chair, a table is set in front of him with plenty of food and drink.

**Bersen:** Come, come.

He points to a chair next to him.

**Bersen:** Eat! Drink! [ he pours you some wine ] I've heard a lot about you.

**You:** Yeah, it seems everyone has.

You take a seat next to Bersen.

**Bersen:** You are quite famous in Pandora. They call you the Awoken, The Bringer of Hope. That's quite the title.

**You:** I don't really care much for that.

**Bersen** [ pouring more wine ] Drink up! We are celebrating after all. So, tell me, Awoken, why is it that you care about our land at all? I hear you have everything you need and you give it away. Weapons, food - and you just hand it out.

**You:** It's hard to explain but I've made a choice a while back and I am committed to it. I want to change things, what I have seen in Pandora so far - it terrifies me. This world is in a bad shape but I believe I can make a difference.

**Bersen:** A difference, heh? We should drink to that. [ he pours wine for you again ] And here, have some of this apple pie, the apples were picked this morning and delivered straight from the Last Garden.

He cuts a slice and passes it on to you. You have some and it tastes delicious.

**Bersen:** You must tell me how, though, otherwise I cannot in good faith ask my men to follow you into - as far as i can see - sure death. Facing an occasional Sea Monster is one thing but facing an entire Harvest is suicide.

**You:** Not if we have an army that can fight, is well fed and armed.

**Bersen:** I'll be honest with you, I don't see how that can be achieved.

You realize it might be difficult to convince this man who has spent his whole life hunting creatures but staying clear of the Harvest. You hesitate whether you should tell him the truth about you and take your chances with the man whose life you just saved. Once he knows why and how you are here he should be able to trust you. You decide to take a leap of faith and tell him, briefly, about the Arc and the Factory.

**Bersen:** I see. So you truly are the Awoken then. Are you the only one from your entire clan?

**You:** Well, it's not exactly a clan but you can say that. I am the only one who made it out, yes.

**Bersen:** [ after a pause ] Good.

You sense danger and malicious intent in his voice now but, for some reason, you are unable to move. You realize, you are completely paralyzed in your chair... your eyes fall at apple pie crumbs on your plate and anger fills your entire being. This was clearly premeditated, he must have planned this all along.

Bersen gets off his chair and reaches for you. He finds your dogtags, rips them off and puts them around his neck. He then addresses his men at the door: "Don't kill him just yet - we'll need to make sure he told us everything when we return but we mustn't waste any time - we must exterminate the rest". You can't feel a thing. One of the guards pushes you off the chair and you fall on the floor he then proceeds to kick you. You feel nothing. The other one rolls out a fur carpet and opens a hatch at the end of the room. They both then roll you towards it and drop you in. You fall down and the hatch closes above you. Everything goes dark.

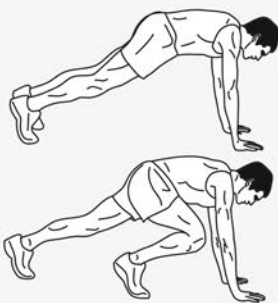


## Chapter 55

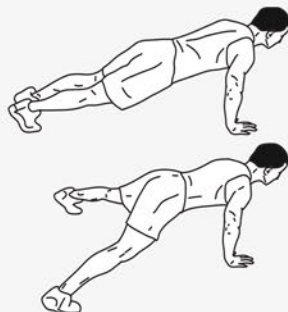
Panic sets in - you were so focused on saving these people you lost all sense, you trusted the wrong man and now you may have singlehandedly contributed to death of thousands of people in the Arc never mind everyone who has joined the Resistance because of you. And now, you will die pointlessly in some hole. You should have gone back to cryosleep when you had the chance. Why, why on earth did you think you can make things better here?

