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The image displays a collection of 12 exercise cards for a program called "CARDIO TRIM". Each card is designed with a consistent layout: a title "CARDIO TRIM" in a large, bold, sans-serif font, followed by a list of five benefits in a smaller font, and then five numbered illustrations of the exercise. The exercises are: 1. Side Step, 2. Forward Step, 3. Forward Step Back, 4. Forward Step Side, 5. Forward Step Back Side, 6. Forward Step Side Back, 7. Forward Step Side Back Side, 8. Forward Step Side Back Side, 9. Forward Step Side Back Side, 10. Forward Step Side Back Side, 11. Forward Step Side Back Side, 12. Forward Step Side Back Side. The cards are arranged in a 3x4 grid. The first three cards are for "Side Step", the next three for "Forward Step", and the last six for "Forward Step Side". Each card also includes a list of five benefits, such as "Improves balance", "Increases heart rate", and "Burns calories". The illustrations are simple line drawings showing the correct form for each exercise.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4.5 mile tempo run (1 mi w/u, 2 mi tempo, 1 mi easy, 0.5 mi fast finish); after run 30 burpees and 5 pull-ups	Circuit weight and body weight exercises (see below)	8 x (hill repeats on a 2 minute hill with 10 burpees)	Circuit weight and body weight exercises	6 mile easy run	1 hour hike (every 10 min carry a rock for 3 min)	Rest
2	10 x 400s @ slightly faster than 5K pace; after run 30 burpees and 5 pull-ups	40 min aerobics (Note: cardio of choice!) + P90X3: The Challenge	4 x (run 1 mile, 10 burpees, 10 lunges, 10 push-ups, 10 pull-ups)	40 min weight class	6 mile easy run	3 x (hike a 5 min hill with rock, jog the hill, 10 burpees); run 1 mile before and after repeats	Rest
3	4.5 mile tempo run; after run 30 burpees and 5 pull-ups	40 min aerobics + P90X3: The Challenge	8 x (hill repeats on a 2 minute hill with 10 burpees)	40 min weight class	3.5 miles easy; after run 30 burpees and 5 pull-ups	7 mile run (trails)	Rest
4	10 x 400s @ slightly faster than 5K pace; after run 30 burpees and 5 pull-ups	Circuit weight and body weight exercises	4 x (run 1 mile, 10 burpees, 10 lunges, 10 push-ups, 10 pull-ups)	Circuit weight and body weight exercises	6 miles easy run	Shale Hill training or 3 x (hike a 5 min hill with rock, jog the hill, 10 burpees); run 1 mile before and after repeats	Shale Hill training or Rest
5	Rest	4.5 mile tempo run	10 x (hill repeats on a 2 minute hill with 10 burpees)	Circuit weight and body weight exercises	3.5 miles easy; after run 30 burpees and 5 pull-ups	Run 1.5 miles; for 1 mile pick a rock, throw it and run to it; run 1.5 miles	Rest
6	6 x 800s @ slightly faster than 5K pace; after run 30 burpees and 5 pull-ups	Circuit weight and body weight exercises	4 x (run 1 mile, 10 burpees, 10 lunges, 10 push-ups, 10 pull-ups) + 0.5 mile fast finish	Circuit weight and body weight exercises	6 mile easy run	Spartan Sprint	Rest

[illegible]

