Weekly Wonders

Conditioning Feats

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Necromancers of the Northwest



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Introduction

This book presents a number of feats that represent the ability to improve oneself through exercise and practice. Conditioning feats are tied to the different ability scores. The most basic conditioning feats grant a conditioning pool, which holds points that can be spent in order to re-roll ability checks or skill checks that use the relevant ability score. As the character takes more conditioning feats, the maximum size of her conditioning pool grows, and she gains the ability to spend points from it on a wider variety of benefits tied to that ability score.

The points in a conditioning pool do not replenish naturally over time, and, when they are first gained, have no points in them. The character must spend time practicing and training the relevant ability score. This process takes 1 hour, and can only be attempted once per day per conditioning pool the character has (for those that gain separate conditioning pools for separate ability scores). Once this training is completed, the character must succeed on a DC 20 ability check for the associated ability score. The benefits from conditioning feats do not apply on this ability check. A failure on this check means she gains only a single conditioning point in her conditioning pool, while a success indicates that she gains 5 points, instead. If a character ever goes 24 hours without training in this way, she automatically loses 1 point from her conditioning pool for the relevant ability score.

The feats are divided into groups based on which ability score they are associated with, and are listed in alphabetical order within these groups.

General Conditioning Feats

Improved Exercise [Conditioning]

Your techniques for exercise are greatly improved through discipline.

Prerequisite: Conditioning pool 10.

Benefit: When you exercise to add points to your conditioning pool, you gain twice as many points as you normally would.

Greater Conditioning [Conditioning]

Your efforts have played off, allowing you to make more of your training.

Prerequisite: Conditioning pool 10.

Benefit: Choose a conditioning pool. The maximum number of points in that conditioning pool is increased by 5.

Strength Conditioning Feats

Feats of Strength [Conditioning, Strength]

A deep emphasis on your physical condition has allowed you to gain a great capability with feats of strength **Prerequisite:** Strength conditioning pool 5. **Benefit:** The maximum number of points you can have in your strength conditioning pool is increased by 5. As long as you have at least 10 points in your strength conditioning pool, you gain a +2 bonus on Strength checks and on Strengthbased skill checks. Whenever you make a Strength check or a Strength-based skill check, you may expend any number of points from your strength conditioning pool. If you do, you gain a bonus on that check equal to the number of points expended this way.

Strength Guru [Conditioning, Strength]

Your immense focus on strength training has culminated in greater than normal physical strength.

Prerequisite: Strength conditioning pool 20. **Benefit:** As long as you have at least 20 points in your strength conditioning pool, you gain a +2 competence bonus to your Strength score. Additionally, when you use the Strength Training feat to reroll a Strength check or Strength-based skill check, you may reroll twice and take the higher result.

Strength of Arms [Conditioning, Strength]

Your focus on strength training has provided a powerful enhancement to your combat abilities.

Prerequisites: Strength Training, strength conditioning pool 15.

Benefit: The maximum number of points you can have in your strength conditioning pool is increased by 5. As long as you have at least 10 points in your strength conditioning pool, you gain a +1 bonus to attack and weapon damage rolls. Additionally, as a swift action, you can expend 1 point from your strength conditioning pool in order to gain a +5 bonus on either attack rolls or damage rolls for 1 round.

Strength Training [Conditioning, Strength]

You have committed yourself to a fitness regimen consisting of hard exercise and strength training, designed to increase your muscle mass and develop your strength of body. **Prerequisite:** Strength 10.

Benefit: You gain a strength conditioning pool with 5 points. As an immediate action, you may expend 1 point from this pool in order to reroll any Strength check or any Strengthbased skill check.

Strong Back [Conditioning, Strength]

Your intense strength training allows you to carry more than others of similar physical talents, and you can draw upon reserves to lift great weights.

Prerequisites: Strength Training, strength conditioning pool

Benefit: The maximum number of points you can have in your strength conditioning pool is increased by 5. Increase your light load, medium load, and heavy load by 5 lbs. per point remaining in your strength conditioning pool. Additionally, as a swift action, you can expend 1 point from your strength conditioning pool in order to treat your Strength score as though it were 4 points higher than it actually is for the purposes of how much weight you carry, lift, pull, and drag for 1 minute.

Dexterity Conditioning Feats

Agility Training [Conditioning, Dexterity]

You have committed yourself to an exercise regimen designed to increase speed, flexibility and hand-eye coordination. **Prerequisite:** Dexterity 10.