If you could punch yourself, you would. You wince in pain, the guard must have cracked your ribs. The good news is - your senses are returning. As your eyes adjust to the darkness you look around to get your bearings. There is something right next to you, you pat it over and it's clearly bones. Like this place was not creepy enough already. It can be useful, though, you find one that's sharp enough and see if you can use it to help you climb up. You try not to make too much noise in case the guards are still in the room and you secure the bone in the wall. You are literally creating a ladder on something's (or someone's) bones.

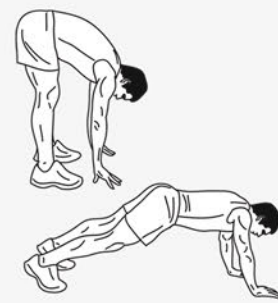
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets no rest between sets



20 climbers



10 plank jacks



10 plank walk-outs



20 climbers



10 plank arm raises



10-count plank hold

You get near the top and you press at the hatch. Locked. Of course. You never had a chance of getting out of here. You suddenly hear footsteps. You hold your breath and prepare to lunge out the moment the hatch opens. You might just be able to free yourself after all - but only if you have the element of surprise. They don't expect you to be this close to the hatch. You hear the clinking lock.. Get ready now...



But something snaps. The bone you were balancing on snaps and you fall all the way to the bottom and land on your back raising a cloud of dust.

The hatch opens and someone's face appear at the top, the man coughs waving through the dust: "Cough-Cough. Oh bloody hell".

**Hawkeye:** Need some bloody help, you bloody idiot?  
Hope fills your whole being, hope and a sense of urgency at the same time.

**You:** "Hawkeye! Yes, and please hurry!"

Hawkeye disappears for a moment and then throws a rope ladder down. You grab on to it and start climbing out.

As you near the surface you grab on to Hawkeye's extended hand and he pulls you out of the hole. You immediately see your things where you left them when you came in - they are still there, relieved you reach for your sword and secure it on your back.

**You:** I need to hurry - I have to get to my people before Bersen harms them.

**Hawkeye:** That bloody bastard. I knew he was up to no bloody good, ever since he heard about you, the Awoken - The Hero of Pandora, he's been obsessed and getting more and more bloody reckless. Good thing I kept my bloody eye on you.

You Smile.

**You:** Thank you, Hawkeye. It was a bloody good idea. I need to hurry now - is there any way I can cover a lot of ground - fast? I need to catch up to Bersen and his men before they do something that cannot be undone.

**Hawkeye, after some thinking:** you can take Spikey.

You follow Hawkeye outside into the forest, he whistles and you hear branches breaking. A giant mincer jumps out with a roar right in front of you knocking you off your feet, its teeth bare right in front of your face.

**Hawkeye:** Spikey, you bloody monster.

He proceeds to rub the mincer's furry neck. The Mincer shuts his eyes and begins to purr. You can't quite believe what you are seeing. Hawkeye takes out a rope from his bag and throws it over the beast across his mouth. Surprisingly the mincer just accepts it.

**Hawkeye:** Don't bloody try that with other ones, I raised this one from a little cub by my bloody self. Here [he hands you the end] climb on top and as I whistle he'll start sprinting, guide him with the rope. Pull right he'll run right, pull left and he'll run left.

You climb up.

**Hawkeye:** Most of the men Bersen took with him don't bloody know what they are doing. They are just following orders. We are not all bad.

He whistles and the mincer takes off.

**Hawkeye yelling at the distance:** Good bloody luck!

# Chapter 56

The mincer just takes off and begins to run at an incredible speed. He doesn't seem to mind having a passenger. He is not easy to control, though, heck - staying on top of him is a challenge.