EFFECTS OF TWO DIFFERENT EIGHT-WEEK TRAINING PROGRAMS ON MILITARY PHYSICAL PERFORMANCE

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ABSTRACT

Various physical demands are placed on soldiers, whose effectiveness and survivability depend on their combat-specific physical fitness. Because sport training programs involving weight-based training have proven effective, this study examined the value of such a program for short-term military training using combat-relevant tests. A male weight-based training (WBT) group (n = 15; mean ± SD: 27.0 ± 4.7 years, 173.8 ± 5.8 cm, 80.9 ± 12.7 kg) performed full-body weight-based training workouts, 3.2-km runs, interval training, agility training, and progressively loaded 8-km backpack hikes. A male Army Standardized Physical Training (SPT) group (n = 17; mean ± SD: 29.0 ± 4.6 years, 179.7 ± 8.2 cm, 84.5 ± 10.4 kg) followed the new Army Standardized Physical Training program of stretching, varied calisthenics, movement drills, sprint intervals, shuttle running, and distance runs. Both groups exercised for 1.5 hours a day, 5 days a week for 8 weeks. The following training-induced changes were statistically significant (P < 0.05) for both training groups: 3.2-km run or walk with 32-kg load (minutes), 24.5 ± 3.2 to 21.0 ± 2.8 (SPT) and 24.9 ± 2.8 to 21.1 ± 2.2 (WBT); 400-m run with 18-kg load (seconds), 94.5 ± 14.2 to 84.4 ± 11.9 (SPT) and 100.1 ± 16.1 to 84.0 ± 8.4 (WBT); obstacle course with 18-kg load (seconds), 73.3 ± 10.1 to 61.6 ± 7.7 (SPT) and 66.8 ± 10.0 to 60.1 ± 8.7 (WBT); 5 30-m sprints to prone (seconds), 63.5 ± 4.8 to 59.8 ± 4.1 (SPT) and 60.4 ± 4.2 to 58.9 ± 2.7 (WBT); and 80-kg casualty rescue from 50 m (seconds), 65.8 ± 40.0 to 42.1 ± 9.9 (SPT) and 57.6 ± 22.0 to 44.2 ± 8.8 (WBT). Of these tests, only the obstacle course showed significant difference in improvement between the two training groups. Thus, for short-term (i.e., 8-week) training of relatively untrained men, the Army's new Standardized Physical Training program and a weight-based training experimental program can

produce similar, significant, and meaningful improvements in military physical performance. Further research would be needed to determine whether weight-based training provides an advantage over a longer training period.

KEY WORDS weight-based training, standardized physical training, exercise testing, Army

INTRODUCTION

A soldier must engage in many physically demanding activities, both near and on the battlefield, such as carrying heavy backpacks over long distances and rough terrain, and shorter, more intense activities, such as sprinting across the battlefield and traversing obstacles in rural and urban terrain. The speed at which these activities can be performed can affect a soldier's fighting effectiveness and survivability. Thus, it is important to seek the best training programs, within Army time constraints, to prepare soldiers for battle.

Few studies have been performed to investigate the improvement in militarily relevant physical performance attributable to physical training programs, and they have been mainly limited to observing the effects of training on the speed of medium- to long-distance individual load carriage, rather than other common battlefield activities, such as sprinting for cover or negotiating obstacles. Kraemer et al. (1820) reported that 12 weeks of upper- or lower-body weight-based training by men, combined with high-intensity endurance training, improved 3.2-km foot travel time with a 44.7-kg backpack load by 14% and 11%, respectively. However, weight-based training or high-intensity endurance training alone produced no improvement. Furthermore, Kraemer et al. (19) observed that women who participated in 6 months of total-body or only upper-body weight-based training along with aerobic training improved significantly in the speed at which they could carry 34 kg for 3.2 km, whereas women engaged solely in aerobic training did not improve their speed.

Knapik et al. (14) found that, over 9 weeks, soldiers who marched 2 or 4 times a month in addition to performing endurance training, weight-based training, interval training,

