

# PRIMAL BLUEPRINT FITNESS PYRAMID

Functional fitness, stress/rest balance, anti-aging benefits



**Pyramid Notes:** The pyramid reflects the exercise patterns that shaped human evolution for 2.5 million years. Becoming fit, or even super fit, does not have to involve a complex, time-consuming approach. All you have to do is engage in a sensible blend of Primal Blueprint-style workouts, which are scalable to people of all fitness levels.

The Move Frequently goal blends structured aerobic workouts with increased general everyday movement; movement enhances fat metabolism and immune and cognitive function. For Lift Heavy Things, you can enjoy excellent benefits from a workout as short as seven minutes – really! Keep workouts brief (30 minutes is plenty, even for experts) and intensity high. This will stimulate the flow of adaptive hormones and prevent chronic exercise patterns.