

# ZOMBIE APOCALYPSE



## WORKOUT from Mike Huntoon

Equipment needed: car, sledgehammer, tire, chain link fence, workout partner and ZOMBIES!

EXERCISE	REPS/TIME	EXAMPLES
<b>Drop On Ground To Avoid Gunfire (Burpees)</b>	10 Reps 2 Sets	
<b>Car Ran Out of Gas Push</b>	2 Minutes 2 Sets	
<b>Sprinting Away from Zombies</b>	1 Minute, max effort 2 Sets	
<b>Take Their Heads Off! (Sledgehammer Slams on tire)</b>	12-15 Reps per leg	
<b>Bitten by a Zombie (Low Crawls on belly or bear crawls)</b>	30 Yards Down and back	
<b>Climb Over a Fence (Low Crawls on belly or bear crawls)</b>	10 Feet 3 times over both sides	

### CONTACT

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