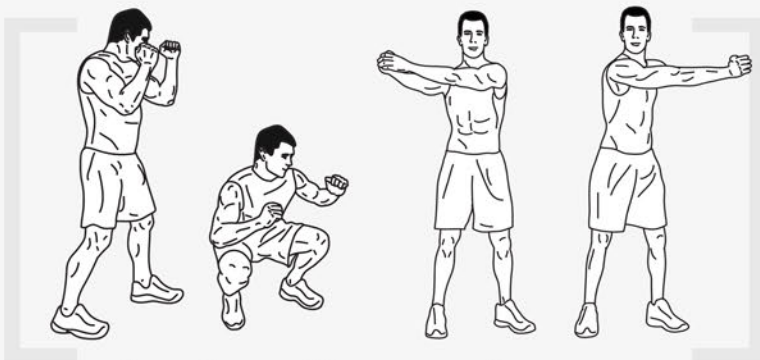
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets 2 minutes rest between sets



**10-count** squat hold  
**20** squat hold punches  
**10-count** squat hold  
**20** squat hold punches  
**10-count** squat hold  
**20** squat hold punches

You finally begin to feel one with the beast and you can already see the Arc in the distance. Suddenly a flock of Chickensas jumps out of nowhere right in front of the mincer halting him to a sudden stop. You drop the rope and fall off him, now on the ground. The mincer is now surrounded by Chickensas, several of them cornering the beast. He is trapped. You pull out your sword and run towards them.

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



**3 combos:** 10 squats + 4 side-to-side chops



4 side-to-side jumps

You managed to kill the two who made a bad judgement call and switch from the mincer to you and the rest have been chased by the beast back deep into the forest. He will be ok now that their numbers are down but you lost your ride. You have no strength left but you must make it to the Arc, you have no choice - you'll have to run.



**100**  
**high knees**  
workout finisher



## Chapter 57

You get to the Arc but there is no one around. Then you hear voices from the inside. Bersen. "Find the entrance, it has to be here somewhere". You can hear sounds of glass breaking, things getting smashed. He must have already done some serious damage inside. You have to lure him out in the open.

**You:** BERSEN! Come out and face me. The Awoken challenges you.

All noises cease and a moment later Bersen steps out, your dogtags shining around his neck in the midday sun.

**Bersen:** You DARE to challenge ME? You worthless....

Other hunters start coming out from the ARC, some of them look positively confused. They gather all around you and Bersen.

**You:** We'll see how good you are when your opponent can actually move.

**Bersen, grinding his teeth:** This man is an imposter! He has come here to destroy us.

You recognize some of the men Bersen has with him from the Verapin hunt. They are not buying what Bersen is selling.

**You:** I have come to save you. I bring weapons, food and hope to Pandora. You have heard about me. You have heard about what I am offering - I am offering you a chance to strike back and stop the Harvest. Stop the needless death and suffering.

**Bersen:** That's enough. You have come here looking for a fight and I shall give you one.

**You:** A fair one this time, right?

**Bersen:** I don't know what you are talking about.

**You:** Good. Then we will settle it right here with all these witnesses. No weapons, just our bare hands.

You and Bersen drop your weapons and strip down to your shirt and trousers. You come face to face, knuckle to knuckle. And as you say: Ready? He lands the first punch in your face. You are thrown back and land on the ground.

**Bersen:** Ready.

You spit blood from a split lip, wipe it off and get up.

# Chapter 57

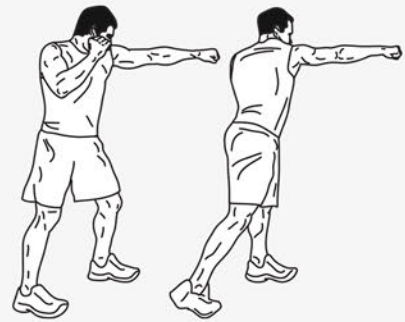
## PART 2

You spit blood from a split lip, wipe it off and get up.