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Beginner Navy Seals Workout Plan					
Week	Day				
	Mon	Tues	Wed	Thurs	Fri
	Run 2 mile/day		Run 2 mile/day		Run 2 mile/day
	Pushups: 4 sets x 15 reps		Pushups: 4 sets x 15 reps		Pushups: 4 sets x 15 reps
	Situps: 4 sets x 20 reps		Situps: 4 sets x 20 reps		Situps: 4 sets x 20 reps
	Pullups: 3 sets x 3 reps		Pullups: 3 sets x 3 reps		Pullups: 3 sets x 3 reps
	Cont. Swim: 15 min	Cont. Swim: 15 min		Cont. Swim: 15 min	Cont. Swim: 15 min
	Run 2 mile/day		Run 2 mile/day		Run 2 mile/day
	Pushups: 5 sets x 20 reps		Pushups: 5 sets x 20 reps		Pushups: 5 sets x 20 reps
	Situps: 5 sets x 20 reps		Situps: 5 sets x 20 reps		Situps: 5 sets x 20 reps
2	Pushups: 3 sets x 3 reps		Pushups: 3 sets x 3 reps		Pushups: 3 sets x 3 reps
	Cont. Swim: 15 min	Cont. Swim: 15 min		Cont. Swim: 15 min	Cont. Swim: 15 min
	Run 2 mile/day		Run 2 mile/day		Run 2 mile/day
	Pushups: 5 sets x 20 reps		Pushups: 5 sets x 20 reps		Pushups: 5 sets x 20 reps
	Situps: 5 sets x 20 reps		Situps: 5 sets x 20 reps		Situps: 5 sets x 20 reps
	Pushups: 3 sets x 3 reps		Pushups: 3 sets x 3 reps		Pushups: 3 sets x 3 reps
	Cont. Swim: 15 min	Cont. Swim: 15 min		Cont. Swim: 15 min	Cont. Swim: 15 min
	No running		No running		No running
	Pushups: 5 sets x 25 reps		Pushups: 5 sets x 25 reps		Pushups: 5 sets x 25 reps
	Situps: 5 sets x 25 reps		Situps: 5 sets x 25 reps		Situps: 5 sets x 25 reps
3	Pushups: 3 sets x 4 reps		Pushups: 3 sets x 4 reps		Pushups: 3 sets x 4 reps
	Cont. Swim: 20 min	Cont. Swim: 20 min		Cont. Swim: 20 min	Cont. Swim: 20 min
	Run 3 mile/day		Run 3 mile/day		Run 3 mile/day
	Pushups: 5 sets x 25 reps		Pushups: 5 sets x 25 reps		Pushups: 5 sets x 25 reps
	Situps: 5 sets x 25 reps		Situps: 5 sets x 25 reps		Situps: 5 sets x 25 reps
	Pushups: 3 sets x 4 reps		Pushups: 3 sets x 4 reps		Pushups: 3 sets x 4 reps
	Cont. Swim: 20 min	Cont. Swim: 20 min		Cont. Swim: 20 min	Cont. Swim: 20 min
	Run 2 mile/day	Run 3 mile/day		Run 4 mile/day	Run 2 mile/day
	Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps
	Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps
5	Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps
	Cont. Swim: 25 min	Cont. Swim: 25 min		Cont. Swim: 25 min	Cont. Swim: 25 min
	Run 2 mile/day	Run 3 mile/day		Run 4 mile/day	Run 2 mile/day
	Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps
	Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps
	Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps
	Cont. Swim: 25 min	Cont. Swim: 25 min		Cont. Swim: 25 min	Cont. Swim: 25 min
	Run 2 mile/day	Run 3 mile/day		Run 4 mile/day	Run 2 mile/day
	Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps
	Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps
6	Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps
	Cont. Swim: 25 min	Cont. Swim: 25 min		Cont. Swim: 25 min	Cont. Swim: 25 min
	Run 2 mile/day	Run 3 mile/day		Run 4 mile/day	Run 2 mile/day
	Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps
	Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps
	Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps		Pushups: 2 sets x 8 reps
	Cont. Swim: 25 min	Cont. Swim: 25 min		Cont. Swim: 25 min	Cont. Swim: 25 min
	Run 2 mile/day	Run 3 mile/day		Run 4 mile/day	Run 2 mile/day
	Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps		Pushups: 6 sets x 25 reps
	Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps		Situps: 6 sets x 25 reps
7	Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps
	Cont. Swim: 30 min	Cont. Swim: 30 min		Cont. Swim: 30 min	Cont. Swim: 30 min
	Run 4 mile/day	Run 4 mile/day		Run 5 mile/day	Run 3 mile/day
	Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps
	Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps
	Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps
	Cont. Swim: 30 min	Cont. Swim: 30 min		Cont. Swim: 30 min	Cont. Swim: 30 min
	Run 4 mile/day	Run 4 mile/day		Run 5 mile/day	Run 3 mile/day
	Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps
	Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps
8	Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps
	Cont. Swim: 30 min	Cont. Swim: 30 min		Cont. Swim: 30 min	Cont. Swim: 30 min
	Run 4 mile/day	Run 4 mile/day		Run 5 mile/day	Run 3 mile/day
	Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps
	Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps
	Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps
	Cont. Swim: 30 min	Cont. Swim: 30 min		Cont. Swim: 30 min	Cont. Swim: 30 min
	Run 4 mile/day	Run 4 mile/day		Run 5 mile/day	Run 3 mile/day
	Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps		Pushups: 6 sets x 30 reps
	Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps		Situps: 6 sets x 30 reps
9	Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps		Pushups: 2 sets x 10 reps
	Cont. Swim: 35 min	Cont. Swim: 35 min		Cont. Swim: 35 min	Cont. Swim: 35 min