Benefit: You gain a dexterity conditioning pool with 5 points in it. As an immediate action, you may expend 1 point from this pool in order to reroll any Dexterity or Dexterity-based skill check.

Dexterity Guru [Conditioning, Dexterity]

Your emphasis on improving dexterity through exercise and discipline has resulted in far greater manual dexterity than other characters.

Prerequisite: Dexterity conditioning pool 20.

Benefit: As long as you have at least 20 points in your dexterity conditioning pool, you gain a +2 circumstance bonus to your Dexterity score. Additionally, whenever you use the Agility Training feat to reroll a Dexterity check or Dexterity-based skill check, you may reroll twice and take the higher result.

Improved Coordination [Conditioning, Dexterity]

Your emphasis on dexterity training has allowed you increased hand-eye coordination.

Prerequisite: Dexterity conditioning pool 5.

Benefit: The maximum number of points you can have in your dexterity conditioning pool is increased by 5. As long as you have at least 10 points in your dexterity conditioning pool, you gain a +2 bonus on Dexterity checks and Dexterity-based skill checks.

Improved Reflexes [Conditioning, Dexterity]

Your ability to react quickly to danger is greatly improved by your agility training.

Prerequisite: Dexterity conditioning pool 15.

Benefit: The maximum number of points you can have in your dexterity conditioning pool is increased by 5. As long as you have at least 15 points in your dexterity training pool, you gain a +2 bonus on initiative checks and a +1 bonus on Reflex saving throws. Additionally, as an immediate action, you can expend 1 point from your dexterity conditioning pool in order to gain an additional +2 bonus on Reflex saves for 1 round.

Improved Speed [Conditioning, Dexterity]

Your agility training has made you uncommonly fast, allowing you to outpace most characters in long or short runs. **Prerequisite:** Dexterity conditioning pool 5.

Benefit: The maximum number of points you can have in your dexterity conditioning pool is increased by 5. As long as you have at least 10 points in your dexterity conditioning pool, you gain a +10-foot enhancement bonus to your base land speed. Additionally, as a swift action, you can expend 1 point from your dexterity conditioning pool to gain a +30-foot enhancement bonus to your movement speed for 1 round.



Constitution Conditioning Feats

Constitution Guru [Conditioning, Constitution]

Your immense focus on endurance training has culminated in great hardiness.

Prerequisite: Constitution conditioning pool 20. **Benefit:** The maximum number of points you can have in your constitution conditioning pool is increased by 5. As long as you have at least 10 points in your constitution conditioning pool, you gain a +2 competence bonus to your Constitution score. Additionally, when you use the Endurance Training feat to reroll a Constitution check, you may reroll twice and take the higher result.

Endurance Training [Conditioning, Constitution]

You have committed yourself to an intense regimen of exercise meant to increase your endurance and physical stamina. **Prerequisite:** Constitution 10.

Benefit: You gain a constitution conditioning pool which can have a maximum of 5 points. As an immediate action, you may expend 1 point from this pool in order to reroll any Constitution check.

Improved Health [Conditioning, Constitution]

Your endurance training has made you resistant to diseases and poisons.

Prerequisite: Constitution conditioning pool 5. **Benefit:** The maximum number of points you can have in your constitution conditioning pool is increased by 5. As long as you have at least 10 points in your constitution conditioning pool, you gain a +4 bonus on saving throws against diseases and poisons. Additionally, by expending 5 points from your constitution conditioning pool, you may immediately make a new saving throw against a disease or poison against which you are already suffering.

Improved Resilience [Conditioning, Constitution]

Your focus on keeping your body fit and able to perform in harsh conditions allows you to hold on longer than most characters.

Prerequisite: Constitution conditioning pool 5. **Benefit:** The maximum number of points you can have in your constitution conditioning pool is increased by 5. As long as you have at least 10 points in your constitution conditioning pool, you suffer 5 fewer points of nonlethal damage whenever you would suffer nonlethal damage (minimum o). Additionally, whenever you make a Constitution check, you may expend any number of points from your constitution conditioning pool and gain a bonus on that check equal to the number of points you expend in this way.

Superior Toughness [Conditioning, Constitution]

Your intense focus on physical toughness and endurance training allows you to resist many forms of attack. **Prerequisite:** Constitution conditioning pool 15. **Benefit:** The maximum number of points you can have in your constitution conditioning pool is increased by 5. As long as you have at least 15 points in your constitution conditioning pool, you gain a +2 bonus on all Fortitude saving throws. Additionally, as a standard action, you can expend any number of points from your constitution conditioning pool in order to gain a number of temporary hit points equal to twice the number of points spent this way.