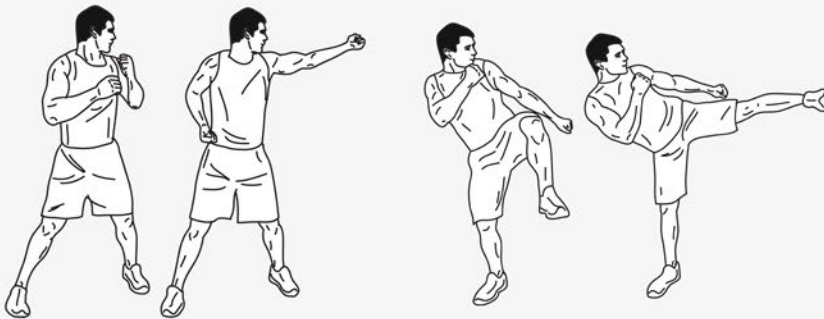
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



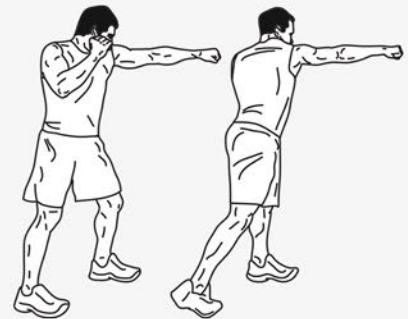
**20combos** knee strike + elbow strike



**40** punches



**20combos** backfists + side kick



**40** punches

You feint a kick that surprises him, catching him off balance and then land a hook on Bersen's jaw punching several teeth out of his mouth. He falls on the ground blood running down his face. He is still conscious but he is not getting up. You look around and you see disgust on the hunters' faces directed at their leader. Someone hands you a knife. You look at the knife and you look at Bersen.

OPTION A

Kill Bersen

OPTION B

Banish Bersen

## Chapter 57

## A

If you chose to kill Bersen

You look around - these people will not respect you if you don't. Plus, it's way too risky to let Bersen go - he has already betrayed you once and he will do it again. He meant to kill thousands of people in the Arc and for what? Just off chance someone might wake up and might make similar choices. A monster like that doesn't deserve to live.

You step behind Bersen who is now resting on his knees, pull his hair back and with a swift slash cut his throat. Blood begins to splatter everywhere, at first pouring from Bersen's neck in all directions and then just running down soaking into his clothes and then the soil. You wipe the knife clean and you place it on your belt.

**Hunters begin to chant:** "The Awoken! The Awoken! The Awoken"

Your eyes then run through their faces - as your gaze fall on each one they each bend a knee until all hunters all around you have knelt before you.

**You:** It's time for our final hunt.

You have the Hunters' support . As their new Guild Master you will lead them into battle.



## Chapter 57

## B

If you chose to banish Bersen

You look around and you see people whose leader has failed them. You see hopelessness. Killing Bersen will not solve anything, you decide. You can't fix violence with violence. You need to be different and act differently if you want to change Pandora.

You throw away the knife.

**You:** There will be no more bloodshed. Bersen, from now on you are banished. You will leave Pandora and you will never return. And if you do, you will regret it.

Bersen sniggers but doesn't say anything. Two other hunters rush to his side and help him up.

**Seeing this you add:** Anyone who wants to go with him - leave now. You will not be stopped or punished for choosing to live the old way. If you stay, you are staying for Pandora and you will join the fight against the Harvest so we can all live in peace.

Several hunters step forward, others hesitate. Eventually, quite a few hunters leave and follow Bersen. Once they pack up and go, you turn to the ones who stayed. You can trust these people. They will not betray you and they will follow you when the time comes.

