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You can get fit to do all sorts of things, whether it's standard exercises or preparing for a zombie apocalypse. Fitness expert Roger Lawson demonstrates how escaping and fighting the undead can lead to a really great workout. Roger's friend, Lee Peel, put together a zombie cardio challenge that went something like this (and you can see Roger perform in the video above) :D rop on the ground to avoid friendly shotgun fire - 10 reps. Alternating head smashes - 20 repsPushing getaway car that ran out of gas - 2 minutes You're on fire!! - 60 seconds of rollsChain link fence climbs - 3 rowsSprinting - 60 secondsSledgehammer beheadings - 10 repsAlternating chainsaw won't start pulling - 20 reps My leg half eaten creeps - 60 yardsIt routine demonstrates a few important things: you can create an exercise out of most nothing, and add your narrative workout routine makes it a little more fun. That's why apps like zombie, Run! are effective- there is a story of why you exercise. While you probably won't push a stalled car right out of the gate, when planning a workout it's worth considering a funny story to include with it. Running, climbing and other traditional activities may become a little redundant, but can you breathe new life into the same old thing with story.iOS: Not motivated to start working? It would help if you tried to avoid the pack... MorePhoto from Mebrett. The zombie survival workout (en) Horn Law FitnessG/O Media can get commissionmario Kart Live: Home Circuit to keep up with the latest daily buzz with BuzzFeed Daily Newsletter! Follow the latest daily buzz with buzzFeed Daily Newsletter! No, they didn't even spare the pony. If you're dealing with zombie flashes that are racing species, things are about to get very interesting. Tips: Big head is a small body combination cute but pretty top-heavy. I suggest using glass pellets instead of body toppings, in order to give it a little weight. Usually you can find glass pellets where they sell fake flowers. I've played this game with a few people and it's definitely more interesting than playing on a flat board with simple counters, and most people seem to find my plastic representation of stucco, brain dead, flesh-eating monsters pretty cute. There are other simple games that could be played in the center of the 3x3 board. The zero and crosses are obvious, and these are variations such as 3 male morriss, achi, tapatan, tant-fant, etc. (all very similar, with different cultural origins). Hexapawn is a trivial game, again from mathematical games. With a bit of thought, perhaps some of them can be adapted. I'm trying to come up with another game to use all eleven spaces, but before for the time being, unlucky. Does anyone else want to try it? gremlin mathematics from the University of Sheffield in the UK Mathematical models to decipher the best way to survive the zombie apocalypse. The answer, according to the math? To domesticate marauding ghouls. The model used by the group is the same one used by statisticians to predict and prevent the spread of infectious diseases such as measles. Put the chainsaw down. Put the machete down. The best zombie combat tool in your arsenal can be... Math? Just in time for Halloween, mathematicians from the University of Sheffield in the UK have washed away the various scenarios that can arise in the case of a zombie apocalypse. The math team used to simulate these scary scenarios is a type of simulation scientists rely on to predict and prevent the spread of infectious diseases such as measles. This content is imported from YouTube. You can find the same content in a different format, or you may be able to find more information on your website. These models allow us to explain real data, make predictions about future disease outbreaks or control measures, and gain a better understanding of the natural environment, mathematician Alex Best, of the University of Sheffield, said in a statement. The model is called the SIR model, and it falls on people prone to disease, those who are infected, and those who have recovered. This is the same model used to calculate what percentage of the population needs vaccination to prevent the spread of the disease. But in the case of the zombie apocalypse, Best and his colleagues are modeling whether to fight zombies, hide from them, send the military to fight them, or, oddly enough, domesticate our bloodthirsty enemies. So what's the best way to survive the zombie apocalypse? And fighting zombies, and sending in the army led to the inevitable creation of more zombies - not very good. Hiding from them only worked if they weren't able to detect you, not well. Models of scientists have found that the best way to survive the zombie apocalypse will be through domestication (read: vaccination). That's right: We need to train our zombie attackers to sit, stay, and ask... for braaaaaains. Not our brains. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io If you are one of the millions of woefully undertrained people who don't have a strategy yet in place, it's time to decide where to make your position against the living dead. These seven justified attractions around the world are a good place to start. 