Intelligence Conditioning Feats

Expanded Knowledge [Conditioning, Intelligence]

Your focus on mental conditioning has led to a greatly expanded knowledge base, which you can draw on to aid you even in areas in which you haven't actively studied. **Prerequisite:** Intelligence conditioning pool 5. **Benefit:** The maximum number of points you can have in your intelligence conditioning pool is increased by 5. As long as you have at least 10 points in your intelligence conditioning pool, you are able to achieve a result higher than 10 when you make Knowledge checks untrained. Additionally, as a standard action, you can expend 1 point from your intelligence conditioning pool to gain a +5 bonus on any Knowledge check.

Intellect Guru [Conditioning, Intelligence]

Your immense focus on memory training has culminated in greater than normal mental strength.

Prerequisite: Intelligence conditioning pool 20. **Benefit:** As long as you have at least 10 points in your strength conditioning pool, you gain a +2 competence bonus to your Intelligence score. Additionally, when you use the Memory Training feat to reroll an Intelligence check or Intelligence-based skill check, you may reroll twice and take the higher result.

Memory Training [Conditioning, Intelligence]

You have committed yourself to a strict regimen of memory training and undertaken numerous techniques to improve your mental focus

Prerequisite: Intelligence 10.

Benefit: You gain an Intelligence conditioning pool which can have a maximum of 5 points. As an immediate action, you may expend 1 point from this pool in order to reroll any Intelligence check or Intelligence-based skill check.

Mental Focus [Conditioning, Intelligence]

Your intense focus on intellectual training pursuits has granted you great clarity of mind and the ability to focus on problems.

Prerequisite: Intelligence conditioning pool 5. **Benefit:** The maximum number of points you can have in your intelligence conditioning pool is increased by 5. As long as you have at least 10 points in your intelligence conditioning pool, you gain a +2 bonus on Intelligence checks and Intelligence-based skill checks. Whenever you make an Intelligence check or an Intelligence-based skill check, you may expend any number of points in order to gain a bonus on the check equal to the number of points expended this way.

Mind Over Matter [Conditioning, Intelligence]

Your mental conditioning opens up new pathways and ways of thinking, resulting in a store of creativity. **Prerequisite:** Intelligence conditioning pool 15. **Benefit:** The maximum number of points you can have in your intelligence conditioning pool is increased by 5. As long as you have at least 15 points in your intelligence conditioning pool, you gain a +5 bonus on all skill checks. Whenever you make a skill check, you can expend 1 point from your intelligence conditioning pool to take 10 on the skill check.

Wisdom Conditioning Feats

Brave Mind [Conditioning, Wisdom]

Your intense meditation techniques can shield your mind from fear.

Prerequisite: Wisdom conditioning pool 5. **Benefit:** The maximum number of points you can have in your wisdom conditioning pool is increased by 5. As long as you have at least 10 points in your wisdom conditioning pool, you gain a +4 bonus on Will saving throws against fear effects. As a swift action, you can expend 1 point from your wisdom conditioning pool in order to ignore any fear effects currently affecting you for 1 minute.

Meditation Guru [Conditioning, Wisdom]

Your great mastery of meditation has made you wiser than great counselors.

Prerequisite: Wisdom conditioning pool 20.

Benefit: As long as you have at least 10 points in your wisdom conditioning pool, you gain a +4 competence bonus to your Wisdom score. Additionally, when you use the Meditation Training feat to reroll a Wisdom check or Wisdom-based skill check, you may reroll twice and take the higher result.

Meditation Training [Conditioning, Wisdom]

You have committed yourself to a regimen of meditation that allows you to retain an intense focus. **Prerequisite:** Wisdom 10.

Benefit: You gain a Wisdom conditioning pool with 5 points. As an immediate action, you may expend 1 point from this pool in order to reroll any Wisdom check or any Wisdombased skill check.

Meditative Mantras [Conditioning, Wisdom]

By diligently practicing your mantras during meditation, you have learned to calm your mind, allowing you to focus in all situations.

Prerequisite: Wisdom conditioning pool 5.