# Chapter 58

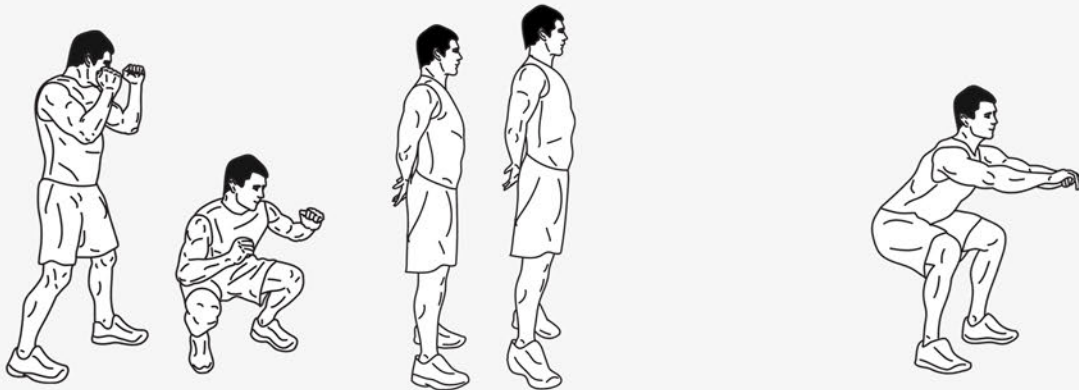
The Harvest draws closer. You now have the support of the Guilds and the Mountain Men will fight alongside you.



## Go to the Resistance Camp

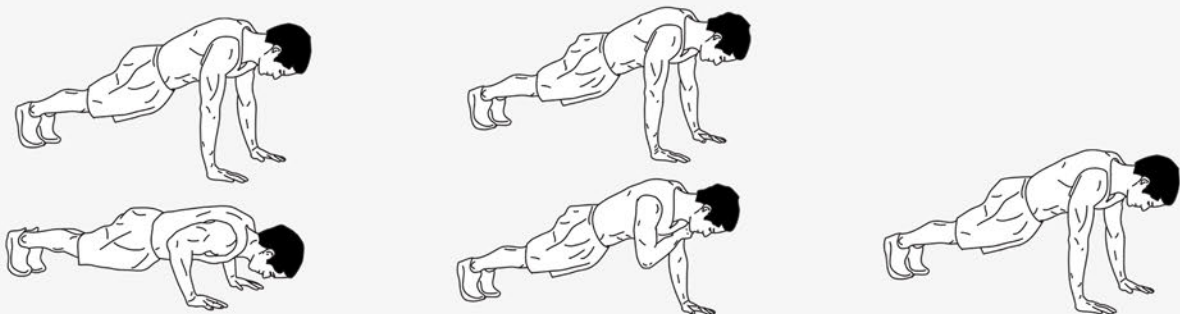
You meet up with Hella at the resistance camp. Messengers have been busy sending out letters to every camp and every bunker in Pandora, calling for all able bodied men. In the meantime, she shows you their war machine effort - the builders have been working day and night. Barricades are being built all over the camp. You join the builders in putting them together.

**X push-ups** **LEVEL I** 10 push-ups **LEVEL II** 15 push-ups **LEVEL III** 20 push-ups  
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 rounds      2 minutes rest between sets



**20combos** squat + calf raise

**20-count** squat hold



**X** push-ups

**20** shoulder taps

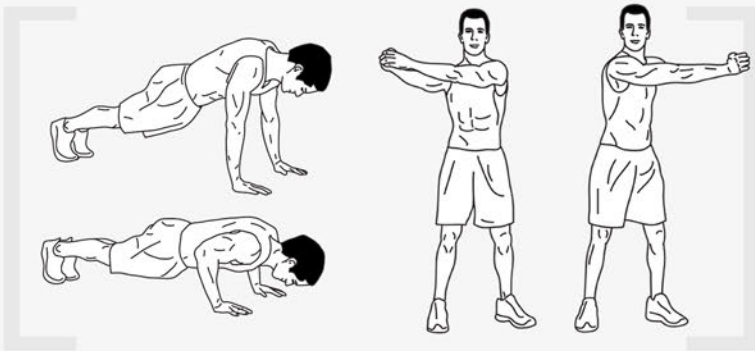
**20-count** plank hold

# Chapter 59

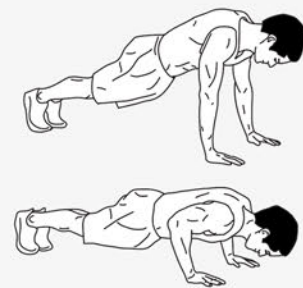
The Resistance camp has grown significantly overnight. You see men and women from different guilds putting up tents and trying out weapons provided by the Resistance. Someone tries to hold the sword the wrong way and drops it. You wince. You need to train them.