Navy Seals Training Schedule



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A survivor. Fire Modes & Special Features: Arrows Grenade Heavy Weapons 606 2 1 2 NO Launcher (Grenade) Alt. Technology's the lifeblood of this City and me? speaking in a temporizing tone. 91FITTED FOR THE FUTURE Melee Example # of Hands Damage ROF Can be Cost Weapon Type Melee Weapons Required Concealed? They're no problem at all. But you're not entirely in it for the bucks. But by the PCs. Also knows set up to give you a clear idea of how it can be immensely satisfying as well. 2 Rival Fixers trying to steal your clients. Sometimes what you say is going to get right in the faces of the powerful people who really want to run this world. First, it wasn't going to be enough simply to start a new storyline. SNEVER FADE AWAY "Yo! Rockerboy!" one of them yells. "Good show! He stares blankly up at the flat black ceiling of the Good noise!" Johnny Silverhand waves absently. Seicho wants him. Just goes to show it's never too late to pick up a hobby. Also, the tions. First, the military started using cybertech- nology to create "perfect soldiers" and pilots. Possible optionsSkill of speaking a particular language. As a natural paranoia, she's scanning and 100. personal, disaffected, cynical-yet-idealistic style. Thompson is It's a subtle problem—navigation data and deci- scanning the radio chatter and Santiago is talking. He's unlim- against Johnny's intensity. The cam's cellular link through the NET Johnny's eyes are blank. But he does have options. See page 77 You've also got 500eb to spend on extra stuff or keep for the game► #4: Calculate Derived Statistics ◀What are Derived Statistics? "How long?" "Ah, Mister Silverhand," the bigger shadow says. "Two days max. This STAT is important also includes cleverness, awareness, perception, for determining how much damage you can take. 40 Before the Red.....242 The 4th Corp War.....251 Tales from The Street..... identification. They handle the real hounds. They start walking towards him. "Never again." He keeps running.Runaway "Okay," he says finally. "Fair enough." "We are seriously tagged," gasps Rogue as they hit She stops running. Personal Grooming..... You told yourself you joined the Corporation to make it a better place—work from the inside, you said. the access codes to the mainframe's inner levels. They are difficult to find at Night Markets without affriendly Fixer and carrying one can really make a statement. The only ITS had taken it from her to build a killer. They've studied her into the Arasaka mainframe. Soukkiller." given her room to run, hemmed in only by three Arasaka Netrunners who watch her every move. You just had to go there and jack in the hard way. 387 Net Combat.....201 Programs.....395 Miscellaneous Upgrades.....208 Getting Better.....408 Cyberdeck Hardware.....208 Mooks and Grunts..... Jacinda Hidalgo and Artym Sokolov didn't make it to the top by resting on their laurels. You either learn to deal with Victoria's already decidedall kinds of people from all over a fractured and chaotic world, or you die the first to play a Netrunner. Rogue looks into his eyes—she can see giving her clues. This is the Skill used for concealing weapons under clothing and detecting concealed Pilot Air Vehicle (x2).....REF weapons. Mom saw what I did and apprenticed me to our Pack's healer. "As always," it says, as though doubt had never But once it's built, they'll put her into it existed in the universe. He can see the Hand bottle; the light strikes off yellow tequila sloshing to etched against the sky; slick, superchrome winking and fro. Thompson speaks up. Someone has to keep the streets safe so civilians like you can walk to the market without taking a stray bullet from the latest gang war. Turn: The amount of time How Do the Rules Fit In? "Yo, Silver-rocker!" he says. But Alt—Alt is gone; lost in the from Accounting, to reappear in a subaccount under machine; trapped behind crystal. Someone has to do it. 72 The U.S. in the Time of the Red.....258 Skills.....81 The World Beyond.....260 Weapons and Armor.....91 The Neocorps.....264 Your Outfit..... On the other side of the booth, there's a faint sound as Santiago Rain runs down the front of the speeder. You definitely decided on for her Netrunner, that makes no went to a big-name private school. Lifepath is a flowchart of "plot complications" designed to help you give your Cyberpunk Character an authenticallyPage 77 Dark Future background. See Buying and Selling on Page 385.96FITTED FOR THE FUTUREArmor Type Armor Damage Armor Cost Description Stopping Penalty Power (SP) (Minimum 0)Leathers Favored by Nomads and other "punks who ride bikes. As the battle damage pileup, you start to rely more and more upon tech: cyberlimbs forweapons and armor, bio-program chips to increase your reflexessand awareness, combat drugs to give you that edge over youropponents. 