Benefit: The maximum number of points you can have in your wisdom conditioning pool is increased by 5. As long as you have at least 10 points in your wisdom conditioning pool, you gain a +2 bonus on Wisdom checks and Wisdombased skill checks. Whenever you make a Wisdom check or a Wisdom-based skill check, you may expend any number of points in order to gain a bonus on the check equal to the number of points expended this way.

Unconquered Mind [Conditioning, Wisdom]

Your discipline in meditation allows you to ignore mental influence.

Prerequisite: Wisdom conditioning pool 15.

Benefit: The maximum number of points you can have in your wisdom conditioning pool is increased by 5. As long as you have at least 15 points in your wisdom conditioning pool, you gain a +2 bonus on Will saves. By expending 1 point from your wisdom conditioning pool, you may choose to ignore the harmful effects of any emotion effect for 1 minute.

Charisma Conditioning Feats

Practiced Story [Conditioning, Charisma]

Your time spent rehearsing your tall-tales makes them considerably more believable, and allows you to change course quickly and easily.

Prerequisite: Charisma conditioning pool 15.

Benefit: The maximum number of points you can have in your charisma conditioning pool is increased by 5. As long as you have at least 15 points in your charisma conditioning pool, you suffer only half the normal penalty on Bluff checks for the unlikelihood of your lie (rounded down). Additionally, you may expend 5 points from your charisma conditioning pool to take 20 on a single Charisma-based skill check.

Practiced Predictions [Conditioning, Charisma]

Your intense preparation allows you to predict the outcome of any social situation

Prerequisite: Charisma conditioning pool 5. **Benefit:** The maximum number of points you can have in your charisma conditioning pool is increased by 5. As long as you have at least 10 points in your charisma conditioning pool, you gain a +2 bonus on Charisma checks and Intelligence-based skill checks. Whenever you make a Charisma check or a Charisma-based skill check, you may expend any number of points in order to gain a bonus on the check equal to the number of points expended this way.

Social Elegance [Conditioning, Charisma]

Your discipline in matters of etiquette allows you to easily influence the attitudes of others.

Prerequisite: Charisma conditioning pool 5. **Benefit:** The maximum number of points you can have in your charisma conditioning pool is increased by 5. As long as you have at least 10 points in your charisma conditioning pool, whenever you would cause a character's attitude to decrease as a result of something you said, you may immediately make a Diplomacy check with a DC equal to the target's Hit Dice to negate the negative impact of what you said. Additionally, as a swift action, you can expend 1 point from your charisma conditioning pool to increase the attitude of a character whose attitude you improved with Diplomacy or Intimidate by 1 further step.

Social Guru [Conditioning, Charisma]

Your great preparation for every social contingency has made you well loved by all.

Prerequisite: Charisma conditioning pool 20. **Benefit:** As long as you have at least 10 points in your charisma conditioning pool, you gain a +2 competence bonus to your Charisma score. Additionally, when you use the Social Training feat to reroll a Charisma check or Charisma-based skill check, you may reroll twice and take the higher result.

Social Training [Conditioning, Charisma]

You have committed yourself to an intense practice of speech and etiquette.

Prerequisite: Charisma 10.

Benefit: You gain a charisma conditioning pool with 5 points. As an immediate action, you may expend 1 point from this pool in order to reroll any Charisma check or any Charisma-based skill check.

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Unlock Your Inner Potential!

A warrior spends hours on the training ground, sparring with others or hacking at combat dummies, building up his strength. Elsewhere, an aspiring ninja runs a gauntlet of nasty traps, attempting to make it through as quickly as possible, and without being hit, to improve her agility and reflexes, while a wizard pores over ancient tomes, memorizing facts and quizzing himself on them to improve his knowledge. A monk meditates under a waterfall, to better learn to block out distractions, and a bard decides to drop by a tavern and see if he can't make a few friends, just so he's not rusty at the upcoming banquet.

All of these characters are conditioning themselves. They are training, in one way or another to improve their abilities. And the more that they train, the better they will be. But training isn't something you can just finish. It is a constant process, and must be maintained, or else muscles, memory, and even social skills can fade and become soft. In the Pathfinder Roleplaying Game, the only way for a character to improve themselves is through killing things and gaining experience, and no amount of training or practice will truly matter. This book presents 32 new feats that allow characters to gain conditioning pools, acquiring points for regular training, and then spending those points to perform incredible feats, or gaining passive bonuses based on how many points they have.

Necromancers

of the Northwest

ROLEPLAYING GAME COMPATIBLE