**You:** Everyone, gather round! Now... pointy end towards the target...

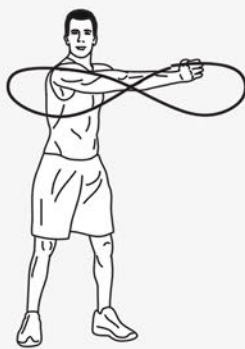
**X push-ups** LEVEL I 2 push-ups    LEVEL II 3 push-ups    LEVEL III 4 push-ups  
LEVEL I 3 sets    LEVEL II 4 sets    LEVEL III 5 sets    2 minutes rest between sets



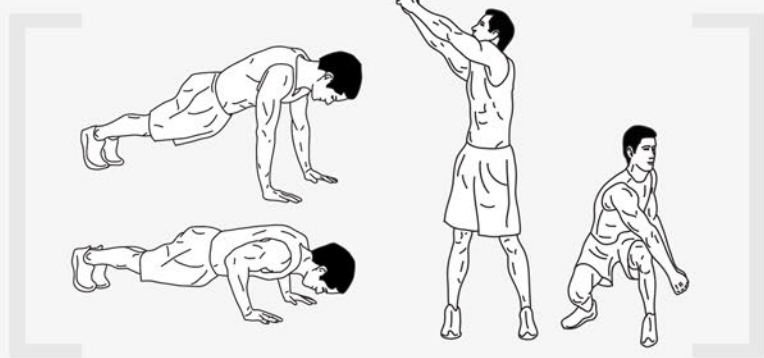
**3 combos: X push-up + 10 side-to-side chops**



**10 push-ups**



**30 infinity chops**



**3 combos: X push-up + 10 cross chops**

Exhausted from a full day's work you take shelter in the shade of a tree and sit down on the grass. You look over the camp at recruits training. They are getting better at it, you decide. Pointy end towards the target. Maybe, just maybe you have a chance.

A boy, maybe ten years old, runs up to you:

**Boy:** Awoken! Awoken! General Hella is calling for you.



## Chapter 60

You head for the central tent to talk to Hella. You can hear loud voices even before you enter - Hella and Morse seems to be in the middle of a screaming match. You enter.

**Hella:** Great! You are here. We have to agree on the strategy and I for one think mine is way better. What Morse is proposing leaves way too many weak points allowing the Harvest to trickle into Pandora. Talk to him, please. We can only have one strategy and we don't have much time.

**Morse:** What you are proposing is going to get us all killed. It's just too risky. The barricades is the way to go. We will hold the Harvest back and then deal with the rest when and if they break through.

**You:** I need more details.

**Hella:** The Harvest is going to come from the North-East making its way through the resistance camp and then from there into Pandora. We can let them come and hit them from all sides. We'll have hunters on top of barricades all around, my men will hit them from all sides and the builders will hit them in the center with the war machines.

**Morse:** You see now? This is too risky. I propose we stick to a single barricade and prevent the Harvest ever entering Pandora. We can hold it up if we concentrate all of our forces at the front and hit the Harvest in waves. The hunters will weed out the flow of betas with their arrows and the soldiers will hit the front ranks. The rest of us will concentrate on holding the barricades and dispose of any betas getting through.

Before you can say anything a scout bursts into the tent.

**The scout:** The Harvest! It's coming! It'll be here at dawn!

**Morse:** We don't have time to debate this any longer. Choose the strategy, the Awoken and we'll send messengers to everyone in the camp to take their positions.

**OPTION A**  **OPTION B**  
**Morse's Plan** **Hella's Plan**

Hold the barricades  
and fight off the Harvest  
from safety.

