

PreDefence

Self defense before SHTF

<http://predefence.com>

This is why some cardio is necessary

Categories : [Uncategorized](#)

While I advocate strength training as the highest priority (in the gym), I do think some cardio is necessary. Because you never know when you might need to outrun something:

<https://www.youtube.com/watch?v=k2IQAYj6ucg>

Also, [don't go to stupid places and do stupid things with stupid people at stupid times of day.](#)