



BUNKER GUIDE

HOME WORKOUT PROGRAM

With the widespread panic and recommendations of self-quarantine, social distancing and avoiding public spaces we have collected our favorite at-home training plans from online resources to help you maintain your gains at home or in your bunker during these times of uncertainty.

We have also included some suggested products to boost your immunity, performance and recovery, as well as some further safety tips.

Focus on staying active, only the strong survive.

BODYWEIGHT BLASTER

This is a bodyweight only workout program and requires nothing else other than a few pieces of furniture around the house. It is perfect to build and maintain lean muscle at home.

Perform each "Workout Day" twice per week.

Perform each complex without rest between exercises. After each complex rest for one minute.

Complete a dynamic warm-up prior to each Workout Day.

A complex is performed: 1A, 2A, 3A, etc. back-to-back-to-back without rest.

Perform each complex for 2-5 rounds depending on training experience and fitness level.

Go for 10-20-AMRAP reps per move challenging yourself each workout.

AMRAP = As Many Reps As Possible

WORKOUT DAY 1

Exercise	Sets	Reps
Complex A		
1a. Push Up	4	10 - 20 - AMRAP
2a. Medium-Grip Pull Up	4	10 - 20 - AMRAP
3a. Handstand or Jackknife Push Up	4	10 - 20 - AMRAP
4a. Diamond Push Up	4	10 - 20 - AMRAP
5a. Inverted Rack Curl	4	10 - 20 - AMRAP
Complex B		
1a. Single-Leg Calf Raise	4	10 - 20 - AMRAP
2a. Jump Squat	4	10 - 20 - AMRAP
3a. Walking Lunge	4	10 - 20 - AMRAP
4a. Hanging Leg Raise	4	10 - 20 - AMRAP
5a. Short All-Out Sprint Outdoors or on Treadmill	4	Distance & duration varies according to your fitness level & experience.

* No rest between exercises, 1 Min after each complex.

* Optional: Once session is complete either steady state or HIIT cardio of your choice.



WORKOUT DAY 2

Exercise	Sets	Reps
Complex A		
1a. Feet-Elevated Push Up	4	10 - 20 - AMRAP
2a. Wide Grip Inverted Row	4	10 - 20 - AMRAP
3a. Rack Triceps Press or Parallel Bar Dips	4	10 - 20 - AMRAP
4a. Shoulder-Width Reverse-Grip Pull Up	4	10 - 20 - AMRAP
5a. Floor Crunch or Planks	4	10 - 20 - AMRAP
Complex B		
1a. Box jump	4	10 - 20 - AMRAP
2a. Bulgarian split squat	4	10 - 20 - AMRAP
3a. Reverse lunge	4	10 - 20 - AMRAP
4a. Bench step-up	4	10 - 20 - AMRAP
5a. Short all-out sprint outdoors	4	Distance & duration varies according to your fitness level & experience.

* No rest between exercises, 1 Min after each complex.
* Optional: Once session is complete either steady state or HIIT cardio of your choice.



HOW TO STAY HEALTHY

The immune system is a complex network of cells, organs and tissues that work in tandem to protect the body from infection.

Don't neglect proven health advice:

Washing your hands, avoiding contact with infected people, surfaces and not touching your face are all important when it comes to protecting yourself from viral illnesses.

Eat a balanced diet:

Include these fresh foods which are touted for their immune-boosting properties - Citrus fruits, Red bell peppers, Broccoli, Garlic, Ginger, Spinach, Yogurts with active cultures, Almonds, Turmeric, Green tea, Papaya, Kiwi, Poultry, Sunflower seeds and Shellfish.

Stay active:

Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.

Lower your stress:

Your body does a better job fighting off illness and healing wounds when it's not under stress.

Improve your sleep habits:

The sweet spot for sleep is six to seven hours a night.

Avoid excessive alcohol consumption:

It is recommend that alcohol should be consumed only in moderation - up to one drink per day.

Quit smoking:

Smokers are much more likely to contract respiratory viral illnesses due to their weak lung function.

Check your Vitamin D level:

Consider having your Vitamin D level checked.

BUNKER PACK

We have gone through our range and put together an emergency supply that should help tide you over should things escalate.

Dry goods are perfect for storage, especially in times of a pandemic or an electricity crisis; pasta, rice and other grains are perfect carb sources that can be stored and cooked over open fires, but veggie and protein sources are more challenging as fresh goods become a scarcity in stores.



Vitamins & Immunity Boosters

They say prevention is better than cure. Prepare for the unknown by boosting your immune system and giving yourself a fighting chance. [VITATECH IMMUNITY BOOST PACK | RANGE](#)

Creatine

Creatine is one of the cheapest, most effective and safest supplements you can take; it supports quality of life in older adults, brain health and exercise performance. [NUTRITECH CREATINE HCL | CREATINE MONO | CREATECH LOADED](#)

Electrolytes

Electrolytes are minerals that are vital for your nervous system, muscles and maintaining an optimal body environment especially if you're dehydrated due to illness or excess heat. [ENDURADE SPORT RTD | SPORT+ POWDER | 2HRS+ POWDER](#)

Protein

Whether you need to lose weight, improve your metabolic health, or gain muscle mass and strength, make sure you're getting in enough protein. Protein needs are also higher when ill. [NUTRITECH NT WHEY | VEGAN PROTEIN | NT ISOLATE | NT COLLAGEN](#)

Aminos Acids

Amino Acids have been shown to build muscle, decrease muscle fatigue and alleviate muscle soreness, they have also successfully been used in a hospital setting to prevent or slow muscle loss. [NUTRITECH ALL-DAY BCAA | AMINO BOOST | BCAA 4000](#)

Pre-Workout

Pre-workouts are primarily used to enhance physical performance and energy. [NUKE ORIGINAL | PUMP | LITE | WOD | KETO](#)