Lure the Harvest in first  
and attack it  
from all sides.

# Chapter 60

# A

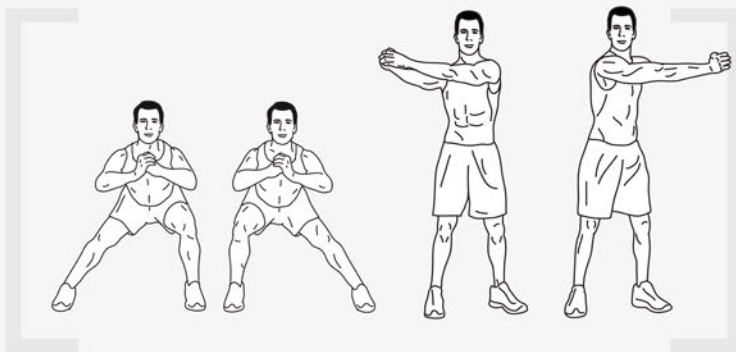
If you chose Morse's Plan

The Beta Horde is a massive column of moving bodies. Slavering jaws and sharp claws, all bent on a single thing: Feeding on the residents of Pandora. Every time the Harvest comes round it ravages through the land, hitting each bunker in turn like an otter attacks clams. Working on it until it breaks it open and feeds off those it finds inside.

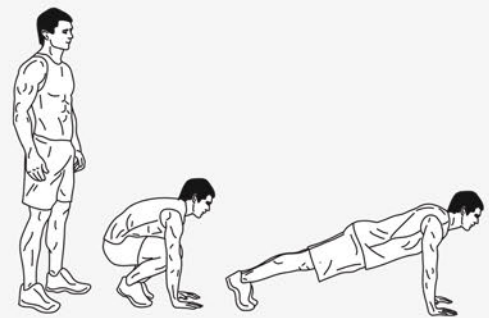
It's when the work of the Builders is tested and the poor fighting skills of Pandorians are put to the test. Over the years bitter experience has shown that no Bunker is impregnable to the persistent might of the Harvest and no one can win a fight against Betas.

This time it is going to be different. Pandorians have shiny new swords, their blades sharp and hard. And they are united. Standing behind the barricades, they are ready to not just face their mortal enemy, but to break it, defeating the Harvest and eradicating it forever from their lives. This is the moment where the Builders' ability to keep the barricades intact and the Pandorians will to fight will be tested to the max.

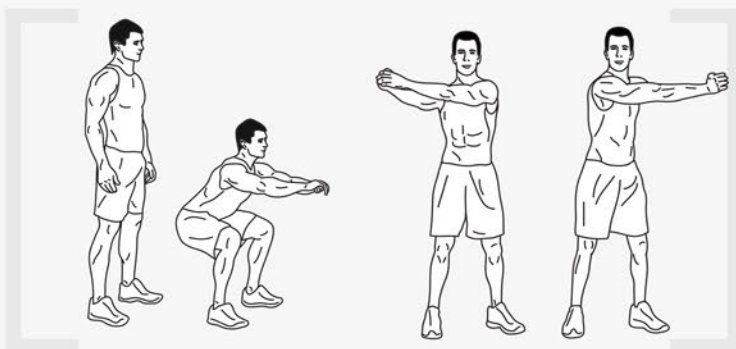
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



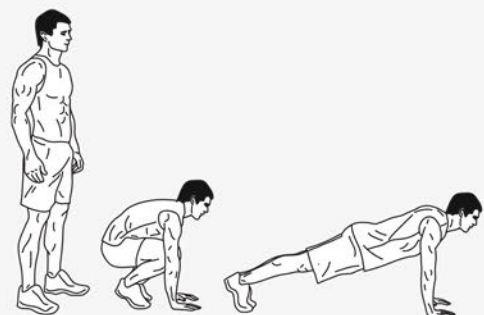
**3 combos: 4** side-to-side lunges + **4** side-to-side chops