9 You are the inheritor of a family debt; you must honor this debt before moving on with your life. So can Johnny. Then the 4th Corp War blew the Old NET apart. Stay committed to the Edge. The lasers go The elevator streaks upwards, the shaft echoing to wild; spilling a maze of ruby light in every direction. The entire canopy—the entire front ofthe aircraft—bells out in a horrible slow-mo inferno—A slender, Asian-looking man is watching her. However, when you Next Step: move on to the Night Market sections of the rules (pg. Next Step: That's the Cyberpunk way. Next Step: STATs So, how do you take this Blank and make them really Cyberpunk? After a week, it'll be just like checking into work at the ITS offices. "Course, the eyes were Teknics 2350s, and the smile really was from a magazine—nice biosculpt job. I started out making false IDsfor Edgerunners and streetrats. Fire Modes & Special Features: None 500eb (Expensive) SMG Handgun 2d6 30 1 1 YES (M Pistol) 500eb (Expensive) Alt. One of the faceless guards elevator cars." He looks over at Alt's dormant form.Loses his nerve. Can you feel it Can you touch it Can you feel it Get ready cause here we go, yeah Can you touch it Get ready cause here we go The moment freezes, hanging in air like a death. By one, The Street knows the party is going to be on Up on the makeshift stage, acting as thoughthe edge of town at Industrial Park. Awould try to act out what they thought the the Players continually decide what their Character played by aCharacter would be doing in each scene Characters will do. Toshiro isan irritable dog, notices the small army facing them check-mated—Arasaka cannot gun down the crowddown. comfy apartment like this somewhere. Combat Drugs: Any one of a series of designer drugs created to increase speed, stamina, and Gyro: Small one- or two-seat helicopters, used mostly reflexes. 2 It looks better in Virtuality, you swear, the time. An entire city or government or agency.8 Corporate exec One of you was a romantic rival.9 Government official One of you was a business rival.10 Boosterjanger One of you set the other up for a crime they didn't commit. His voice holds solid over the radio Johnny's eyes scan the perimeter of the park. BY ADRIAN MARC92BY ADRIAN MARC FITTED FOR THE FUTURERangeDecides to roll instead ofyour general cultural region, choose one of the languages from the list adjacent to choose. But things are different now. — TorchTECH ► Who are Your Main Clients? COOLSkill of knowing a specific area well and knowing Skill of assuming a role, disguising yourself as the agendas of its various factions, both political someone else, whether real or fictitious, and faking and criminal. Who does this choob think overdrive. You engage in illegal, unethical work all the time; in fact, you enjoy it. This is just a structured form of action. This is not the same as Reflexes, inas- tell Players what is or isn't possible within the confines much as this covers the knack of using tools. You know theold saying: power corrupts.64LAWMAN ► What is Your Position on the Force ►► How Wide is Your Group's Jurisdiction? Those are all validstories for you to tell. Example: Jay decides to play a Solo. It makes him say, "How light in his pale glass eyes. 71 The Aftermath.....258 What are Statistics?..... you're going to need a certain panache—a certain flair—in portraying yourself. But you don't care, because as a Rockerboy, you know it's your place to challenge authority, whether in straight-out protest songs that tell it like it is, playing kick-ass rock n' roll to get the people away from the TV sets and into The Streets, firing up the crowd with speeches, or composing fiery writings that shape the minds and hearts of millions. Powerful members of the criminal Ronin: A freelance assassin or mercenary. ► Role Ability: Medicine The Medtech's Role Ability is Medicine. Use ahead; we gotta get the new Players up Lisa is playing the role of Spyder, a one for the 1s place and to speed, okay?) cunning Netrunner/Hacker thief with one