1. Mont Saint-Michel, France This fortress withstood the British in the Hundred Years War. He can withstand a few thousand zombies. Strengths: There is a five-way tower blind corners, so you and your team can protect it from all sides. Built in the bay, its location Allow you to poop for supplies when the tide is low and sweep away the hordes when the tide comes in. Chance of Survival: 9/10. You are the convi castle group in World War 2. The towers of Ariau, Brazil The farther you are from populated cities, the better, and the Ariau Amazon Towers is 35 miles inland. In addition, you will be 30-60 feet above the ground, meaning that you can pick up the zombies safely from above. Strengths: You'll have more than five miles of elevated podiums from which to patrol. The location of the tree top will make it easy to hunt wild animals out of the forest and you can use the leaves to collect rainwater. Even better, you'll thrive, not just survive with luxury accommodations that include mini-bars, air conditioning (while the electric grid holds), and hammocks. How it can fail: It seems that the most terrible viral infections start with monkeys. (See contagion, hot zone.) So if the zombie monkey is a thing, watch out. Chance of Survival: 9.5/10. You're Tallahassee from zombieland, and like Twinkie, you're indestructible. 3. Skellig Michael, Ireland This uninhabited island seven miles off the west coast of Ireland should be free of zombies when you arrive if you don't run in a zombie fishing boat captain or zombie Michael Phelps on the way. Strengths: There are only three landing sites to come aboard the island, so you can set up quarantine checks against potentially infected visitors. Fishing, wildlife, and lots of rain will keep you fed and hydrated, while ancient ruins keep you sheltered. How this can fail: The Vikings eventually attacked this island, so we assume zombies can, too. In addition, floating zombies in the sea can contaminate your fish supply. Chance of Survival: Strong. You're Rick Grimes in The Walking Dead. You'll probably be around for a while. 4. Piz Gloria, Switzerland If the James Bond villain can hide here, so you can. This rotating restaurant at the top of Schilthorn in the Swiss Alps should keep you safe until real life 007 comes to the rescue. (Or eat you.) Strengths: It is located on top of a mountain, so zombies will have to stagger up to 2,970 feet (and they can freeze on the way). Take the helicopter up to the landing platform and then cut the gondola, and no infected people can arrive, either. The rotating restaurant will give you a good view of any incoming invaders and you can melt the snow for water. How can it fail: You can freeze to death as soon as the heat and power are like if you can't start a fire. You can also get drunk on Martinis (shocked, not stirred) and fall off the mountain to your non-zombie death. Chance of survival: You're Selena in 28 days. You do well on your own, but can be brought down by others. 5. Xuan kong Xuan kong China, built in the direction of the sheer cliff, this hanging temple can be easily barricaded. Strengths: It's more than 200 feet off the ground, making it tough for zombies to get to. This is a temple, in case you turned to religion in the days of zombies. How it can fail: It is located in the most populous country in the world, which means billions of potential infected. Chance of survival: 5/10. You're Mark Spitz in zone 1. You are trapped next to a giant population of zombies with no real way out. 6. Jules Undersea Lodge, Key Largo, Florida You can have your look ruined by dead zombies floating near the portholes, but they won't get into this lodge located 21 feet underwater. In addition, you will have all the amenities of the hotel to ride out the zombie storm. Strengths: Completely closed from infected hordes. How it can fail: You're done this time you run out of compressed air. But at least your bodies will only be fish food, not zombie munchies. Chance of survival: 3/10. Weak. You're the best friend of the cliches in Shaun of the Dead, which seems doomed from the start. 7. Kelvedon Hatch, England This former Cold War bunker could be able to within 600 men, and was built to withstand a nuclear war. The zombies don't have an A-bomb yet, do they? Strengths: Plenty of storage space for rations, easy to seal from the world. How it can fail: It's private property, and the owners probably have the first dibs on it for the zombie apocalypse. If you do this, another infected person may, too... and then it's a death trap there. Chance of Survival: 6/10. You're a Chips dog in Dawn of the Dead. You may be too cute for this world. Editor's note: For help in this feature, we went straight to Matt Mogg, founder and head of the zombie research society. What he told us could save you from becoming a zombie meal. Read his survival tips here. We manually select everything we recommend and select items through testing and reviews. 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