**10** basic burpees (no push-up)



**3 combos: 20** squats + **4** side-to-side chops



**10** basic burpees (no push-up)

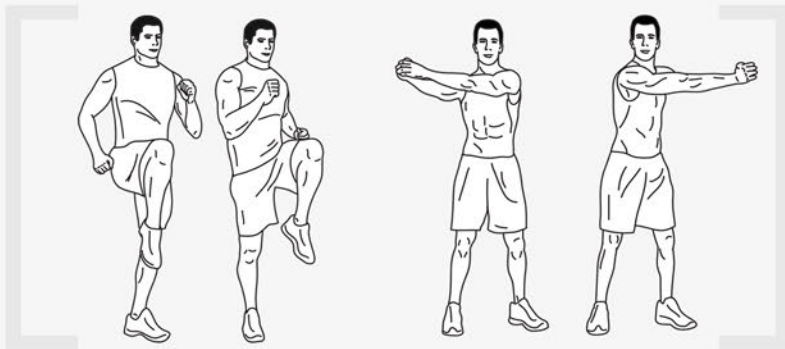
# Chapter 60

# B

If you chose Hella's Plan

The Harvest is an unstoppable force and now it moves a moving object. Hella's plan is a roving defense, engaging the mass of the Harvest and running, drawing them further in, taking the deeper into a trap of steel that will close upon it from all sides. To do that Hella's forces have to be fast and light, wounded cannot be carried because they slow everyone else down. No one can be helped if they get in trouble, the force needs to keep on moving, drawing the Betas deeper into the trap that will seal their doom. Hella has given specific orders: stop for no one. Engage, fight, then run. Keep the Betas coming after you.

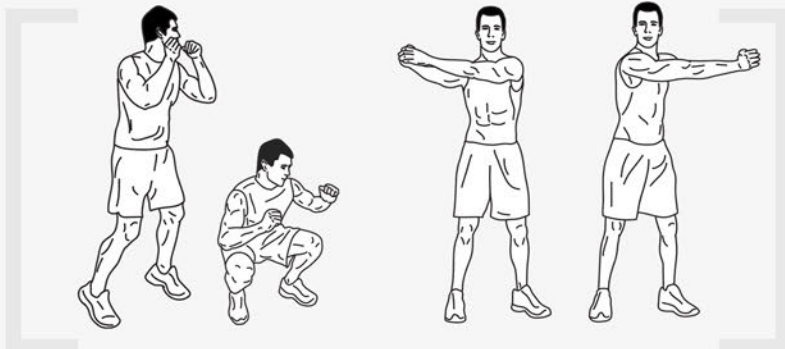
**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   2 minutes rest between sets



**3combos:** 20 high knees + 4 side-to-side chops



**40** high knees



**3combos:** 20 squats + 4 side-to-side chops



**40** squats

Hella's commands are carried to the letter, Her plan works like a well-oiled war machine.

Even when she breaks protocol and against her own edict she stops to help a lieutenant that's got a deep gush in her leg. The two almost make it back to the body of fighters and safety. A Beta catches up with them at the last minute. It kills the lieutenant with a slash of claws at the back of her neck, before Hella turns and decapitates it. The pause however has cost her precious time. The Harvest is all around her, running after her forces. And though she is determined and trained and fearless and her blade is a whirling blur of steel, she is alone and not enough. The Harvest overwhelms her with its numbers. Her loss makes her troops harden their resolve. They each secretly vow to make the Harvest pay for what they've done. Many a Resistance fighter that day will decapitate confused Betas shouting out her name as a battle cry.



visual workouts and fitness programs at  
**DAREBEE | darebee.com**

This project is supported exclusively via donations  
and every dollar makes a difference.

Whatever you feel comfortable giving  
it will be greatly appreciated and it will make a difference  
in this project's future.

**donate \$1**  
and help to keep this project up

***PayPal***



+ other options