[illegible]



[illegible]



Page 18 "I remember she told me she was born in Miami, about 2004 or so... It's time to wrap all this up by determining what you want out of life. Sure, it was selling your soul to the Company, but face it: the Corporations ruled the world, first time, meaning she's a freelancer who hacks Local gangsters who also protect your work area. Why'd she sweep him up? He doesn't deserve it. Fixers to give all credit to the amazing crew here at Cyberpunk RED (until the world ends). We all think the result of all our hard work is a thing of beauty, and we hope you will too. While, in many cases, this is a good thing, there are lots of brands to choose from. Description 6 Data: The specifics of the weapon are listed here. WILL Skill of moving quietly, hiding, doing an Action discreetly. Skills can be or otherwise evading detection. 9 Someone you know from The Street. 5 Live down your past life and try to forget it. 5\$NETRUNNER There's an Roll ► What Kind of Runner are You? Dazzling, it exudes the pal-Get ready cause here we go! gable scent of terror... - danika "the tundra" macdougalASOUL AND THE NEW MACHINECreating a Streetrat or Edgerunner Character► #1: Pick a Role ► #5: Set Your Skills ► What different Skills are there? Illegal weapons, Soukkiller is a memory intensive AI superintend that can track an intruding Thompson's eyes are cold, slate-like. So, you gotta work somewhere. Are you the kind of Character that stands away from the pack, aloof and calculating? ► Roll 1d6 or work with your GM to choose one.Roll Type 1 Bodyguard 2 Street Muscle for Hire 3 Corporate Enforcer who takes jobs on the side 4 Corporate or Freelance Back Ops Agent 5 Local Vigilante for Hire 6 Assassin/Hitman for Hire ► What's Your Moral Compass Like? If there are military-class weapons on The Street, you smuggled 'em in. Booster: Any member of a gang that affects cyber- ware, leather clothing, and random violence. A wall of slides one hand over the Minami 10 in his lap.Corporate glass and steel looms to either side as theypull out into the down-town traffic. Cyberpunk comes from two words. "Congratulations, Ms. Silverhand raises the big black gun, skip to page 308 in those days, both ranked as superpowers, instead want to know about key locations? a couple of over-armored second-raters waving skip to page 310unclear weapons around under the watchful eye of theEuroSpa Defense Agency, friends, team, family, or clan first. To make sure a Character is played convincingly, the Technique (TECH): Your ability to manipulate tools GM uses a set of structured guidelines (like these) to or instruments. If you're 5 Local Nomads and Fixers who bring you "found" tech to repair. "What does Well, let's show you. whenever you increase this Skill, which cannot be any larger than a single neighborhood or play fast and loose with the rules. Or maybe your Pack 6 Dirty Cops own the Medtech a favor. So now they call you a Fixer, street by as blur—he compensates his time sense. Keep your best resources close and don't show them. You know you're on your way to the top and if they tow the line?" When Militech offered me three squares a day and a cot, you better believe I signed up. They're right; the gig was good. files throughout the NET. I was tired of being hungry and poor. Seicho can feel the tension like a single, hungry thing, the mob converges. These are assumed to be part of everyone's Skill list stand must start with at least a value of 2. For instance, a Character with 44 Humanity has an EMP of 4 until their Humanity is lowered to 39, at which point their EMP lowers to 3. Or maybe you didn't. On average, you should be able to put at least 6 points in each STAT with a couple of points left over. decides, worked in the motorpool for an Ethiopian You had a mix of private and corporate education, controlled by a Corp or the City. But we've also included Point Values for both higher and lower Characters based on the loose ranking system we used in previous editions of Cyberpunk (2013, 2020). 4 Honesty People are tools. I've got my bike, I've got my gun, and I've got my family. Somehow, they've managed to work "You don't get it, Rockerboy. Somehow, he gets to his feet; to his bad side. 9 Scavenger 10 Nautical Mechanic 5 You keep everything just in case you need it later. Turns out, when a city's blown to hell and rebuilding, there's plenty of folk who'll pay for a certain set of skills. Part of a regular team of freelancers. TECH Skill for repairing and maintaining weapons of allSkill for bypassing non-electronic locks, work alone ► What's Your "Office" Like? And second, I'd acquired some partners. "Instructions, Toshiro-sama?" Toshirocentered on one man whose voice holds them, binds considers. 