

Chapter 4 Daily Training

Liang Yuan's gaze lingered on the other party for a bit, then he looked into her eyes and smiled, "Sister Mei, what time is it now? It's been raining heavily for half a year, the flood has submerged ten floors, who still has food?"

"You don't have any, I don't have any either."

Yang Mei's face turned pale instantly, she pleaded, "Little brother, Sister knows that your family must have food, I can already smell the meat, Sister really has no other way, you... you just need to give me a small bowl of rice, Sister won't eat any dishes..."

Liang Yuan shook his head, "Sister Mei, please go back quickly, at least you still have a place to stay, look at those people in the corridor, they don't even have a place to live, let alone food. Dressed like this, don't let the people upstairs see you, otherwise..."

He didn't continue, but Yang Mei's face turned ghastly pale.

With half a year of isolation, order had long since collapsed.

Bad people were in power, and some people upstairs were no longer human.

She witnessed through the peephole a female neighbor from the seventh floor being pinned down in the hallway by three men, doing that kind of thing.

The desperate screams of that female neighbor still echoed in her mind at night.

Thinking about this, Yang Mei trembled, she quickly ran back to her door. After a series of rapid knocks, a man opened the door.

"How was it, did you get anything?"

The man asked eagerly.

Yang Mei trembled, "He... he didn't lend."

The man immediately got anxious, "How could you be so useless? He didn't lend, couldn't you beg him?"

"I... I..."

Bam! Bam! Bam!

Suddenly, a series of banging sounds came from the roof, both of them were startled.

Yang Mei hurriedly squeezed into the room, and the man quickly locked the door.

At that moment, a burly man rushed up the corridor. Hearing the door being shut, he started cursing loudly, "Damn, Li Zhiqiang, you better stay hidden, I want to see how long you can hold out!"

The man dashed down and fiercely kicked Yang Mei's door.

Li Zhiqiang, Yang Mei's husband, seemed to be familiar with this man.

Liang Yuan had already closed the interior door, from beginning to end he never opened the security door outside.

Listening to the series of curses outside, after a while, that person seemed to loiter around his own door.

Eventually, he still left.

Liang Yuan silently put down his Nail Gun, turned around, and continued eating at the dining table.

But he knew, these people couldn't hold on any longer.

Hunger would drive everyone crazy.

After finishing his meal and washing the dishes, Liang Yuan began his daily workout.

First was strength training, 500 push-ups every day.

Then aerobic training, without a treadmill, he chose to jump rope to increase cardiovascular function.

Next was shooting practice, not having a bow or arrow at home, he only had a slingshot that he bought as a Children's Day gift for his little nephew.

After slingshot practice, he would learn spear techniques.

Speaking of spear techniques, it was actually just a steel pipe with a fruit knife welded to the end, considered a homemade long spear.

His practice methods were also the most basic moves.

Stab, thrust, slash, sweep, block, grab, twist, lift, press, chop, dash, and flower dance.

These he also learned from videos.

In times of resource scarcity, it's theoretically unsuitable to exert such physical effort.

But he was really bored at home, unwilling to use electricity, relying on practicing these things to pass time.

Secondly, in these times, things would only get worse. Ruthless neighbors outside might invade his home at any time.

He had to maintain his physical strength to ensure some self-defense capability.

Slingshot practice was for long-range attack ability, the long spear was for close combat.

Push-ups and jumping rope corresponded to strength training and aerobic training.

One to enhance muscle explosive power, the other to increase lung capacity.

Everywhere outside was flooded, if one day he had no choice but to swim, strong heart and lung functions were essential.

In addition to these trainings, he also focused on pull-ups.

Given the widespread flooding, there was no place to stand outside.

The only way to survive was to climb up some tall buildings.

So upper body strength had to be practiced diligently.

After this past half year of practice, his various skills had seen initial success.

With the slingshot, within ten meters, he had over 90% accuracy, within twenty meters, 60% accuracy, and beyond thirty meters, accuracy dropped to about 50%.

As for spear skills, his complete set of movements flowed smoothly, particularly the stabbing, thrusting, slashing, and sweeping basic attack moves, he practiced most diligently. Now he could pierce a two-centimeter wooden cabinet door with one thrust, which was quite formidable.

During upper body strength training, he found himself with a knack for fitness. In just half a year, he could easily do fifty to sixty pull-ups, and with enough determination, break a hundred.

He had long mastered the double arm technique, easily doing thirty to forty reps.

His cardiovascular training was equally effective, before washing his face each day, he would practice breath-holding.

His best record so far was holding his breath for three minutes and thirty seconds.

Do not underestimate this figure, a normal untrained person would struggle to hold their breath for a minute.

With training and good lung capacity, one could reach over two minutes.

But over three minutes was already in the realm of professional training.

Liang Yuan read online that professional diving athletes could hold their breath for up to ten minutes, though he wasn't sure if that was true.

For now, three minutes and thirty seconds was his limit.

After completing all his training, it was nearly noon, he took a quick shower.

The shower water was just rainwater from outside, heated and sterilized, perfectly fine for bathing.

He saw neighbors washing in the corridors, not even heating the water, without any problems.

After washing, it was already around one or two in the afternoon. He ate a packet of instant noodles and started thinking about what to do next.

According to his plan, he was supposed to monitor the radio in the afternoon to gather external information.

He would also read some basic electric circuit books.

Though now the power system was down, there were still generators that worked. If he could leave here, Liang Yuan wanted to take a generator with him.

Without electricity, human civilization would regress significantly.

Learning electric system knowledge would help repair some simple appliances in the future.

Of course, these were matters for the future.

But now, he didn't plan to continue reading.

Looking at the newly appeared Lottery System, Liang Yuan's eyes gleamed thoughtfully.

"The system will be my means of survival from now on, I must find a way to earn enough points."

"The points required by the system can be obtained by killing mutated creatures. Maybe it's time to step outside and see."