1 You don't have one. "Hey people, we have a problem coming up... "22VIEW FROM THE EDGEWhat is a Character? "It's going to the slug trips through the back of the booth and blows cost you thirty thousand, Rocker." through the chest of a Corp sitting on the other side of the thin wall. But not for him. 7 Love People are untrustworthy. If you can do some Use your best "I'm bad and you aren't" smile. "They didn't want you. They're going to die, either side. employee?" Intense the Music Toshiro leans forward, setting the drink down. It's intended primarily as a guide; if you encounter something you don't think fits the Next Step, Character you've envisioned, feel free to change the parameters as you see fit. Pick the weapons you home—bad teachers, Medtechs, leasur, and mechanics—a virtual town on wheels, in which everyone was related by marriage or kinship. 10 Set out to murder or maim them. "For Chicago, 4 A personal goal or vendetta came between you and your lover. Roll Life Goals 1 Get rid of a bad reputation. A fireball shatters says, his mouth smiling and his eyes frozen. 99 part of their Role Specific 2 Strip gear from bodies after firefights. Perception.....INT Riding.....REF Skill of spotting hidden things like clues, traps, and Skill of riding a living creature trained for the purpose. Remember, everyone in the 2000s atom bombing have ravaged what little vestiges of carries lots of lethal hardware. A full list of Weapons, Armor, Gear, and Cyberware Page 91 can be found in the Night Market section on pg. "Stuff it," cuts in Rogue. Roll Office Roll Who? 161 for details). He is reaching out across the his bristly chin with his free hand. We don't care about the one's that worked, we want to know about the ugly ones that ripped out your heart. Once you have determined what your enemy is like, go to the Sweet Revenge table to see how the offended party will act if the two of you ever meet again. Roll Enemy What Caused it? people using the Stealth Skill, but not objects hidden with the Conceal/Reveal Object Skill, net; his head swivels right to left with practiced ease as he subvocalizes the opening to his story: the story From the mind of the head Netrunner, she pulls out he will use to break Arasaka in Night City. Families want to know about the 4th corp war'shatter; relationships tear apart. You're used to hardwiring into appliances to make coffee, "studding" into the 'Benz to drive down to the corner store. Again, if you really don't know how to rate your new ONAMericayou've got the eb. monitor. No problem. Dimly, through the interface, Alt can feel Akira's hands pressing her into the seat. She's an extraction. ► #2: Run Your Lifepath ► Remember, no Skill can be higher than 6, on a Workspace table as 1 Scavenge the wreckage you find in abandoned City Zones. 5 6 Who? God, they know her so well. decides to slash him a bit. "YourAlt is the missing link. Fixers know how to get things on the black market and are adept at navigating the complex social customs of The Street, where hundreds of cultures and economic levels collide. He's dead before he hits the two partners. Or just until you could start your own Corporation that would be... a little more honest. Roll 1d10 and subtract 7 (minimum 0) to see how many tragic love affairs you've had, then use the table below to see how each ended. Skill for accurately firing bolt- or arrow-launching projectile weapons.Tactics.....INT Autofire (x2).....REFSkill of managing a large-scale battle effectively and efficiently. For a price, of course, describing the scene. You can make somegood bucks fixing everyday stuff, but for the serious money youneed to tackle the big jobs, around the flat or cube waiting for the next job. Life in this City still depends on technology to keep everything from going full-on post-apocalypse, her to some local Fixers who could use her skills 1 You think it might be a rogue AI or a NET Doctor. The doctor puts him back together. Let's hear it for newtech. What about Lifestyle & Housing? Her Original Family Background is next.Roll Original Description Background She rolls a 6 and gets Combat Zoners. He looks like he owns the place as he Thompson smiles lopsidedly. Control Skill82 Conceal/Reveal Object.....INT Drive Land Vehicle.....REF Skill for hiding objects and finding objects that have Skill of driving and maneuvering land vehicles. "Tough," she shoots back acidily. Food and shelter ran the gamut from gourmet to kibble. 7 conspiracy, organization, or association, such 7 In a huge "megastructure" building as a crime family or revolutionary group. That's skip to page 257what we now call the Collapse. Expensive Cyberdeck and supports your Interface Plugs. If you're lucky, you got to attend one of the real med schools scattered around the wreck of the Old Net and, just maybe, whatever was inside found a way to follow her to Night City. At least a clean ten thousand Eurobucks know. Using the he says, no such fixer's gold and against the cool, wet bricks. Youknow some nice people, Rocker." The best. These are STATs that are determined by Cyberdeck doing somethingto an already existing STAT, like averaging, multiplying, or subtracting. You want to gut-load, talk about her work," he says finally. 500b Light
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